

**March 2019**

## **REDEEMER LUTHERAN CHURCH**

1300 Nora St. E., Thief River Falls, MN 56701

Phone: 218-681-3390; Fax: 218-681-3397

Office e-mail: [redeemer@mncable.net](mailto:redeemer@mncable.net)

Website: [www.redeemertrf.org](http://www.redeemertrf.org)

Office Hours: 8:30 a.m. to 1:30 p.m. Monday-Friday

### **Our Mission Statement**

Being chosen by God and strengthened by the Holy Spirit, Redeemer Lutheran Church gathers together to worship, serve and proclaim the Gospel of Jesus Christ to all people, to provide meaning and purpose for daily living.

### **Our Staff:**

<b>Pastor</b>	Darrel Cory (phone: 218-791-0141, e-mail: <a href="mailto:darrelcory@gmail.com">darrelcory@gmail.com</a> )
<b>Youth Director</b>	Vacant
<b>Secretary/ Volunteer Coordinator</b>	Vanessa VanDam (phone: 218-681-3390, e-mail: <a href="mailto:redeeer@mncable.net">redeeer@mncable.net</a> )
<b>Organist/ Choir Director</b>	Reid Froiland (phone: 218-681-3733; e-mail: <a href="mailto:reid_froiland@hotmail.com">reid_froiland@hotmail.com</a> )
<b>Cantor</b>	Chris Cuppett
<b>B.L.A.S.T. Coordinator/ Youth Education</b>	Kate Anderson (phone: 218-688-1997; e-mail: <a href="mailto:redeemersun.dayschool@gmail.com">redeemersun.dayschool@gmail.com</a> )
<b>Custodian</b>	Mike Lundgren
<b>Financial Secretary</b>	Marit Knutson (e-mail: <a href="mailto:mknutson@mncable.net">mknutson@mncable.net</a> )
<b>Church Council President</b>	Jan Anderson (phone: 218-681-2641; email: <a href="mailto:randson@mncable.net">randson@mncable.net</a> )

*Dear Saints of Redeemer Lutheran Church*

*Lent is a time to reflect on what God accomplished in Jesus Christ for us as we prepare to celebrate the greatest festival of the Christian year - Easter. So the question is, "How might we make a Holy Lent?" The article that follows is from Living Lutheran and invites us to not just give something up but to add something to enrich our spiritual lives. I think there are some good suggestions here.*

### **Increase your reading**

- You might wail, "But what should I read?" Why not start with the Bible? Read a Gospel from beginning to end. Dip into some of the other New Testament books. Read a Psalm a day.
- Lent is also a good time to add some devotional reading to your day. You've got a lot of possibilities. Choose a theological author, and chances are good that someone has taken part of their work and transformed it into a devotional resource.
- Augsburg Fortress has a wonderful "40 Day Journey With \_\_\_\_" series (Julian of Norwich, Madeleine L'Engle, and Kathleen Norris, among many others) which combines the writing of the author, some Scripture reading, some questions to ponder and some writing prompts.
- You might decide you want to continue this discipline beyond Lent. Luckily the series has many books.
- For a more traditional series with reading alone, look for the "A Year with \_\_\_\_" series (Thomas Merton, Dietrich Bonhoeffer and C.S. Lewis, among many others).

### **Boost your prayer life**

- If you're not praying on a regular basis, now's a good time to start. Begin your day with prayer, or end it with prayer or both.
- If you're not sure what to say, start with thank you. Or, pray the Lord's Prayer. If you want a bit more discipline, try praying for people who annoy you.
- Pray for all nations.
- Pray for peace.
- Ask God for what you need. Ask God to be with leaders. Ask God to be with those who need help: Pray for the sick, pray for the newly wedded, pray for that homeless person you always see wandering around, pray for your boss, pray for your family, pray for the local schools. . .

### **Experiment with a creative practice**

You may not think of yourself as creative, but you likely were creative once. Try one or more of the following to reconnect with your artistic self:

- The image of God as a potter recurs in the Bible. Buy some clay and play with it. If you are the clay, how is God shaping you? Make that shape. *(great to use with children)*
- Learn to bake bread. Bread is an amazingly forgiving food and will endure countless experiments. *(Share it with us on a communion Sunday)*
- Start a spiritual journal. Each day, write down five things you're grateful for. Or write down people you need to remember to pray for. Or write a short meditation on a Bible verse or a song. Make a list of where you see God at work in the world. Write out your prayers.

### **Step up your charitable efforts**

Hopefully, you're already making some attempt to be part of God's vision for social justice, either by contributing time, money or materials. You might consider a few of the following suggestions:

- Make an extra contribution to your favorite charity. Maybe you could make one extra contribution per week. It doesn't have to be huge. But it could be.
- Clean out your closets. Give away anything you haven't worn in the past year. Clean out your kitchen cupboards.
- When you go to the grocery store, buy some extra food for your favorite charity.
- See if you can increase your tithe by 5 or 10 percent above what you're doing now. (*just through Lent*)
- Give some extra time during Lent. Volunteer at a soup kitchen or a food pantry. Go to a nursing home and sing some old gospel songs. Think about the people you know who have lives that are falling apart; go buy cards and put them in the mail.

### **Try a spiritual practice that you've never tried before**

Don't feel compelled to go too far outside of your comfort zone. But even within your comfort zone, you'll probably notice many practices that you might have wanted to try or that you once tried and let fall away:

- Find a labyrinth and walk it. Many churches and retreat centers have installed labyrinths. What do you do once you're there? Simply walk. Follow the path in and follow it back out again -- you can't go wrong. Some people pray or recite a Bible verse as they walk.
- Many churches offer an extra service during the week or Bible study. Resolve to add one opportunity to your weekly schedule. (*Redeemer will be observing Holden Evening Prayer on Wednesday, as well as adding two special Services of Evening Prayer.*)

*I hope you will plan to make for yourself and Holy Lent.*

*Blessings,*

*Darrel*

## *A note from the Council President*

Thank you to Pastor Cory and Brenda Russ for facilitating the Council Retreat. Many good discussions & comments, and great questions asked. The council and committees are working hard to clarify and communicate the many tasks and jobs that are done within Redeemer Lutheran Church. The yellow charts in the narthex illustrate some of the work that was done. Please take time to read the charts, ask questions, and/or add comments.

Thank you for completing an Estimate of Giving Card and placing it in the gift box. If you have not had the opportunity to complete one, cards are still available and can be placed in the box.

During worship on February 24, a representative from the Thief River Area Food Shelf will share information about this community service. Thank you, Kylie Westling, for doing another fundraiser for the Food Shelf during lent.

February 25<sup>th</sup> through March 1<sup>st</sup> is Redeemer's week to deliver Meals on Wheels. A sign-up sheet is on the table in the narthex. Please sign up for the day(s) that will work for you. You may sign up for the whole week! Thank you in advance for participating in this worthwhile community stewardship.

Thank you, Senior Choir members, and Sing and Ring kids! Your gift of music adds so much to worship. Your time and commitment are appreciated.

God's Blessings,

Jan Anderson



Lenten Soup suppers are almost here (they start on Ash Wednesday, March 6<sup>th</sup>)! If you would like to donate towards the cost of the soup you may leave your donation in the church office or in the church offering plates. Please mark your donation as “Lenten Soup Suppers”. Thank you!

If you have any questions  
please contact  
Denice Nelson 686-1248



# Saint Patrick's Day Facts

- St Patrick was a real person! He was a saint of the Catholic Church, and March 17 is the day of his death.
- The actual color of St. Patrick is blue. Green became associated with the holiday in the 19th century due to the plentiful green crops in Ireland.
- The very first St. Patrick's Day parade was not in Ireland, but instead held in Boston in 1737.
- The odds of finding a four leaf clover are 1 in 10,000!



# MEMORIALS



In memory of :

From:

## **Stained Glass Fund**

Heidi Anenson

Keith and Leona Bugge

Judi Helgeland

Keith and Leona Bugge

Reid Froiland

Mike and Sandy Parker

Dale and Jan Dillon

June Johnson

Don and Paula Adamson

Shirley Booth

Susan and Barry Froiland

Darlene Kelly

Lilian Groven

Lynn and Rosie Teie

Lois Amundgaard

Dale and Jan Dillon

Kip Dalen

Barry Froiland and Family

Reid Froiland

Darlene Kelley

Lillian Breckel

Darlene Kelly

Undesignated

Dale and Jan Dillon

## **Senior Quilts**

Judi Helgeland

Kenny and Marlys Kain

## **Altar Guild**

Arlene "Kip" Dalen

Kenny and Marlys Kain

**Altar Guild**

Arlene "Kip" Dalen

Kenny and Marlys Kain

**Youth Group**

Jim Sims

Dale and Jan Dillon

**Music/Choir**

Judi Helgeland

Terri Cuppett

Kip Dalen

Rocky and Barb Ammerman

**Quilting**

Judi Helgeland

Annabelle Cuppett

Lois Amundgarrrd

Annabelle Cuppett

**Bibles**

Paul Klamar

Annabelle Cuppett

Kip Dalen

Annabelle Cuppett

**Note: All gifts given before the fifteenth of the month will be printed in this month's newsletter. All gifts received after the fifteenth will be recognized in the next month's newsletter.**

*When you send in a memorial, please identify which account you want it credited to.*

**Some of the accounts are as follows:**

Altar Guild, Audio/Visual, Building, Campership, Capital Improvement, Choir, Library, Organ, Parish Nurse Fund, Women of the ELCA Bible Fund, Sunday School, Undesignated, Women of the ELCA, Flower Garden, Garage, CSI Fund, Quilters and Youth



**Martha Unit**

Martha Unit is meeting on  
Tuesday, March 5 at Valley Home at 10:00am

**Hannah Unit**

Hannah Unit is meeting at 7:00pm  
Tuesday, March 12 at June Kruta's home.

**Ruth Unit**

Ruth Unit is meeting on Tuesday, March 12  
at Phyliss Johnson home at 7:00pm



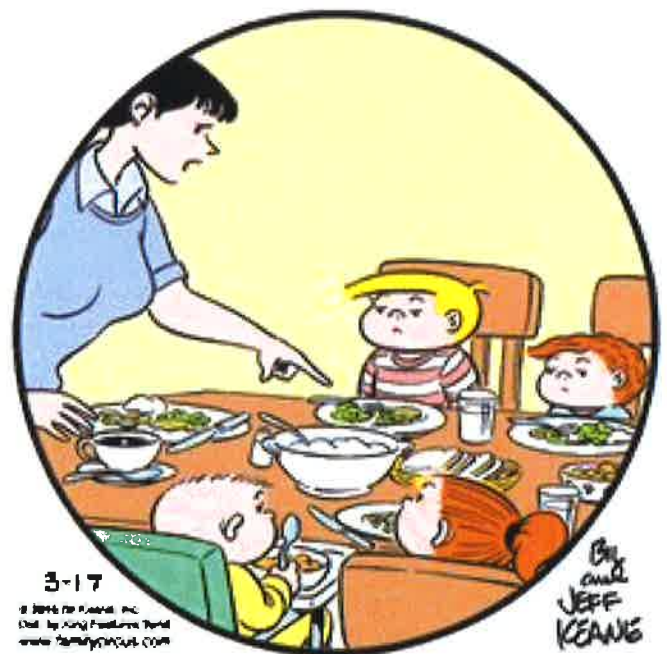
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**ON THE LIGHTER SIDE**



3-17  
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**"...but the only blouses I have are  
apple, emerald and avocado."**



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**"Sorry, it's St. Patrick's Day — you  
have to eat all your GREEN  
vegetables."**



# MARCH 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Redeemer Lutheran Church 1300 E. Nora St. Thief River Falls, MN 56701 Phone: 218-681-3390 Fax: 218-681-3397 redeemer@mncable.net Office Hours: 8:30am-1:30pm Mon-Fri</p>						
3 8:15am Choir rehearsal & Sing 9:30am Worship with Holy Communion	4	5 10:00am Martha Unit at Valley Home	6 <b>Ash Wednesday</b> 5:15PM Lenten Soup Supper 6:30PM Lenten Worship with Holy Communion	7	8	9
10 <b>Daylight Savings</b> Choir OFF 9:30 Worship	11	12 7:00pm Ruth Unit at Phylliss Johnson Home 7:00pm Hannah Unit at June Kruta Home	13	14	15	16 
17 8:15am Choir rehearsal 9:30am Worship with Holy Communion	18 	19 6:00pm council meeting	20 5:15PM Lenten Soup Supper 6:30PM Lenten Worship with Holy Communion	21	22 April newsletter articles due!	23
24 <b>Palm Sunday</b> 8:15am Choir rehearsal & sing 9:30am Worship	25 9:00am-12:00pm Quilting 6-8pm Quilting	26 9:00am-12:00pm Quilting 6-8pm Quilting	27 5:15PM Lenten Soup Supper 6:30PM Lenten Worship with Holy Communion	28	29 	30
31 8:15am Choir rehearsal 9:30am Worship						