

First Lutheran

NEWSLETTER

June
2024



The Transformative Power of Sharing and Caring

Do not forget the covenant I have made with you, and do not worship other gods. Rather, worship the Lord your God; it is he who will deliver you from the hand of all your enemies. 2 Kings 17:38-39

Worship is a declaration that God is amid all that is happening in our world today. Worshipping God transforms us. We declare God in our world today by being part of Share and Care Groups. The little things matter: ushering, greeting, reading, helping in the kitchen or at a funeral. They are transformative.

Share and Care groups recognize that we are part of a community and need to work together. When we work together, worshipping God, we are transformed.

Our Share and Care groups have not been working well. Too few people were doing most of the work. Leaders spend countless hours calling to find help to worship God – and they often find themselves filling in as lecturers, ushers, bringing baked goods, and serving/cleaning multiple Sundays in a month.

A group of intrepid volunteers worked alongside Missi to revamp our Share and Care groups. The group gathered ideas and preferences, resulting in a new way to organize the groups. It has been a daunting task – but it is well done. We will give the new groupings a whirl and see how it works. We will adapt and change as needed. Next time someone asks you to help with a Share and Care opportunity to worship, do not hesitate to say “YES!”. We have an awesome God who deserves our worship.

Turn to page 2 to read more about the Share and Care changes.

Worshipping God alongside you,
Pastor Lynn

Important Dates

- June 2nd–Mission Jamaica meeting 11:00 am
- June 3rd–Beginning of FLC Day Camp
- June 20th–Two or More Fellowship at ABC Brewery 6:30 pm
- June 21st & 22nd–WELCA rummage sale
- June 28th–Redhawks game
- Campfire Worship–2nd and 4th Wednesdays of the month starting June 12th–Dinner @ 5:30 and Worship @ 6:15
- July 18th–Two or More Fellowship @ ABC Brewing 5:30 pm–8 pm
- July 21st–Fly to Breckenridge Aquatic Center 2 pm to 7 pm
- July 28th–Adult Forum on Dyslexia with Tammy Anderson
- August 9th–Two or More Fellowship
- Ottertail Demo Derby 6 pm-9pm
- August 29th–Fly Back to school party 6 pm to 12 am

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SHARE AND CARE GROUPS: Important Updates

Changes include:

- The biggest change revolves around the distribution of people. Each person is in two months - but not always consecutive months. Three months are then assigned to a group. This allows finding additional help from a bigger pool. For example, if the July Share and Care group can't fill out all their slots, they can look for help in the June or August months.
- Each group meets the second Sunday of the month before the group's service months. (For Everyone Group 3 (June, July, August) would meet on the 2nd Sunday of May)
- Each group selects their leaders each year
- The beginning instructions have been updated. (Please read them!)

Group 3 (June, July, August) members are: Clair & Barb Prody, Pastor Lynn & Rob, Linda Tikkanen, Diane Greenagel, Jo Duncan, Daryl & Kathleen Baardsen, Shirley & Richard Peterson, Shirley & Donald Kirschman, Lynn & Holly Johnson, Kathy & Mike Neese, Doreen Stave, Ron & Kathryn Rickers, Gerry & Barb Nelson, Peter & Kristi Everts, Ines Flores, Dennis & Cheryl Pederson, John Hodnefield, Robert Hepper, Laurie Zelinsky, Carols Nelson, Jeff Morton, Dave & LouAnn Ellingson, James & Mabeth Fieldler, Heidi Jorud, Dave & Sharon Hanson, Mike Youngblood, Sharon Worden, Tom & Cindy Peterson, Linda & Gary Morical, Mike & Kristina Fielding, Peter & Carol Boyum and Wanda & Richard Oftedahl.

May Principal	\$ 3,077.96
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May Interest	\$ 440.95
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May Additional on principal	\$ 27,689.43
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Balance as of May 10th	\$133,049.30
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Your gracious donations allowed us to pay an additional
\$27,689.73 in principal in May!!!

THANK YOU!

FIRST LUTHERAN CHURCH COUNCIL MINUTES 5-21-24

Summarized

Financial Report and Recommendations: Benevolence has increased; although still less than budgeted. Ottetail Power Company bill increased by about \$100/month. Mike Youngblood will contact OTP to request an energy audit, to trim this expense.

Pastor's Report: Pastor had another very busy month. She reported difficulty completing staff performance reviews due to the busyness of the past few months but recognizes the importance of completing them.

Committee Highlight Reports (Everything else is in the monthly newsletter):

Faith Formation: The Endowment gift for Faith Formation will be used for capital purchases.

WELCA: Upcoming rummage sale, and the need to utilize covered trailers in the parking lot, to keep most classrooms and the activities area available for Day Camp activities.

Old Business:

Mortgage Elimination Update: Progress is being made! The balance is currently \$133,000.

New Business:

Share and Care Review: Pastor Lynn will provide education about the new teams on June 9 during worship and in the newsletter.

Campership Update: The council fully supports utilizing Faith Haven instead of Luther Crest or other camps in the area. This allows for more students to attend summer camps.

Follow up on Suggestions by Congregation Members:

1) Holy Hops is now known as Two or More Fellowship.

2) Sunday Fellowship: It was suggested that we have fellowship both before and after services, to accommodate people who like to go out to eat after church. Yes, coffee is always available in the kitchen before church. Snacks will continue to be served following worship.

Air Leak Repair: The Council approved Johnson Controls to complete repair on the fire suppression system for a total of \$5,000.

Annual Meeting Preparation: Each committee chair will be contacted by the Finance team to assist them in budget planning.

UPCOMING EVENTS



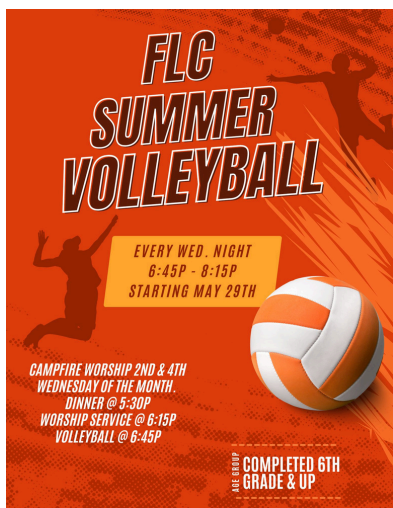
Starting in June we will be bringing back campfire worship on the 2nd and 4th Wednesday of the month. Dinner will be provided starting at 5:30p with worship service starting at 6:15p. Bring a lawn chair and your singing voice.

UPCOMING EVENTS



Youth in 5th grade and up are invited to attend a Redhawks baseball game in Moorhead on Friday, June 28th. We will leave the church at 5:15p, the game starts at 7p with fireworks following the game. We should be back by 12am. FLC will pay for the tickets but bring their own money for food.

Two or More Fellowship (formally Holy Hops) will be meeting at ABC Brewery on Thursday, June 20th at 6:30pm. Appetizers and conversation will be provided.



Weekly Wednesday night volleyball will begin on May 29th from 6:45p - 8:15p. Anyone that has completed 6th grade and older is invited to come and participate.

Two or More Fellowship will return to ABC Brewery on July 18th from 5:30p - 8p. Kristy's Succulent Creations will be also be there. Come for fellowship and create a beautiful succulent to bring home.

Appetizers will be provided. Succulent planting is optional.



UPCOMING EVENTS

Sunday, July 21st students going into 5th grade and up will have the opportunity to go to the Breckenridge Aquatic Center (weather pending). We will leave church at 2p and return at 7p. Snacks and beverages will be provided but students will need to provide their own money for concession items. Please RSVP by Friday, July 19th to office@blfirstlutheran.org for transportation purposes.



Sunday, July 28th Tammy Anderson will join us after worship to speak about Dyslexia from 11:15a - 12p in the fellowship hall. Tammy will talk about what dyslexia is, signs to look for, the gifts of dyslexia and her personal story.



Friday, August 9th from 5:15p-9p Two or More Fellowship will be going to the Ottertail Demolition Derby. We will meet at the The Shack for appetizers (provided) and beverages. The demo derby starts at 7p.

Thursday, August 29th from 6p-12a FLY will have an end of the summer Back To School Party at the church. Stay tuned for a list of activities that will take place.





Holy Faith

May was a busy month for WAFL. We had a number of activities to cram into just a few weeks. We managed to make Mother's Day pictures frames, recap the curriculum and lessons throughout the school year and squeeze in a service project and party.

In May the PreK-2nd graders packed 80 snack bags that were brought to Churches United; while the 3rd-6th graders cleaned up Sandbay Park.

We ended WAFL for the summer on May 15th with a party that included: ice cream served by congregation members, arts/crafts, laser tag, "minute to win it" games, bingo and hungry hungry hippos.

I would like to extend an enormous THANK YOU to all of the teachers and volunteers that helped out with WAFL this year. The WAFL program wouldn't be what it is without you!

If you would like to volunteer with the WAFL program starting this Fall please speak with Missi. It's an experience you wont regret.

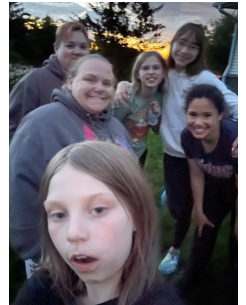


FLCAMP

I would also like to extend a thank you to the congregation on supporting the FLCamp this summer. Thank you for all of the donations, flexibility and prayers. I hope this program will be an opportunity to support our community and sustain our youth programs. Camp hasn't started yet but we have already seen the need for additional summer child care in the community. We will be having camp Mon-Thurs and have 27 kids signed up thus far! Keep the prayers coming!



In May we had an end of the school year lock in that started at 6p on the last day of school and went until 8am the following morning. We had 17 students attend the lock in and had 14 hours of fun filled activities. There were 6 left standing to enjoy the sunrise the following morning.



First Lutheran Men's Fellowship met Thursday, May 2, 2024 at the Shoreline with 15 members in attendance. We will be serving lunch to all the volunteers at Beautify Battle Lake Clean Up Day at the CAC Creative Arts Center at 12:30 on Wednesday, May 8th. On Thursday, May 9th, we do our annual ditch walking project and Spring clean up around the Church grounds. The Art & Craft Affair will be held on Saturday, August 10th. We will have our famous food stand there again. This year we will be serving hamburgers and jumbo brats, along with our breakfast sandwiches. Our next meeting will be Thursday, June 6, 2024.



June 4th--12:00 PM Study Leaders
1:00 PM WELCA Board Meeting
June 11th--9:30 AM Lydia Circle, Host Grace
June 11th --10:00 AM Naomi Circle, Host Mary Jane
June 12th--9:30 AM Mary Circle, Host Linda M.
June 23rd --6:30 PM Evening Circle
Rummage Sale June 21st 9-6 & June 22nd 8-1



FLC RUMMAGE SALE TIME!

First Lutheran WELCA will again hold a rummage sale on Battle Lake Rummage Sale Weekend on June 21&22. This sale has been a huge success the past two years, quickly being established as the “best of the best” sales because of the wonderful donations we receive for the sale. Last year’s sale allowed us to donate \$2000 to Churches United for the Homeless and \$2000 to ELCA World Disaster Relief. This year’s proceeds will be donated to the Battle Lake Food Shelf and to Churches United for the Homeless.

Please consider donating these items that are in good condition:

HOUSEHOLD GOODS

SHOP AND HANDYMAN TOOLS

GARDEN TOOLS

SMALL APPLIANCES (in working condition; No TVs, please)

SPORTING GOODS

YARD GAMES

CAMPING EQUIPMENT

LAWN/PATIO FURNITURE

MUSICAL INSTRUMENTS

WATER TOYS

TOYS and BOARD GAMES

PUZZLES (no missing pieces, please)

BABY EQUIPMENT

INFANTS’ and CHILDREN’S CLOTHING

BOOKS

FURNITURE (Please only donated items that can be carried by one person. We don’t have volunteers who can pick up donations.) A good furniture donation might be something that could be used by someone moving into a cabin or apartment.

BOOKSHELVES

SMALL CABINETS or DRESSERS

CHAIRS

We invite you to price any or all of your items! Pricing stickers will be available in the library. If pricing any décor, be sure to place the sticker where it won’t damage the item. (Pricing is not an expectation.)

Please bring your donations to the church library. A volunteer will move it to a room intended for storage. Day Camp kids will be in many areas of the building beginning May 3, and we need to keep their environment free of safety hazards, so we will store donations in three classrooms and outdoors in a borrowed covered trailer and a borrowed fish house. THANK YOU FOR DONATING ITEMS!

WELCA'S ANNUAL NO BAKE FUNDRAISER

May/June 2024

The “No Bake Fundraiser” has assisted our church WELCA (Women of Evangelical Lutheran Church of America) to fund projects throughout the year.

Some of the WELCA projects or donations were assigned to: Battle Lake Food Shelf, Battle Lake School, Churches United, Red River Valley Hospice, Lake Region Cancer Foundation, Morning Watch, Someplace Safe Crisis Center, Personal Care Kits, Infant Kits, School Kits, and the ELCA Disaster Fund for local disasters.

We are once again asking you to donate financially to support the WELCA projects.

Checks should be made out to WELCA. Donations can be dropped off at the church office, given to a circle chairperson, or mailed to:

**Linda Manikowske, WELCA Treasurer
23370 Garland Lane
Battle Lake, MN 56515**



Thank you for your support of WELCA.

If you wish to become an active member of WELCA pick up a booklet in the church office, or contact Nancy Quam 218-371-0576, or contact any WELCA member. Currently, we have 4 circles to choose from to attend.

Worship and Music



Laurie Hanson-Zelinsky

I grew up in Battle Lake and am a baptized and confirmed member of this congregation. I was in choir through school and was in Jr. & Sr. Choir here at First Lutheran. In my time here I have been a Sunday School teacher, Sunday School Superintendent, choir member and director of the Jr. Choir. We performed a few musical bible stories in the time that I was a Superintendent - “Music Machine”, “Christmas in July”, and “Rainbow Express”. They were really fun to do with the kids and by the time all was said and done, I believe the kids had a great time and a lot of giggles through each part. I did have a few years of piano lessons when I was much younger. I sang, played guitar and the qchord along with the Praise Team when we were active (waiting for us to be at it again). I am on the worship and music committee that works with the Pastor to organize each service. I really enjoy being a part of that committee and finding songs that work for everyone’s worship experience.

I am also working on the AV team for the services (Live Stream and In House). A part of that is also setting up the microphones that are needed for all services. It also involves running the powerpoint for each service or special occasion when needed and scheduling the live stream for each occasion.

My education is in secretarial and real estate but have worked various jobs as my kids were growing up to be able to work around their schedules. (Waitress, Cook, Bartender, bookkeeper, Caregiver, etc.) My kids are spread out between Tacoma, Washington, Battle Lake, Fergus Falls and Ft. Drum, New York. I have 4 grandchildren and 1 angel granddaughter.

The First Lutheran Bell/Chimes Choir is looking for additional ringers. The choir is composed of a minimum of 8 ringers and plays in two octaves. We are always looking for new members. The only two requirements are that you can read music and are at least 16 years old. We meet once a week and occasionally play during church services.

If you are interested in joining this fun group, please contact Gail Nelson at 763-302-9760. You can call or text.



From Your Parish Nurse

Greetings from the Parish Nurse

I have been a caregiver for almost 30 years in one aspect or another. My roles have been nurse, daughter, mother, and friend. In each of these roles I have experienced caregiver burnout at one time or another. I did not recognize it at first and I struggled to continue in the role of caregiver.

Being able to recognize the signs of burnout was difficult for me, because I could do it all! I was an expert, and no-one could tell me otherwise. Caregiving can often deplete your emotional and physical energy. When you are trying to stay on top of someone's well-being you tend to let yours become unhealthy and this can result in sickness and more stress.

According to the Mayo Clinic, caregivers should watch for the following signs of burnout:

- Feeling overwhelmed or constantly worried
 - Feeling tired often
 - Getting too much sleep or not enough sleep
 - Gaining or losing weight
 - Becoming easily irritated or angry
 - Losing interest in activities you used to enjoy
 - Feeling sad
 - Having frequent headaches, bodily pain, or other physical problems
 - Abusing alcohol or drugs, including prescription medications.
 - As a caregiver you're more likely to experience symptoms of depression or anxiety.
- In addition, you may not get enough sleep or physical activity, or eat a balanced diet- which increases your risk of medical problems, such as heart disease and diabetes.

Coping strategies for burned out caregivers: be realistic about what you can do; take breaks; make time to take care of your physical health; acknowledge the positive aspects of your life; ask for and get help. Caregiving, while not for the faint of heart, can be a rewarding experience. If you prepare yourself mentally and physically, the likelihood of burnout becomes less, and you handle the role with grace and fortitude.

A great website for information on the caregiver role and selfcare is <https://www.familyaware.org>

If you are experiencing caregiver burnout or just need to talk, please reach out to myself or Pastor Lynn. Never be afraid to ask for help. We are here for you.

God's Blessings,
Jeri Wilmore, FCN/Parish Nurse

CONGRATULATIONS TO OUR SENIORS

Molly Durbin
Aiden Buehler
Jack Mekalson

Kyleigh Shebeck
Madison Cameron



Our quilters are looking for more thread. If you have any and are willing to donate please bring and they can be left in the office or the quilting room.

Threads especially needed are pink, white and blues.



Quilts made and disbursed 2023 ad 2024

Food shelf	30
Churches United Moorhead	20
Battle Lake Nursing Home	6
Prom	2
High School Senior	5
Individuals	2
Lutheran World Relief	27
Sold	10
On Reserve	10
On Sale in Bee Hive	2
Total 114 minus 7 held over from last year with total made this year	107



Outreach



We will continue with Salad luncheon the last Sunday of the month and decide in September if we should change it up.

Sand Bay Park will need to be maintained once a week. I will put a sign up sheet out. Memorial day to Labor day.

We will provide assistance to the Senior Center during their Ice Cream Social. An advertising card was sent out to 56515 and 56524 zip codes listing events at First Lutheran.

Thank you from your AV and Tech team! Our live telecasts have been so very well received. Remember to share the options with your friends and family as an outreach to others.



Just an update for all of our team.

Mike and Laurie are putting together a picture booklet with instructions on the things that need to be done each Sunday (or event). This way if someone cannot be there the directions are there for all to see. This will include which microphones are being used and what has to be turned on the board for videos, guitars, soloists, etc. Once this booklet is put together, we will set up a training meeting for anyone interested in helping out with this important ministry.

April Finances:

Income	\$45,104	Budget	\$401,349	29.13%
Expenses	<u>\$33,413</u>	Budget	\$401,349	37.68%
Net	\$ 6,308			

LIBRARY NEWS

“Libraries always remind me that there are good things in this world.” – Lauren Ward



We wanted to remind our congregation and neighbors that we have this beautiful library to be used by all. There are a lot of reference books for church study and we also have wifi access available if somebody needs to use for their research or homework, whichever it may be.

There are also many fiction and non-fiction books available to check out. All that is required to check them out, is to fill out the book card and return the book when done.

Please feel free to come and check it out. Our church doors are open from 9 am to 4 pm.



We have a member that has an older set of Comptons Junior Encyclopedias if any family is interested!



First Lutheran Church
505 Holdt St. West
Battle Lake MN 56515
218-864-5686
www.blfirstlutheran.org



Address Service Requested
Newsletter

Sunday Worship 10 AM

Communion 1st & 4th Sundays

Coffee/Fellowship 11 AM following service

Online worship @ Youtube-First Lutheran Church Battle Lake and Facebook



FIRST LUTHERAN CHURCH
BATTLE LAKE

First Lutheran Church Staff

Pastor: Pastor Lynn Melchior : pastorlynn@blfirstlutheran.org

Office Secretary: Laurie Hanson-Zelinsky: office@blfirstlutheran.org

Parish Nurse: Jeri Wilmore: parishnurse@blfirstlutheran.org

Faith Formation: Missi Abfalter: waf1@blfirstlutheran.org

Website: www.blfirstlutheran.org