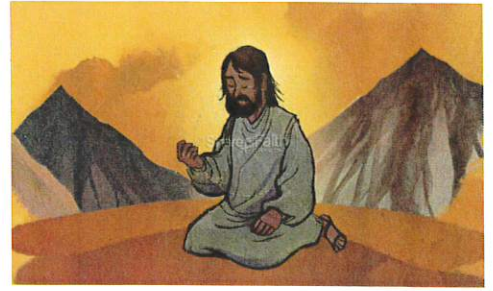


Redeemer Lutheran Church
1300 Nora St. E.
Thief River Falls, MN 56701
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The Temptation of Jesus

⁴ Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ² For forty days and forty nights he fasted and became very hungry.

³ During that time the devil^[a] came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

⁴ But Jesus told him, "No! The Scriptures say People do not live by bread alone, but by every word that comes from the mouth of God.

⁵ Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, ⁶ and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you. And they will hold you up with their hands so you won't even hurt your foot on a stone.

⁷ Jesus responded, "The Scriptures also say,
'You must not test the LORD your God.

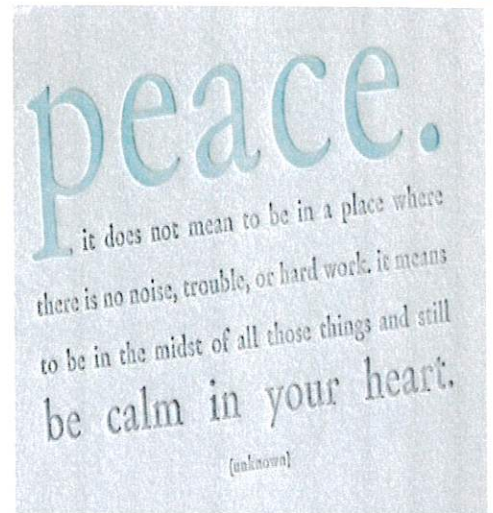
⁸ Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ "I will give it all to you," he said, "if you will kneel down and worship me."

¹⁰ "Get out of here, Satan," Jesus told him. "For the Scriptures say,
'You must worship the LORD your God

¹¹ Then the devil went away, and angels came and took care of Jesus.

ASH Wednesday/Lent

Ash Wednesday is Wednesday, February 18th. Worship will be at 6:30 p.m.
Lent begins on Wednesday, February 25th at 6:30 p.m.
Soup suppers will be served beginning at 5:15 p.m.
J.A.M.(Jesus and Me) will continue to meet at 5:30.
Confirmation students please attend worship and meet with a mentor after worship



REDEEMER STAFF

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Cantor

Chris Cuppett

218-683-3420

Sisterchris@mncable.net

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Redeemer Lutheran Church 1300 E. Nora St. Thief River Falls, MN 56701 Phone: 218-681-3390 redeemer@rmmcable.net Office Hours: 9:00am-2:00pm Mon-Fri</p>						
<p>1 9:30am Worship with Holy Communion 1:30 Baby Shower</p>	<p>2 12:00 First Look</p>	<p>3 P:00 Quilters 6:00 All Committee Meeting</p>	<p>4 5:30 JAM/6th grade Confirmation 6:30 Worship Lab 7:00 7th/8th grade confirmation</p>	<p>5</p>	<p>6 Pastor Sabbath</p>	<p>7 9:00 – Noon Church Council Retreat</p>
<p>8 9:30am Worship Council Installation</p>	<p>9</p>	<p>10 9:00 Quilters 9:30 Martha Unit Deadline to Register for Ski Trip →</p>	<p>11 1:30 Ruth Unit 5:30 JAM/6th grade Confirmation 6:30 Worship Lab 7:00 7th/8th grade confirmation</p>	<p>12</p>	<p>13 Pastor Sabbath</p>	<p>14 </p>
<p>15 9:30am Worship with Holy Communion</p>	<p>16 Ski Trip to Buena Vista 6-12th Grade</p>	<p>17 9:00 Quilters</p>	<p>18 Ash Wednesday 5:30 JAM 6:30 Worship & Confirmation </p>	<p>19</p>	<p>20 Pastor Sabbath</p>	<p>21</p>
<p>22 9:30am Worship</p>	<p>23 12:00 First Look</p>	<p>24 9:00 Quilters</p>	<p>25 5:15 Soup Supper 5:30 JAM 6:30 Lent - Holden Evening Prayer Worship & Confirmation</p>	<p>26 5:00 SWEETS @ The Piggy</p>	<p>27 Pastor Sabbath</p>	<p>28</p>

*The Lord is near.
Do not worry about anything,
but in everything, let your requests be made known to God.
And the Peace of God, which surpasses all understanding,
Will guard your hearts and your minds in Christ Jesus.*
- *Philippians 4:5b-7*



Lord, Teach Us to Pray

God is good – all the time. & All the time – God is good! God Prayer is one of the quintessential gifts we are given to use as children of God. Luther names several things in both the explanations to the Creed and the Lord's Prayer. His lists encompass many things we often take for granted – yet even these lists are not exhaustive!

As Lutherans, we believe in a life-long catechumenate – that all believers continue learning and growing in faith until we are home with God. As we follow Jesus' journey to the cross for the sake of the whole world – including each of us – we lean into different teachings and spiritual practices to deepen our faith and connection God. Two years ago, our overall theme was Baptism, last year we focused a lot on being community together – and how the 10 Commandments help structure society and relationships between people and with God. This year our theme is Prayer.

Lent is a formative time in the church – as we follow the journey of Jesus to the cross, we teach the faith in a very intentional way to those who seek to follow, grow in faith, or allow our understanding to be expanded beyond the basic words we have committed to memory.

Jesus and John the Baptist both call people to Repent – *Metanoiete (Matthew 4:17)* – to expand *our* understanding of what God is calling us to – to turn from our usual, comfortable way of life – to one that embraces the fullness of God's intent for living in community with all people and all of creation. Our theme for our Lenten Journey comes from Matthew 6:5-13 and the disciples' request in Luke 11:1-4, *"Lord, teach us to pray, like John taught his disciples."* The disciples saw the time he spent in prayer and the peace and power that flowed because of it.

The Bible gives us many examples of prayers in the book of Psalms – sometimes referred to as the ***"Prayerbook of Jesus"***. Jesus prayed some of these directly from the cross. Psalms give us the permission to be totally, brutally honest with God about what we are feeling and experiencing.

Many of us feel limited – especially in public settings to use "scripted prayers – ones written in advance or specifically worded from the Bible – like the Lord's Prayer, or mealtime

prayers. But a deeper way of praying comes from simply remembering that when we pray, we are ***“Practicing the Presence of God with us”***. True, God is with us always, but we often don’t remember or acknowledge that presence. But as we practice remembering we are in God’s presence – for God is with us - we simply speak honestly from the heart – giving thanks, or expressing fear or anger, sharing concerns for others, and interceding for them and the world; and I Thessalonians reminds us to pray without ceasing.

MID-WEEK LENTEN SERVICES will again use the Holden Evening Prayer – a favorite for so many. Our readings and reflections will center on the Lord’s Prayer. Services will be at 6:30 pm. We are again seeking **Youth Mentors** to meet 1-1 with Confirmation students. Mentors are encouraged to sit with their student and/or family and get to know them before the service each week. Following the service, reflect on the themes for a few moments together. There will be a simple set of questions to guide your reflection time. We have 16 students this year. If you are able to serve in this way, please call Pastor Steph.

Soup Suppers will again be served by the Youth, under the guidance of Jan Anderson, from **5:15-6:15**. **JAM** will meet from 5:30-6:20. **Worship will begin at 6:30**. Schedules have been given to the students. After the visits with their mentors (*about 7:15*) students are free to leave. Adults who do not have a student are welcome to use the reflection forms for personal reflection during this time or take them home for further contemplation.

SCHEDULE	5:15-6:15	Soup Suppers	Fellowship Hall
	5:30-6:20	JAM – Jesus and Me PK-Gr 5	Education Classrooms
	6:30-7:00	Worship	Sanctuary
	7:00-7:15	Mentor Conversations	Sanctuary or Commons area
ASH WEDNESDAY	February 18	Matthew 6:1-6, 16-21 <i>The Lord’s Prayer</i>	Sanctuary with Communion <i>How to Pray</i>
LENT I	February 25	Romans 8:1-17; Psalm 139:13-18	<i>Abba Father</i>
LENT II	March 4	Luke 1:26-38; Luke 4:16-21	<i>Thy Will Be Done</i>
LENT III	March 11	Luke 11:1-13; James 5:13-18	<i>Daily Bread</i>
LENT IV	March 18	Matthew 6:5-14; Matt.18:21-25	<i>Forgiveness</i>
LENT V	March 25	Matthew 26:36-39	<i>Temptation</i>

Redeemer Council Meeting

January 19, 2026

(6:00) pm

Meeting Summary

Council members present: Jan Nordin, Leona Bugge Terri Cuppett, Deb Jacobson, Scott Dcamp, Missy Hall, Ken Froschheiser and Pastor Stephanie White

Council members excused:

Council members absent: Gary Hintz

Guest: Dianne Stroh

Call to Order: The meeting was call to order by Jan Nordin at 6:15 PM.

Devotions: Deb Jacobson

Adoption of Agenda: Motion was made by Deb. It was seconded by Missy and approved.

Secretary's Report: The secretary's report was reviewed a motion was made to accept the minutes by Ken, seconded by Leona and approved.

Treasurer/Finance Report: Report was reviewed. The Mission Endowment Fund needs to have their signature card at the bank updated. Pat Bjerkness and Maryel Anderson should be removed and Marit Martell added as a signer. December ended the 4th quarter in the red by \$3,615.03. A motion to accept the Treasurer/Finance was made by Ken and seconded by Deb. Report filed for audit.

Committee reports:

Faith Formation Committee: Did not meet. This committee would like to have more members.

Evangelism and Social Ministry Committee: Did not meet.

Property Committee: Working to get new bids for insurance and replacing the roof over the sanctuary. A Capital Campaign has been started to help pay for the ongoing updates of Redeemer.

Faith, Family Fellowship = Stewardship Committee: Met and report submitted. Annual meeting is set for January 25, 2026 with a baked potato bar to follow meeting.

Worship and Music Committee: Did not meet.

Personnel Committee: did not meet.



Altar Guild Committee: Met and report submitted.

Unfinished business:

New business:

Congregational Questions and Concerns:

Pastors Report: No Baptisms planned, 1 Funerals, 14 Congregational visits, 13 Communion visits, Two nursing home services. The others 2 were cancelled due to blizzard. Three weddings coming up. Ash Wednesday is February 18th. Soup supper and Lent services begin on Wednesday, February 25th with the Holden Evening Prayer. New this year - committee night will be held the first Tuesday of each month so that each committee can share with the others what they are doing. Training for the Council will be held on Saturday, February 7th from 9am to noon. Pastor Steph will be gone for her grandson's baptism on Sunday, February 1st. Pastor Terri will preach on this day. She will also be gone to Hackensack, MN on February 8-10 for continuing education. Special "Thank you" to the following council members who have completed their terms. Jan Nordin, Leona Bugge and Gary Hintz.

Next Meeting Date: Tuesday – February 17, 2026 at 6:00 pm

Devotions for February: Missy Hall

Offering Security for December: Wednesday Sunday

Adjournment: Motion to adjourn at 7:11pm made by Ken and seconded by Deb. Closed the meeting with the Lord's Prayer

Minutes submitted by: Leona Bugge/ds





February Birthdays

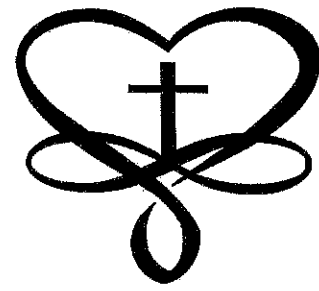
February Birthdays –

1 – Lona Anderson 2 – Christopher Anderson, Hans Harder 3 – 4 – Anthony Garcia, Cody Hempel, Blair Lund 5 – Darren Bakke, John Jacobson, Bo Hintz 6 – Kelly Little, Evan Anderson, Nicole Peterson, Karen Halsa 7 – Dana Sorenson, Aaron Halsa 8 – Valera Noel, Jerome Sorenson, Evelyn Jesme 9 – Jessica Olson, Mike Eickman 10 – Ken Froschheiser, Laney Fay 11 – Dylan Gustafson, Paul Ihle, Krystal Dennis 12 – Melanie Ortloff 13 - Delores Nomeland 14 – Maiah Benter, Ryan Stromlund 15 – Wyatt Nelson 16 – Jan Anderson 17 – 18 – Denice Nelson, Kendall Voecks 19 – Emmy Eickman, Shawn Newland, Evie Skiple 20 – Harold Dupree, Ryan Philipp, Kate Ihle 21 – Diane Peterson, Breanna Weinen, Lisa Nelson 22 – Tricia Kostrewski, Peyton Olson 23 - Ella Harbott, Kate Anderson 24 – Kenya Olson, Matt Voecks 25 – 26 – Yvonne Bergerson, Sandy Sundahl 27 – Glen Haugen, Brooke Hickerson, Melani Reuter, 28 – Marlys Anderson, June

In Our Thoughts and Prayers

Tom Gustafson, Tamara Vaughn, Darren Bakke, Shawn Groven, Cindy Hughes, Jim Potucek, Rick Harbott, Sara LaFayette Valentine, Michelle Kasprick, Shari Safranski, Larry and LaVonne Forsberg, Bob and Barb Horien, Rick and Tami Hanson, Rose Teie, Fern Melbye, and Laurie Miller





Acts of Love in Our Community

February is often related to Valentine's Day. But we should not limit this day to just Romantic love. There are plenty of ways we show our love in our community as well.

Recently a call went out for help for an elderly gentleman. Cleaners are volunteering, some are moving snow and making it a safe space for recovery, many people have volunteered to make food, and even fostering his dog while he recovers. Now that's an example of love in our community!

We also show our Christian love by doing food drives and supporting the local food shelf. Rising costs all over have made things hard on families and having the food shelf as a resource is a blessing in our community.

Acts of love are not limited to adults only. I know in the schools there are plenty of young people who have stood up to a bully who was harassing another child. An act of love and kindness.

At Redeemer, we have a Good Samaritan fund. This winter we have been able to help many people with heating fuel, groceries, gas, bus fare as well as many other instances. Really an act of love for a community in need.

A couple of weeks ago, I was dining in a local restaurant. When it was time to pay the bill, I stopped the server and he told me that someone had already paid our bill and to have a very nice day! So unexpected that I could barely get the words "Thank you" out in response. This was an act of love in community I experienced.

So here's the challenge: how can you show an act of love in your community? Shovel a walk for and elderly neighbor? Prepare a meal and deliver it to a needy family? Visit the nursing homes with valentines for the residents? Give a gift card to someone who may be struggling? The list is endless. Please consider an act of community love this Valentine's Day!



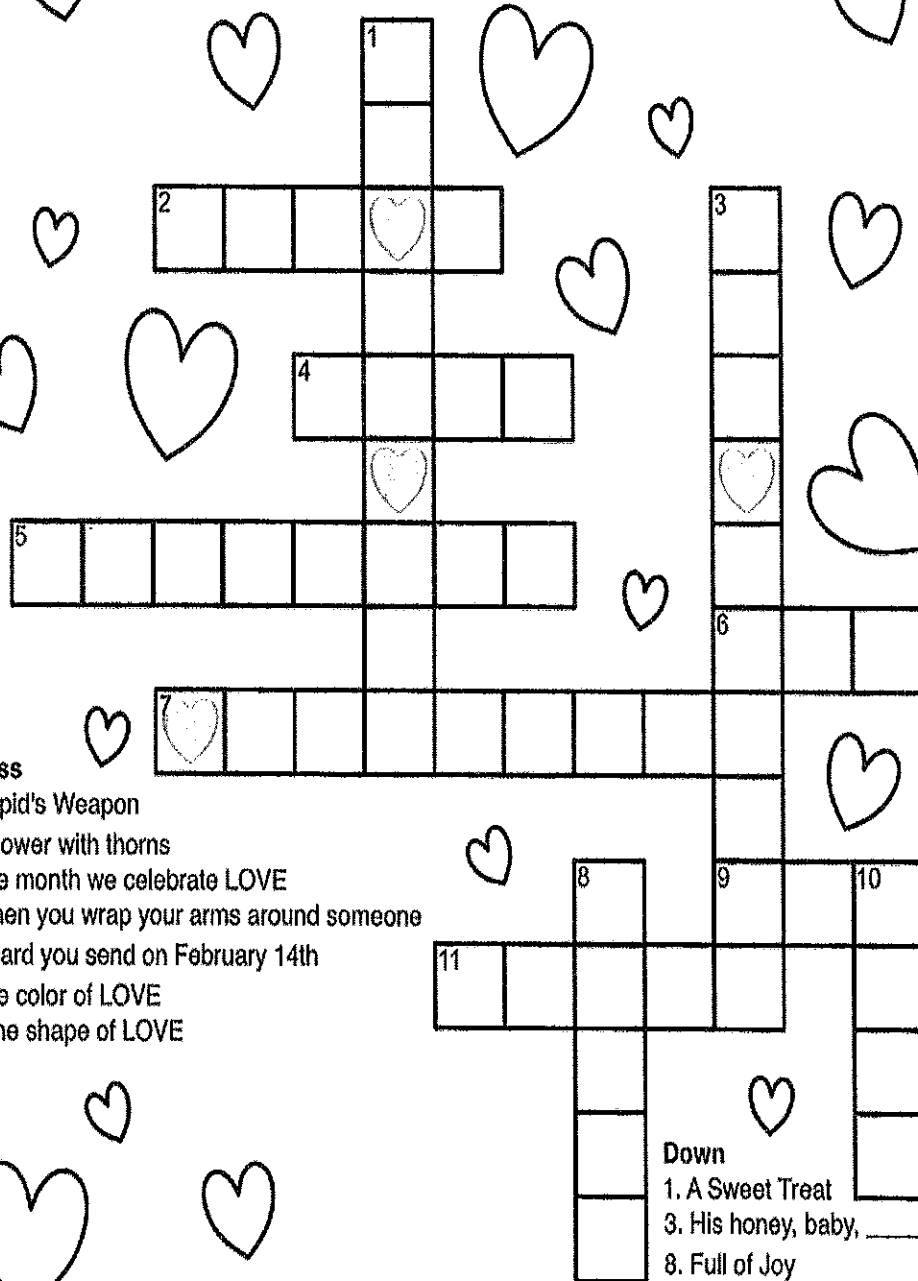


HAPPY
VALENTINE'S
DAY



VALENTINE

CROSSWORD PUZZLE



Across

2. Cupid's Weapon
4. A flower with thorns
5. The month we celebrate LOVE
6. When you wrap your arms around someone
7. A card you send on February 14th
9. The color of LOVE
11. The shape of LOVE

Down

1. A Sweet Treat
3. His honey, baby, _____
8. Full of Joy
10. When two people go out