Wellness-Body-Mind-Spirit Offerings - Winter 2013

Tae Kwan Do - First Four Sessions FREE!!!
Tuesdays and Thursdays, Starting January 22
6:00 - 7:00 p.m. in the gym

The philosophy of Tae Kwon Do (TKD) is to build a more peaceful world. To accomplish this goal Tae Kwon Do begins with the foundation, the individual. Tae Kwon Do strives to develop the positive aspects of an individual's personality: respect, courtesy, goodness, trustworthiness, loyalty, humility, courage, patience, integrity, perseverance, self-control, an indomitable spirit and a sense of responsibility to help and respect all forms of life.

Classes at First Lutheran are going to be 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?

Classes will start with a variety of stretching and cardio-based exercises and we will then move into groups of similar size/age and abilities for more focused techniques and training. Most of the things we will learn in class can be practiced at home as well, making for an ideal fitness regime for all levels. You will want to wear loose clothing.

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. A week with a Kenpo master, maybe Ju Jitsu or Karate the following month.

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.

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Zumba Fitness is Back!
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!

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Snow Shoe/Winter Exploration Hikes
Sundays, January 13, 20 and February 3, 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@flicargo.org.
Influenza Facts

**Signs and Symptoms:**
- Fever* or feeling feverish/chills
- Cough / Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (very tired)
- Possible vomiting and diarrhea
*not everyone will have a fever.

**Prevent the Flu**
The best way to prevent seasonal flu is to get vaccinated each year, but good health habits, like covering your cough and washing your hands, often can help stop the spread of germs and prevent respiratory illnesses. There are also flu antiviral drugs that can be used to treat and prevent the flu.

1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. If possible, stay at home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.
6. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Influenza can cause mild to severe illness, and at times can lead to death. Some people are at high risk for serious flu complications. It is not too late to get vaccinated.** Vaccination is the single most important step you can take to protect yourself and others against this infection!

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**Stepping On: Building Confidence and Reducing Falls**

**Tuesdays, starting January 8**
9:00 - 11:00 a.m. in Fellowship Hall

Health Ministry is pleased to announce that a nationally recognized seven-week course designed to teach seniors how to prevent falls and injuries due to falls will begin on January 8. The research-based series is being offered in partnership with the NDSU Extension Service and will feature local experts in gerontology, physical therapy, pharmacy, community safety, and eye health. Upon completion, participants will experience more strength, better balance and improved confidence and independence as a result of the supervised activities. Each participant will be given and taught how to use ankle weights for strengthening. Research has shown that graduates of the course have a 31% reduction in falls.

The registration fee is $20, which covers the cost of the course materials and weights. Light refreshments will be served.

BeFriender Ministry Training Dates Announced for 2013

BeFriender Ministry at First Lutheran Church continues to expand. Sponsored by Health Ministry, BeFriender Ministry is a lay ministry program. BeFrienders are volunteer lay ministers who provide pastoral care to people in difficult and transitional situations, such as illness, loneliness, and loss of a loved one. They embody the caring presence of God and serve as a living reminder of God’s love. BeFrienders:

- Are trained to provide a listening presence to others, not to be an expert in whatever situation they encounter.
- Are trained to provide compassionate, empathetic care.
- Accept people as they are without giving advice, and allow others to make their own decisions without trying to decide for them.
- Complete a 20 hour training program and a 2 month internship.

Thirty members have been trained since the program began in January 2009. First Lutheran BeFrienders have provided hundreds of personal visits to fellow members in need of support. A new training session will begin in February. (See below for dates and times)

If you would like to know more, including how you can become a trained BeFriender at First Lutheran, please contact one of these program leaders:

- Pastor Dale Vitalis 235-7389
- Chuck Burman 293-8724
- Ruth Hanson 235-7389
- Marianna Malm 232-8665
- Sue Pedersen 235-9359
- Nancy Tidd 793-2241

**BeFriender Training Sessions Will be Held:**

- **Friday, February 8** 5:30-9:00 p.m.
- **Saturday, February 9** 9:00 a.m. - 3:00 p.m.
- **Friday, March 1** 5:30-9:00 p.m.
- **Saturday, March 2** 9:00 a.m. - 3:00 p.m.
Family Movie Night
Friday, January 18
7:00 p.m. in BibleMax Theatre
Come and enjoy the movie UP.
UP is about a retired balloon salesman. Carl Fredricksen is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, an overeager 8-year-old Wilderness Explorer Russell is on Carl's front porch! The world's most unlikely duo meet fantastic friends like Dug, a dog with a special collar that allows him to speak, and Kevin, a rare 13-foot tall flightless bird. Stuck together in the wilds of the jungle, Carl realizes that sometimes life's biggest adventures aren't the ones you set out looking for. Rated G for everyone!

First Grade Milestone Celebration
Welcome to Worship
Sunday, Jan. 20 and Wednesday, Jan. 23

Sunday FaithTalk First Graders:
Come to the 9:00 worship service in the Celebration Hall
Wednesday FaithTalk First Graders:
Come to the 7:00 worship service in the Celebration Hall

With this milestone event, FLC extends the welcome mat to young children and their families and caretakers. We will invite the first graders and their families to come forward, receive a blessing, and be given the gift of a worship CD from “Go Fish!” that contains many of our favorite hymns, sung in a way that will capture your child’s attention and heart.

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**Men’s Tuesday Night Book Study**
*note different night of week!*
Tuesdays, 7:00 p.m. in Fellowship Hall

*Kingdom Man* by Tony Evans

When a man follows the principles of biblical manhood, those around him benefit from his leadership and care. *Kingdom Man* challenges and equips men to fully understand their position under God as well as their position over what God has given them. The biblical definition of a man is one who has learned to operate under the authority of Jesus Christ while carrying out responsible and legitimate leadership within the sphere of influence that God has placed him. *Kingdom Man* provides concepts men can follow that will help them to actively pursue ways to maximize and develop the character qualities of biblical manhood in their lives.

Books should be purchased online or at your favorite bookstore.

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**Men’s Winter Cabin Getaway**
January 25-27
Cost: $25

Join us for a great weekend at a cozy wood-heated cabin near Itasca, deep in the winter woods. We’ll snowshoe to the cabin, hauling our gear on sleds. We’ll cook our own gourmet meals, digest some faith, food & Bible study, have good conversation, snow shoe/hike/explore and enjoy quiet times under the star-filled northern sky. This is open to the first nine men who have paid their fee.

Contact Rollie at rjohson@flcfargo.org or 235-7389 to sign up or ask any questions.
Casa Gabriel - A Training Ministry for Quito Street Kids
A Story About the Beginning of Casa Gabriel

The Quito Street Kids Training Ministry began informally in 2001, when Youth World missionary Phil Payne saw a need for teens living on the streets. He offered a meal, a change of clothes and a Bible study one or two days each week. This ministry operated out of the former Youth World office. Jeff Swenson, another team member, helped Phil Payne facilitate and reach out to these troubled teens. Gabriel, a young Peruvian Christian who had been reaching out on his own to street kids, heard about the ministry and approached Phil Payne about working together.

Gabriel and the younger boys, along with Miguel Angel, who was at that time 15 years old, moved into Youth World’s former office. Youth World had changed locations and allowed the boys to remain there.

When Phil Douce and his family arrived in Ecuador, Gabriel and several of the younger boys, as well as Miguel Angel, were now living in Youth World’s office. The Douce family was drawn to this ministry due to their former background of working with children at risk. Often they’d bring pizzas and just spend an evening hanging out and playing together. They would end the evening gathered together in prayer. It was their favorite place to go and always left feeling that they’d received much more than they had tried to give.

In September 2003, Phil Payne asked Phil Douce if he would take over the leadership of the street kids ministry, which after much prayer, Phil accepted. He soon realized that if the ministry was to continue, it needed to be under the umbrella of Youth World. After much prayer and team discussion, the street kids training ministry became a formal part of Youth World International.

The Quito Street Kids Training Ministry is now formally called Casa Gabriel. Its purpose is not just to provide housing and basic care for kids in crisis, but to provide a training program in all areas of life that will give these boys the opportunity to achieve their God-given potential as leaders and disciples of Jesus Christ. The training is an intentional and integral part of every attribute of Casa Gabriel. Each aspect points to developing a deeper relationship with Jesus Christ. It is their hope that every child in the training program will become a successful Christian leader in their home, church, community and world.

The building where the Casa Gabriel boys live was purchased by some members of First Lutheran Church and First Lutheran Church, through the Global Mission Committee. Pastor Craig Hanson gave it the name Casa Gabriel. Miguel Angel (Mike), who was one of the original boys, became the leader of the house. He is married to a Dutch missionary and they’ve recently had their first child. He is attending seminary, is a gifted evangelist and helped start a jewelry business that hires trafficked young women to make the jewelry, providing them an income.
Winter Sheltering in Church 2012/2013
First Lutheran Church continues to support the host church sites for the homeless by collecting food, personal hygiene kits (body wash, toothpaste, toothbrushes, disposable razors and deodorant), snack items, coffee, toilet paper and gently used winter clothing, (winter coats, boots, hats, mittens and work socks). If you can help this cause by making a donation, please bring your items to the church office. If you’d like to make a financial donation for the Church Winter Sheltering Effort, please send it to Pastor Sue Koesterman of Central Cities Ministries. She can be contacted at 701-232-2574. Your donation can help keep men, women and children of this community warm during the winter cold.

Discipleship 101
(formerly known as New Member Orientation)
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!

<table>
<thead>
<tr>
<th>Tentative Financial Summary as of December 31, 2012 - General Fund</th>
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</thead>
<tbody>
<tr>
<td>Receipts (Contributions &amp; Other Revenue)</td>
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<tr>
<td>------------------------------------------</td>
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<td>1,564,742</td>
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</tbody>
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Disbursements
(Expenses & Mission Support)
(1,608,077) (1,555,861) (52,216)
Net Gain/(Loss)
(43,335) (65,911) 22,576
Net Designated Funds Transfers
89,704 66,000 23,704
Net Gain/(Loss) after Transfers
46,369 89 46,280

Strategies for Self-Care While Grieving
Grief may be experienced in a variety of ways - emotionally, certainly, but also physically, cognitively and even spiritually. The reactions of our minds and bodies to grief can include symptoms of fatigue, sleep disturbance, appetite changes, mood fluctuations, forgetfulness, loss of concentration and despair. Coping with grief may seem overwhelming, but there are some strategies which can be used in order to manage grief reactions and continue to function day to day.

1. Accept your feelings. Feelings are neither right nor wrong, they just are. Attempting to stifle feelings usually leads to them eventually erupting.

2. Be patient with yourself. Grief is an intensely personal process. Accept that it follows no magical formula or time frame. It will take as long as it takes.

3. Pay attention to physical needs. Make every effort to get adequate sleep, eat nutritionally balanced meals, and fit in regular exercise and intentional relaxation.

4. Accept help from others. Understand that grief is hard work - it requires a great deal of energy and can be exhausting. Do not hesitate to ask for/accept help from those close to you.

If you or someone you know is grieving, Hospice of the Red River Valley wants to encourage you to take advantage of the groups, classes, or individual support they offer through their Journeys Program. For more information, please call 800-237-4629 and ask for the Journeys department, or visit www.hrrv.org.
Jazz Sunday is Coming!
On Sunday, January 20 at both the 9:00 & 11:00 worship services in the sanctuary, enjoy worship in a different format. A variety of instruments will lead us in worship, including a clarinet, trumpet, banjo, drums, trombone, tuba and keyboard. Come and enjoy this annual tradition!

Women’s Choir to Sing
The Women’s Choir, under the direction of Kathy Ferreira, is singing for the two sanctuary services on Sunday, February 3, 2013. Rehearsal will be on Wednesday, January 30 beginning at 6:00 p.m. in the sanctuary. Please come and sing and enjoy the fellowship, and please bring a friend with you!

Committee Annual Reports Due
If you are a secretary on a committee for FLC, please have your annual report to Becki as soon as possible.

First Club Annual Dinner
Friday, January 11
11:30 a.m.
Holiday Inn Club Room 3
This meal will be a buffet or order off the menu - each party will be billed separately and First Club will pay the tip. The program will feature Steve Stark. The room accommodates 50 people, so please sign up to save your spot. Sign up sheet is on the counter in the hallway by Celebration Hall.

Christmas Program Highlights

FLC children sang their praises to Jesus during their Christmas program. More pictures are available on our website at www.flcfargo.org!

Children to Sing at Worship
Preschool age 3 - Kindergarten
Sunday, January 27 and
Wednesday, January 30

Sunday children sing at the Sunday 11:00 worship in Celebration Hall.
Wednesday children sing at Wednesday 7:00 worship in Celebration Hall.

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:

Tuesday mornings - 9:00 a.m. - 1:00 p.m.
Wednesdays - 9:00 a.m. - 1:00 p.m.
1:00 p.m. - 4:00 p.m.
Thursday afternoons - 1:00 - 4:00 p.m.
Friday afternoons - 1:00 - 4:00 p.m. (temporary)

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.
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.
Olene 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 or 235-7389.

Men's Tuesday Night Book Study
Tuesdays, 7:00 p.m. in Fellowship Hall
Kickoff on January 8 at 7:00 p.m. with Movie Courageous in the BibleMax Theatre

Men's Winter Cabin Getaway
January 25-27
Cost: $25
Rollie Johnson, rjohnson@flcfargo.org or 235-7389

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

CALENDAR OF EVENTS

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, 235-4102 or 388-6650

Family Meal
Wednesdays, 5:00 p.m.
January 9 - Tacos
January 16 - Meatballs with Mashed Potatoes & Gravy
January 23 - Soup and Sandwiches
January 30 - Spaghetti

Reel Faith - Sunday, January 20
Movies shown once per month on Sundays, 4:00 p.m. BibleMax Theatre.
January's Movie is Facing the Giants.

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

Tae Kwan Do
Tuesday and Thursdays
Starting January 22
$55/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, January 13 & 20 and February 3, 10 & 17
Open to all ages
Snowshoes available with reservation.
Rollie Johnson, rjohnson@flcfargo.org or 235-7389

MISSION/OUTREACH
Mission Soup Sunday
January 20, 10:00 a.m.
Fellowship Hall
Free-will offering, supports FLC missions
Sunday, January 20
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 with an RSVP to Shelly at serickson@flcfargo.org or 235-7389.

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

On January 20 we will be showing *Facing the Giants*. This inspiring story about a losing high school football coach with a new game plan will have you talking about trusting God for the impossible! After six consecutive losing seasons and fear surrounding his life, Coach Grant Taylor turns to God in desperation. Taylor and his Shiloh Christian Eagles soon discover how faith plays out on the field and off! Rated PG.