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March 2025



9:30am Worship with Holy Communion Fellowship Potluck Dinner	30am Worship stor Steph Vac stor Terri Filling In	23 24 Pr. Steph Vac	16 17 9:30am Worship with Holy 6:00 Council Communion	9:30am Worship 4:30 Faith & Family Stewardship 5:30 Property	9 10	9:30am Worship with Holy 1:00 Communion Ingraha/Counter 3 rd Grade Bibles Wedding Gideons	2 3	Redeemer Lutheran Church 1300 E. Nora St. Thief River Falls, MN 56701 Phone: 218-681-3390 redeemer@gytel.com Office Hours: 9:00am-2:00pm Mon-Fri
	9:00 Quilters 12:00 First Look 5:00 Altar Guild	1 Vac 25	18 Pastor Steph Vac 9:00 Quilters NO First Look	9:00 Quilters 9:30 Martha Unit p 12:00 First Look ty	11	9:00 Quilters 6:30 Worship and Music	4	
	5:15 Soup Supper 5:45 BLAST 6:30 Lent 3 Holden Evening Prayer	26	19 Pastor Steph Vac 5:15 Soup Supper 5:45 BLAST 6:30 Lent 2 Holden Evening Prayer	1:30 Ruth Unit 5:15 Soup Supper 5:45 BLAST 6:30 Lent 1 Holden Evening Prayer	12	Ash Wednesday No BLAST 6:30pm Worship	SI	
	5:30 SWEETS Meet at	27	20 Pastor Steph Vac	5:00 Finance 5:30 SWEETS Meet at	13	1:00 Greenleaf 2:00 TRFCC 3:00 OPNH 5:30 SWEETS Meet at Bowling Alley	6	
	Pastor Sabbath	28	21 Pastor Sabbath	Pastor Sabbath	14	Pastor Sabbath	7	
-		29	22 Pastor Steph Vac	National Quilting Day Birthday Party 100 – 4:00 Emmaus Roon	15	Fellowship Hall Reserved for Baby Shower at 10am	8	7

Redeemer Church Council

Minutes from: Tuesday, February 18, 2025

Council Members Present: Jan Nordin, Wenda Sumrall, Leona Bugge, Pastor Steph, Terri Cuppett, Scott D Camp, Ken Froschheiser, Deb Jacobson, Missy Hall. Kristie Huseth

Council Members Excused: Gary Hintz

Guest: Dianne Stroh

The meeting was called to order at6:04pm by President, Jan Nordin. Jan also read the devotions from "Christ in Our Home" and welcomed new members; Ken Froschheiser, Missy Hall, Deb Jacobson, and Kristie Huseth.

The agenda was reviewed and adopted.

The Secretary's report was reviewed, adopted and filed for audit.

The Treasurer's report was reviewed. Items of note were the MN Energy bill went up \$1000 over the previous month. The use of the capital Improvement funds vs property improvements was also discussed and clarified that Capital Improvement funds are not used to pay the small projects of the Property repairs. If Property has a large project to fund, they will need to bring it to council to decide how to pay. Motion was made by Ken and seconded by Wenda to approve the report and file for audit.

Pastor Steph reported that she had performed 3 baptisms, Jaxon Ewalt, Zander Hintz, and Bo Hintz and given 14 communions outside of the church. The youth ski trip was cancelled due to the sub-zero weather as is the policy at Buena Vista. Acolyte training was held February 5 and will be again on March 5th ar 1:15. Intro to the Bible will be held on Feb 27th.

Ash Wednesday is March 5th with a 6:30pm service. Midweek Lenten services will begin at 5;15 with a soup meal and BLAST at 5:30 and the Holden Evening Prayer service beginning at 6:30 pm.

A SWEETS group for women has been started. They meet every Thursday evening to eat together - each week is a different place.

Hosted the TRF ministerial on February 5th. Attended Conf. 2 Pastor Gathering Lunch on Feb. 13th.

Attended the concert series and met several new people. Attended the Synod council meeting and participated in the training for Family Reunification with the school district on February 17th.

Redeemer Church Council

Coming up: Conference 2 @ Zion on Feb. 27th @6pm

3rd grade Bible Class on Feb. 27th

Rend Collective, a worship band will be in concert on 04/11 at the LHS Auditorium. TRF Ministerial helping to sponsor them.

Pastor will be on vacation for a family wedding March 18th through the 24th. Will need Pulpit supply on March 23rd.

3rd grade Bible presentation is March second along with a visit from Dale Anderson from the Gideons.

Will start Last Sunday of the month Blessings, Moments for Mission in Ministry, Offering security, and leadership training. Looking into newer software – Subsplash and a possible radio broadcast opportunity.

Committee Reports:

Faith Formation: did not meet - Terri Cuppett would like to join

Evangelism and Social Ministry: did not meet

Property Committee: Committee met and report was submitted of current and ongoing projects.

Faith & Family Stewardship: Committee met and report was submitted. Donations from them Lenten soup dinners will be split between the Heritage Center and the Meals on Wheels groups this year.

Personnel Committee: Jan Nordin is replacing Myron Peterson as chair. Ken Froschheiser will join this committee. No report submitted as committee did not meet.

Altar Guild: Report submitted.

Safety Committee: Committee met and report submitted.

Unfinished Business: 3 New Stoves and a new refrigerator have been ordered

New Business: Subsplash, Radio Broadcast Opportunity, Offering Security Motion made by Ken and 2nd by Scott to send the Radio Broadcast issue to Evangelism & Social Ministry Committee for discussion.

The meeting was adjourned at 7:05pm with the Lord's Prayer.

Next meeting: Monday, March 17, 2025 @ 6:00pm

Respectfully submitted - Dianne Stroh

Dear Friends in Christ,

Grace to you and peace from our Lord and Savior, Jesus Christ!



This greeting is both an acclamation of what we have, and a prayer that we will welcome it and believe it. We are entering this season of Lent in quite unprecedented times. While that has been true for some in other years, this year there is a heightened awareness of just how

unpredictable our lives can be and how unsettled we feel when change happens.

Whether because of diagnoses, natural disasters, political turmoil, broken relationships, grief, sudden unemployment, or threats, our sense of security and well-being takes a hit. The way we have become accustomed to moving in the world shows us clearly what our priorities are and where our sense of trust is anchored.

Perhaps this is why the Church grows and becomes stronger in times of threat and true persecution. Some of our Synod leaders traveled abroad in January to our companion Synod. We have not heard much because of the threats people have received due to that visit. And yet, our representatives have attested to the incredible growth in the church there and the joy they shared because of their complete trust in Christ in their midst! Come to the various Road Trips and conference/synodical gatherings to hear more of the story!

One of my former pastors, a wise, dear, and trusted friend, recently wrote a reflection for navigating these precarious times. He listed 5 needs he has identified – and they resonated with me. All of us have experienced times when life as we knew it stopped working for us. I have found his list enlightening and helpful. I hope it gives you things to ponder in your own faith journey. (Reflections following these points are my own.)

FIRST — A Strong Foundation. We need to anchor ourselves deeply on Christ — the solid Rock. Individually, we cannot change global realities, diagnoses, weather, other's reactions or behaviors — and sometimes even our own. When our lives seem to be places of shifting sand, we need secure and solid footing. God — creator and author of our faith and life — is the only solid anchor. Humans and institutions may be helpful but they can change — like our circumstances. Find a way to anchor yourself in Christ this Lent. Develop — or deepen a spiritual practice that connects you to God. For most, it is not a short reading that truly deepens faith — but that may be a step. Dig into the Word. Join a Study Group — Martha and Ruth Gather Studies monthly, First Look meets weekly on Tuesdays at noon, Choose a book of the Bible to read this Lent — Philippians is short and full of hope and joy. Re-read the Passion narratives in each Gospel. Consider what Jesus was confronted with — and how he found strength to face the road he traveled.

SECOND – Trustworthy Community. Whether you are an introvert or an extrovert, the life and faith walk we are called to is not isolationism. We need one another. We are made for community – with our creator – and with one another. Without support, encouragement, and connection, we will dry up and run out of steam, dry up quickly. We need one another! We need different perspectives, wisdom from those who can see the forest from a different angle. We need good humor, laughter, companionship. The connections may be in person or from a distance – but they are important for our ability to live beyond the pain or fear we

experience. Find people to keep you balanced. Join our *Mentor groups, SWEETS, Heart-to-Heart Ministry, BLOC.* We need one another.

BE INFORMED – in limited and targeted ways. When I was in CPE (Clinical Pastoral Education) at a nursing home in the Twin Cities, many residents had their TVs on all day. The news updates played regularly – and the re-traumatization of these dear souls was clear: the shooting, tornadoes and other events piled on throughout the day and deepened the depression and ability to cope. Our bodies are not made to face death and destruction 24/7. We do not want to bury our heads in the sand – but neither is a firehose approach to the distress a good thing either. Find 2-3 reliable sources that do not feed on sensationalism and limit your exposure. Written sources often give more background to the topic covered. Seek sources also that cover the stories that relate to what Jesus cares about – and calls us to respond to: those who are victimized by the structures that have control. If you are wondering, *read Isaiah, Micah, Matthew 25, and Luke 6*.

COMMIT TO ACTING IN CONCRETE WAYS What that looks like for you may be different than even those in your family – and that's OK! For some of us, the stresses we face make it hard to get out of bed – or off the couch. Find at least *one thing to do – each week – that helps someone else*. It's may be the action relates to your concerns – or it may be something to bring God's kin_dom in a tangible way to someone else. Either will't met before give you that benefit of being active in positive ways. You may pay-it-forward at a restaurant/coffee shop for someone else's meal, listening without judging as someone tells their experience, engaging with the youth in mentorship.

BE FED WITH THINGS THAT BRING LIFE Find the joy and springs of living water that God has provided for your soul. Mine are often music and being in worship, sitting in sunshine, finding new friends, and dissecting Scripture with others. Other may find it in paint, walking outside, sitting in silence, gardening — even weeding, praying with friends. Laughter and good humor are part of God's good gifts for us to share. Find ways and times to celebrate these good gifts that feed your soul and bring God's life, peace, and joy to you.

As we journey together this season of Lent, remember that you are not alone. The community of faith travels with you — and Jesus has already won the final battle. One of my favorite hymns is ELW 808 — "Lord Jesus, You shall be my song as I Journey" I first discovered it for myself in 2018 but it dates back 1931. Consider all that we have faced since then — we are not alone. I invite you to reflect on these words in this season as we journey together to the cross.

As long as I live, Jesus, make me your servant,

To carry your cross and to share all your burdens and tears.

For you saved me by giving your body and blood.

As long as I live, Jesus, make me your servant.

I fear in the dark and the doubt of my journey;
But courage will come with the sound of your steps by my side.
And with all of the family you saved by your love,
We'll sing to your dawn at the end of our journey.

Peace on the Journey, Pastor Steph

You're Invited!

This year Lutheran World Relief celebrates 80 years of sharing quilts with those in need around the world. The Redeemer quilters have decided to highlight this with a quilting weekend. Saturday March 15th from 9 to 11:30 and Sunday the 16th after church. This will give you an opportunity to see and learn what we do, but also participate in making a quilt. Remember you don't need to know how to sew to help with this project or be a member of our church. Please join us, we would love to see you.

Not sure if LWR quilt making started 80 years ago here at Redeemer, but can only imagine the total number quilts made and shared is quite significant. One thing I do know is that we have dedicated quilters that have us younger ones and they include June Johnson, Shirley Booth, Esther Collins and Marlys Kain.







"Those who sleep under a quilt, sleep under a blanket of love."

MARCH 15, 2025, IS NATIONAL QUILTING DAY, and we at Lutheran World Relief have a LOT to celebrate!

For 80 years, compassionate people just like you have put their faith into action and made quilts for people in need around the world. And not just a few quilts — over 28 MILLION QUILTS! These gifts of love make life brighter, softer, and a bit more comfortable for our neighbors around the world struggling with chronic poverty, illness, natural disaster and conflict. THANK YOU.

Host your own National Quilting Day (NQD) event to celebrate 80 years of comforting the world with quilts! Here are some tips for organizing a quilting celebration in your community.

Want to see a timeline of your 80 years of Quilt and Kit compassion? Visit www.org/80.



PLAN AHEAD

- Check with the church office to make sure the Fellowship Hall or other appropriate space is available for the event and get it on the church calendar. Save the date on the calendars of your quilting group members, too!
- Do you have Thrivent members in your congregation or group? Have one of them apply for a **Thrivent Action Team** grant to help cover some of the costs of hosting the event. Visit

 | Wr.org/thrivent-action-teams
- Order a few copies of the
 Quilt & Kit Ministry Guide from
 Iwr.org/qkguide to have on hand
 to share with newcomers who are
 interested in getting started on their
 own Mission Quilts.

to learn how to apply.

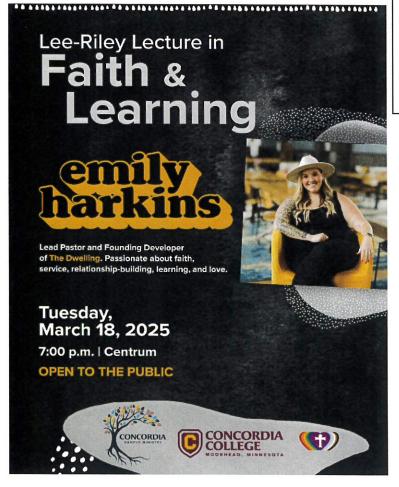




	Show up to s	serve (on assigne	ed wk) at 5:15.		Sit with			
STUDENTS	Mentor for service at 6:30 each week, stay to talk 15 minutes.							
	Bring Treats (2 doz bars or cookies) and Help in kitchen (assigned week).							
PARENTS								
ASH WEDNESDAY	Attend worship - be a mentor if you can!							
3/5/2025	ALL STUDENTS/FAMILIES ATTEND WORSHIP TOGETHER at 6:3							
WEDNESDAY	SERVING (First)	FAMILY NAME	PARENTS	PHONE				
March 12.	Kiptyn	ANDERSON			DESSERTS			
riaicii 12.	Storm	D'CAMP	Cory & Kate April & Scott	218-688-1997	CARLSON			
	Charleigh	HAMRE	Kim	218-681-2534	JAHN			
	Myla	HAMKE	KIIII	218-689-5554	SOLHEIM			
March 19.	Carter	ANDERSON	Line 9 Coth	040 000 4550	JOHNSON			
Piaicii 19.	Eva	EICKMAN	Lisa & Seth	218-688-1550	REUTER			
	and a second	The second secon	Mike & Megan	420-310-2192	VIGEN			
	Aliya	HEJLIK	Pau & Ashley	218-686-6793	OLSON - E/K			
	Conner	WEINMANN	Scott & Allison	218-684-0657	MAPES			
March 26.	Orașia	WOEN	D 1 0 14		McLEAN			
Maicii 20.	Gracie	VIGEN	Brooks & Megan	701-388-5296	ANDERSON - C/K			
	Kora	McLEAN	Kelsey & Chris	218-688-2580	D'CAMP			
	Signe	OLSON	Erika & Kelly	507-452-9697	HAMRE			
4	Journey	SORENSON	Dana		ANDERSON - L/S			
April 2.	Aubrey	REUTER	Tyler & Alexa	218-689-7915	EICKMAN			
	Haylie	JAHN	Pat & Elizabeth	701-640-5570	HEJLIK			
	Kellen	JOHNSON	Sara	218-686-9405	PAULSON			
	Liam	MAPES	Dan & Kelly		WEINMANN			
9-Apr	Marla	CARLSON			JAHN			
	Kaitlyn	JAHN	Pat & Elizabeth	701-640-5570	JOHNSON			
	Adrian	SOLHEIM	Valera	218-689-6879	MAPES			
	Beckham	JOHNSON	Sara	218-686-9405	SORENSON			
	ACOLYTE	COMMUNION	USHER	NURSERY				
PALM SUNDAY								
13-Apr								
Maundy Thursday								
17-Apr								
GOOD FRIDAY								
18-Apr								
EASTER SUNDAY								
7:00 Early Service	Madison Olson							
BREAKFAST HELPERS								
EASTER SUNDAY	Storm D'Camp							
9:30 Service								

TIMES! Then let the office know

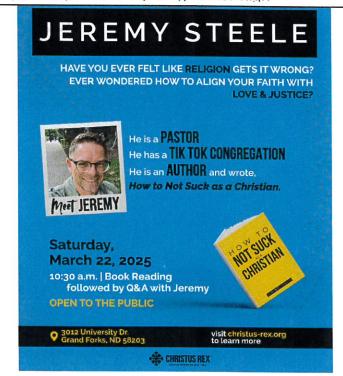






High school youth are invited to explore leadership – and how it connects with their faith and gifts – through a new leadership retreat at Camp Emmaus this spring! Throughout the weekend together, we will build community with one another, seek to learn new leadership skills, nurture our gifts, wonder about vocation and leave empowered to continue to lead following Jesus' example. Learn more and register by visiting our website

at pathwaysbiblecamps.org/senior-high-



Lutheran Advocacy - Minnesota presents

THE EVERFLOWING STREAM WEBINAR SERIES

7-8:30 PM CST via Zoom

In a time of great division and uncertainty, hope seems to be in short supply. Every day we see harm being done to our neighbors both here and abroad, our planet, and our trust in one another. Join Lutheran Advocacy-MN and our partners in our new webinar series to stay informed, rekindle hope, and take meaningful action toward a more just future.

February 25th - Minnesota's Session & LA-MN's Priorities Electronic Waste Recycling, Affordable Housing, & Effective Advocacy

March 4th - Immigration
Executive Orders, Mass Deportations, & Refugee (De)Settlement

March 11th - Care of Creation Climate, Clean Energy, & Cut Funding

March 18th - International Disruption
USAID, Poverty-Focused Assistance, & the Palestinian Crisis

March 25th - Poverty and Hunger Housing, Nutrition Programs, Medicaid, & More Safety Net Cuts

WHAT TO EXPECT

Non-partisan presentations from trusted LA-MN/ELCA staff and partner organizations.

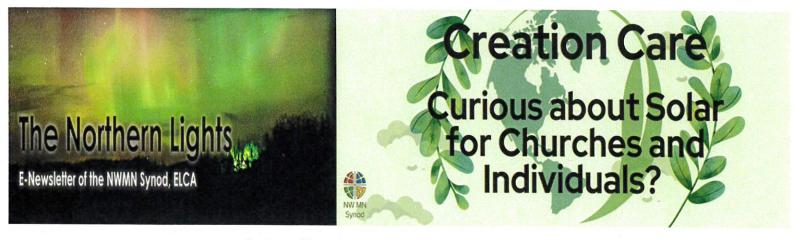
Review of the ELCA's theological stance. (Why do Lutherans care about this topic?)

Q&A time with panelists

LET
JUSTICE
ROLL
DOWN



SCAN TO REGISTER



Curious About Solar for Churches and Individuals?

If so, a great opportunity awaits you!

West Central Initiative is partnering with Solar United Neighbors (SUN) on a solar purchasing coop for the region that makes going solar easier and more affordable for homeowners, small businesses, and non-profits, INCLUDING CHURCHES! SUN is a vendor-neutral non-profit that helps people use group-buying power to bring down the cost of solar, and provides expert support during the whole process for coop members.

You can learn more about the co-op process https://solarunitedneighbors.org

Informational sessions will be held: Feb. 11 Virtual Solar 101 at noon March 25 Virtual Solar 101 at 7 pm



Tools for navigating mental health with compassion and hope.

The world—and our faith communities—are in the midst of a mental health crisis. Being a "good Christian" doesn't shield anyone from facing emotional and mental struggles, and that's nothing new; even the prophet Elijah found himself in the depths of depression.

So, what difference does faith make when it comes to mental health?

It transforms how we respond. We are called to walk with our neighbors through their valleys, to break down stigmas and misconceptions, to listen deeply, and to nurture spiritual hope.

Faith+Lead has put together, with the help of a generous donor, a free course on "God and Mental Health Challenges"

Go to https://faithlead.org



Be with me this Lent, Jesus, and deepen my spirit.

Let my every sacrifice be underscored with gratitude and humility.
By giving something up,
may I discover anew all I have taken for granted.
In each small effort,
may I recognize my need for your strength and grace.

As I empty myself through fasting,
make me mindful of those for whom
scarcity is an everyday reality.
As I abstain from negativity, self-righteousness,
and arrogance,
replenish me with kindness, understanding,
and good humor.

Be with me this Lent, Jesus, and turn my spirit towards you.

Amen

Amen.



Prayer for Lenten Initiative

ord, Jesus,

The season of Lent offers an opportunity to renew my faith in you.

Take hold of my spirit this year and move me forward. When I am tempted to forgo a daily routine of prayer, remind me of the benefits of stillness and reflection.

When I am discouraged by efforts to fast from negative babits and attitudes, restore a willingness to sacrifice

for your sake.

When I am waylaid by my intention to help others, revive compassion and empathy for their needs.

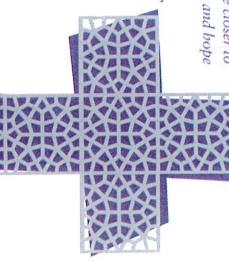
Grant me a Lenten initiative

that will draw me closer to the beauty, glory, and hope of Easter.

In your sacred name, I pray.

Amen

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40 Days Of Lent Cal

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Draw or decorate some Easter eggs	Make a cross with things you find in nature	Do something kind for someone	Say a special prayer for a friend	Share something with a friend	Learn a new prayer
Start your day with a Prayer	Read an Old Testament story	Read a bible story about Peter	Sing your favorite Church songs	Write down what you are thankful for	Do some extra
Dontate to someone in need	Refrain from complaining	Make a gift for someone	Forgive someone for something they did	Help a family member with chores	Read about Good Friday (John 19:16-37)
Tell your family how much you love them	Write a letter of thanks to someone	Pick up litter at a playground or school	Do something good for the enviroment	Affirm someone with the good they have done	Think and say
Clean your room without anyone having to ask	Readthe Stations of the Cross	Read a bible verse from proverbs	Give someone a compliment	Make amends or reconcile with someone	Offer to help someone
	Pray for someone	Be nice to a student who needs a friend	Learn more about God and the Catholic Faith	Give something up for the day	Forgive yourself and resolve to begin again
	Play with a student who seems lonely at recess	Have water as your only beverage	No sweet treats today	Read a Bible story about Jesus	Avoid technology today