

Vol. 04

LIGHTHOUSE CHURCH THE BEAM


June, 2025



Hello Summer!

Welcome back to The Beam! If you're new here, The Beam is Lighthouse's seasonal newsletter! Each release recaps what we have been up to here at Lighthouse and also highlights what's to come! Summer is finally here and we have tons of fun things in store!

In this release you can read about our successful Mental Health Day last month, the new groups and events taking place this summer, a construction and property improvement update from Aaron French, a new puzzle from Claire's Crossword Corner, and more! Thanks for tuning in!



**HIRC Calendar &
weekly schedules
attached at the end!**

Pastoral Message

Hello, everyone! Aaron French here!

As the summer months begin, we often fantasize about our “summer break”. Daytime is longer as the sun lingers over us from the wee hours of the morning until the late evening. And the concept of snowy days, slick roads, and bone-chilling winds begin to fade into the back of our minds as we soak in the rays.

Eventually, we start in on lawn mowing and other yard work, plan get-togethers with loved ones, attend extra activities, and maybe finally get to all of those projects that we were planning to tackle “when the weather gets nicer”. All while dodging wisps of gnats and hoards of blood thirsty mosquitoes.

We keep busy during summer months. That sense of busyness can come from many different places. It could be due to a concern of old habits or temptations coming back at us while we are not paying attention and possibly putting our recovery in danger. Maybe, you’re the type that just doesn’t know what to do with your hands when you stay still. Either way, if you are like me, summer becomes a blur of activity that is gone before you realize it. No “break” to be seen.

By the end of summer, the fall almost feels like a cool and welcoming hug before the impending winter sends us all back into isolation.

I have recently been asked to take on one of the most daunting tasks that I have been assigned since beginning my journey into church leadership. That assignment? Taking a vacation.



Aaron French

Assistant Pastor & Property Manager

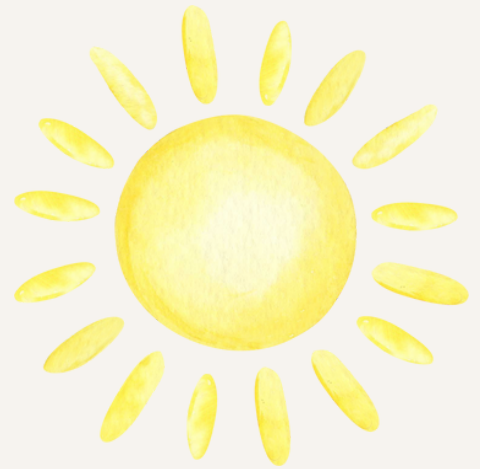
The very idea of a vacation is foreign to me. I have never been on vacation. I have never thought that I deserved a vacation. I have never had a job that not only welcomes the idea of giving me a break, but encourages me to do so. In fact, I can’t think of a job from my past that hasn’t actually discouraged or shamed me away from taking time off.

To be totally honest, in the last few years at Lighthouse, I have completely blown off any suggestions of taking time off. (Aside from a couple bouts of COVID-19)

In the past, I had been taught to take pride in the fact that I am always working. To be proud that I am an asset to the workplace. To be proud that I am moving us toward a goal of sales and profit. It is a very hard mind frame to break out of.

As someone that has dealt with that mindset, I can tell you this. You deserve a vacation. You deserve a break. Your worldly obligations and/ or your career does not take precedence over your mental, physical, or spiritual well-being.

The Bible reminds us to rest and relax. We see it throughout Psalms, in Matthew, in John, and in Isaiah. God commands us to rest in the Ten Commandments. God himself even gives us an example in Genesis when he rests. The difference between us and God's example, is that you do not have to build the world and all of it's intricacies before you can allow yourself to rest. You can just take a break.



Rest is imperative to every level of our health. So, please. As summer ramps up, I would like to remind everyone to take a break. Rest up and enjoy some time away from your worldly obligations. Don't have a break-less summer. Don't let it pass by in a blur. Slow down and take an opportunity to indulge in rest and relaxation.

Heck, we've only rebuilt one third of our church basement in the last month. And after we're done, I might even need two vacations.

-Aaron



Mental Health Day Recap

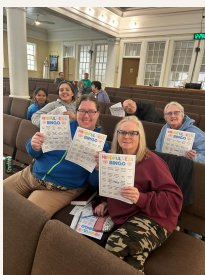
May 21st | 2024

A few weeks ago, we had a special Mental Health Day to celebrate the Month of May being Mental Health Awareness Month! We partnered with the Hope In Recovery Center, Southeast Human Service Center, and the First United Methodist Church.

Here's how the day went!

Although the day was a little rainy, we didn't let that stop us from still doing our mental health awareness walk down through Island Park!

It was important for us to include this walk because of how beneficial exercise and movement is for our brains! Although the rain tried to stop us, sometimes we need to persevere and push through it!



We also hosted a fun mental health trivia and had other games available throughout the day! Whether it was the informational table, community resources, or the fun games, our goal was to spread as much knowledge and awareness about mental health as we could!

Later on in the day, we had a very successful informational panel where we heard personal accounts from several individuals regarding the topic of mental health. If you didn't get to attend, we had this panel livestreamed and it is available to watch on our Facebook page or YouTube channel! (Both can be found on our website at lhcfargo.org)

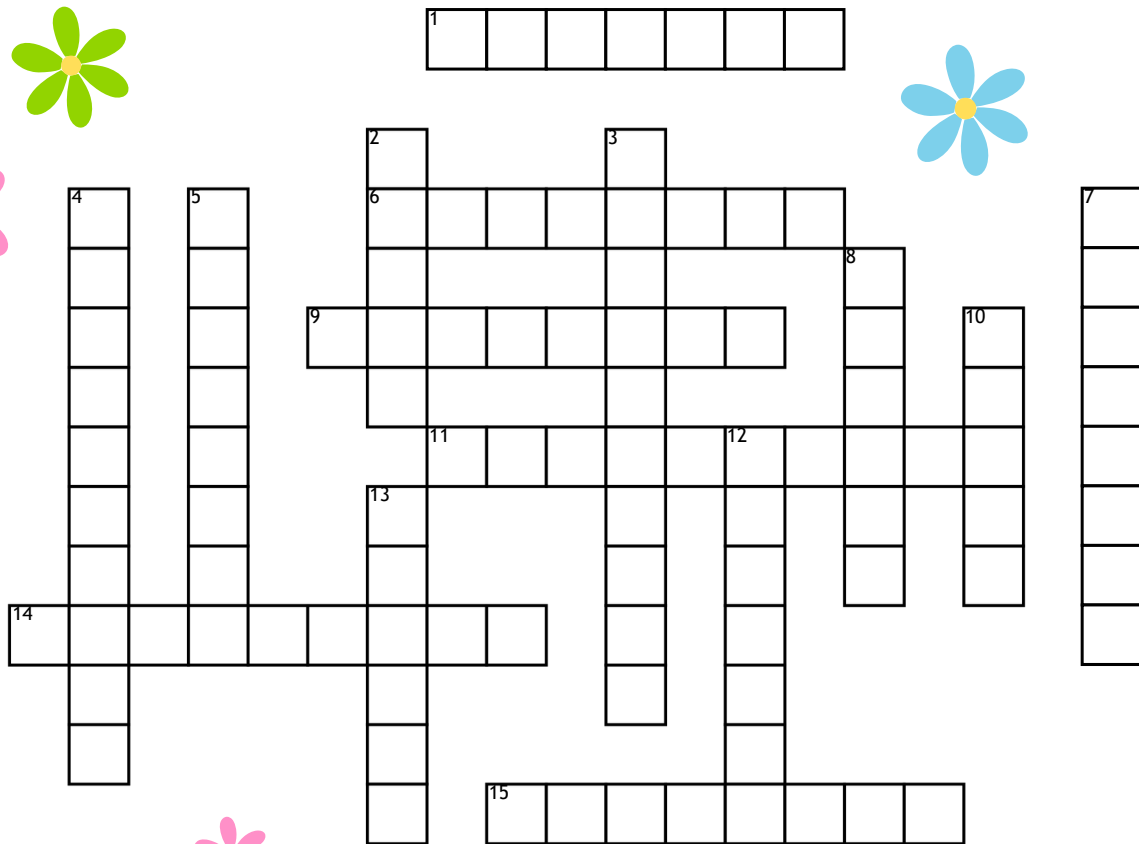


To end off the evening, we had a great dinner at the First United Methodist Church who were gracious hosts to us! We then shared a time of worship and had a special healing service for those who needed healing or prayer for their mental health issues. (This message is also available on YouTube.)

Overall, Our Mental Health Day was a great day to educate our community about the struggles of mental health and bring awareness to the cause! We were even able to get on the news and in the Fargo Forum- if that doesn't say it was a successful day to impact our community, I don't know what is!

Name: _____ Date: _____

Claire's Crossword Corner - Summer Edition



Across

1. Summer nap spot strung between trees
6. Cheap therapy, scenic route included
9. Cool treat that melts quickly on a hot day
11. Annual church event held at Lake Lida
14. Loud and colorful celebration in the sky
15. Tart and sweet refreshment on hot days

Down

2. Blessing we carry through all seasons
3. Annual summer event in downtown Fargo (food, crafts, and fun)
4. Both what water gives and the soul seeks in summer stillness
5. Astronomical event marking summer's official start

7. What brightens the longest days of the year
8. Biblical journey and also a summer traffic jam metaphor
10. Narrow watercraft powered with a double-bladed paddle
12. Red flag of overexposure
13. Place where summer flowers or veggies grow?

Answer Sheet is located on page #12

WHAT'S HAPPENING

at Lighthouse This Summer?

NEW MEN'S SERIES- CONQUER

June 2nd | Monday evenings at 6:30 PM

The Monday night men's group is starting something new for the summer! On June 2nd, they will begin the Conquer Series- an 11-week video based program to help men overcome pornography and sexual addiction.

The Conquer series uses biblical principals, scientific understanding and practical tools to help men on their journey to overcome these struggles.

They will meet every Monday evening at Lighthouse Church starting at 6:30 p.m. if you are interested!



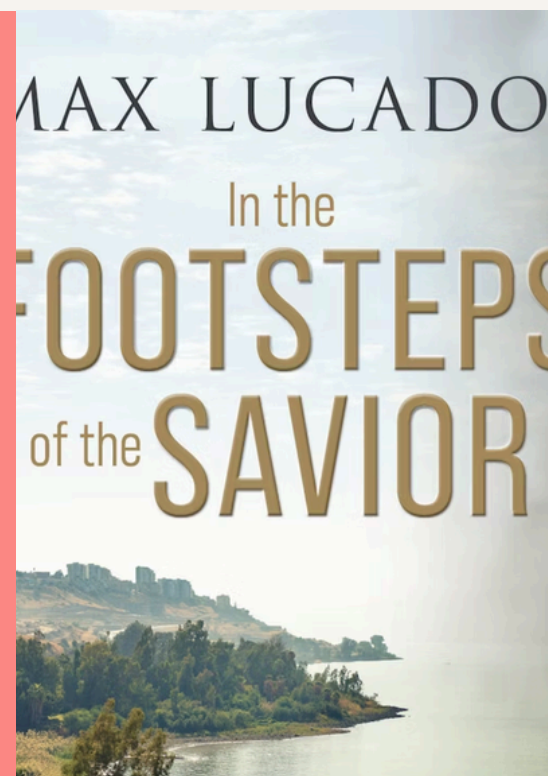
NEW BIBLE STUDY | JUNE 11TH & 12TH

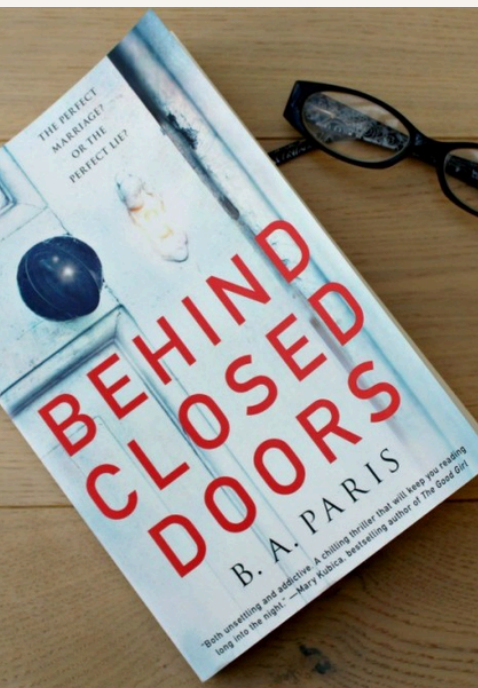
In The Footsteps of The Savior | Max Lucado

The weekly Bible study will be starting up again with a new focus this month! Join us as we dive into the series: *In the Footsteps of the Savior* by Max Lucado.

This is a 6 week video-study where Max Lucado invites participants to join him in the Holy Land as he teaches key messages from the Gospels and Acts at the locations where they took place!

Join us at Lighthouse on Wednesday evenings at 6:30 p.m. or Thursdays at 1:30 p.m. starting on June 11th & 12th!





BOOKS ANONYMOUS | JUNE READ

Tuesday, June 17th | 11:30 AM

Did you know that we have a monthly book club that meets at Lighthouse? Books Anonymous meets on the 3rd Tuesday of each month to share book discussions over a light lunch in the church basement!

If you like to read and want to check it out, their book for June is called, *Behind Closed Doors* by B.A. Paris.

Stop by on June 17th!

YOUNG ADULTS GROUP | PICNIC

June 24th | Tuesday at 5:30 PM

Calling all young adults! Join us for your next Young Adults Group Night on Tuesday, June 24th! We will be having a group picnic in the park with games following!

We will meet at the House of Hope at 5:30 p.m. and head to the park together! If you're in your late teens, 20s or early 30s, we encourage you to join us and bring a dish to share if you're able!

Questions? Reach out to
claire.bullis@lhcfargo.org | sydney.quibell@lhcfargo.org



ANNUAL BAPTISM DAY

Sunday, July 13th

Join us for our annual Baptism Day at the lake this summer! Each year, it is Lighthouse's tradition to travel to the lake for a day of fellowship, prayer, great food and baptisms!

All of our Lighthouse congregation and community is invited to attend! And if you are interested getting baptized, there is a special preparation class that will take place the week before.

Mark your calendars and stay tuned for more details as the days get closer!

The Beam Spotlight Stories: Lighthouse Church Basement Project

You many have noticed that Lighthouse Church has been undergoing some construction over the past few weeks... well, here's an update!

Thanks to the amazing donations from Giving Hearts Day, we've had the opportunity to tackle our first project- the plumbing in the basement! The Lighthouse Property Manager, Aaron French let us in on the construction process and where we're at right now with the status of the basement!

Last month on May 2nd, we had a successful Spring Clean Up Day! We had tons of amazing volunteers help us clean out our Lighthouse properties and we also had a crew of helpers doing demo in the basement! If you look at some of the photos, you can see that walls were torn down and the floor was jackhammered up- it looked a little crazy!

With help from NorthStar Plumbing, we were able to get going on fixing the pipe issues and working on our 3rd bathroom in the basement!

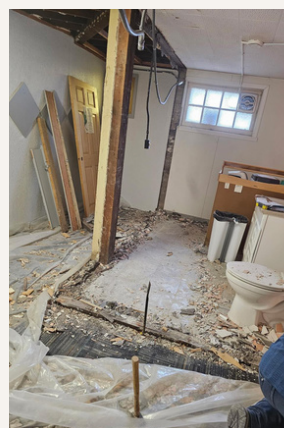
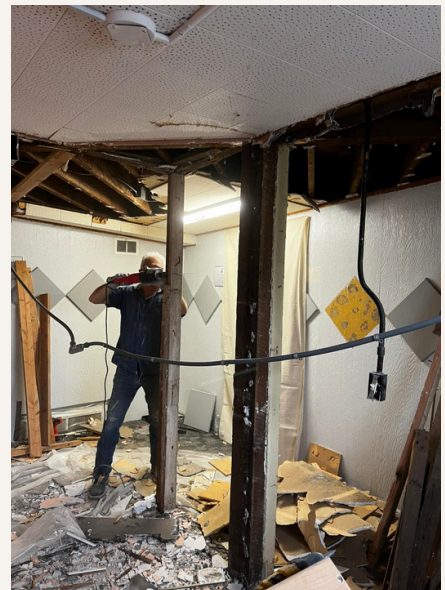
"NorthStar Plumbing did an awesome job and they were able to get everything done in a timely manner!" says Aaron.

Thanks to the workers at NorthStar, all of the downstairs plumbing is back underground where it belongs! They carried all of the concrete into our building one 5 gallon bucket at a time!

The next step was working on the framing and drywall! While Aaron mentioned a few setbacks with this process, he can confidentially say that the framing is up and the drywall is almost finished thanks to the workers at Daybreak Properties!

"There has been so much progress made! I feel like I'm finally seeing the other side of this" says Aaron.

With the plumbing, framing finished and soon to be drywall, we are hoping to have the basement up and running fairly soon! After the drywall is finished, the doors will be hung, flooring in the bathroom will be installed along with the fixtures, and next they'll be turning their focus to the downstairs kitchen that is soon to come!



The Beam Spotlight Stories:

"Personally, I never intended being signed on as a General Contractor, but when you're moving towards big things, God will expect you to step up."

-Aaron

Aaron mentioned that his role of Property Manager is more than repairs and running projects. He knows the importance of updating and being accountable with the community of Lighthouse and making sure that people know what's going on.

"We are ever-growing and this project is not just *wanted*, but *much needed*. We put a lot of thought, consideration and planning into this project and we're doing our best to stick with what we have planned."



"If you didn't know, Lighthouse Church sees around 700-800 people through its doors each week! Although the design of our church is to reach as many people as possible, our building wasn't necessarily designed for that much traffic. This basement project is a labor of love for those 700-800 people, to better equip our building and ministry!

While the basement project is the most ambitious, it is not the only project on our list! We are hoping to finish the kitchen in the basement very soon, along with the upstairs water damage, sidewalk issues and even address the handicap accessibility to our basement at some point this summer.

"We want to be able to enjoy our space and the fruits of everyone's labor. We just want to thank everyone for their patience and ask if you could extend some grace as we work hard to get this thing finished!"

-Aaron

A huge thank you to all of those who donated their time and volunteered for the clean up day/demolition! Another huge shoutout to NorthStar Plumbing and Daybreak Properties who have done and are continuing to do an amazing job! We also ask if you could keep one of the workers who suffered a stroke recently, James, in your prayers.

We can't wait to enjoy the finished results all together as a community and church very soon! Thank you for all of your support throughout this entire process!

Youth & Sunday School News

SUMMER 2025!

Youth Group

Summer is here and you know what that means..... Youth Summer Fun Days! To end off the year, we had our special Youth Olympics and had a blast! Throughout the summer months, we will have various events happening for our Lighthouse Youth Group. We would also like to note that these get-togethers are the perfect opportunities for students who are going into 6th grade to get acclimated and get to know their youth group peers before the school year begins!

The next event we have planned is a [Youth Group Pizza Party on June 20th from 12-2!](#) We hope to see all of our Youth students and new students there!



(pictures from the Youth Group Olympics)

Sunday School



Our Sunday school has been switching up locations recently, as we undergo the construction in the basement. We are so excited for the end result of this project and what that means for our summer plans! You can look forward to resuming our themed lesson plans and skits this summer!

We'd like to announce that we will be doing our summer **Sports Camp** once again! On [Friday, June 27th we will be meeting at the Fargo Parks Sports Center from 10-2 p.m.](#) We hope all of our Sunday school kids can join us!

Message From the Author

Another Beam release out! If you don't recognize me, my name is Sydney Quibell and I work at Lighthouse as the Communications Coordinator and I'm the author of The Beam!

This newsletter is one of the highlights of my job and I enjoy covering the special happenings and exciting events that take place at Lighthouse- there's always something happening here!

I'm pumped for this summer and the change that we will be welcoming in with our property improvements! There will be more to come, so make sure you subscribe on our website!

Stay tuned on our Facebook page and website for more announcements, events, and more!



FOLLOW US!

Thank you for tuning into The Beam!

Want to learn more about Lighthouse or the other organizations we're associated with? Check out our website and don't forget to subscribe to our emailing list!

 lhcfargo.org



Find Us On Facebook!

The Lighthouse Facebook page is a place where we post daily schedules, upcoming events, reminders, announcements, and SO much more! It is also one of the places where we livestream our 10:45 AM Sunday service, so make sure to check it out!

[Lighthouse Church Fargo](#)



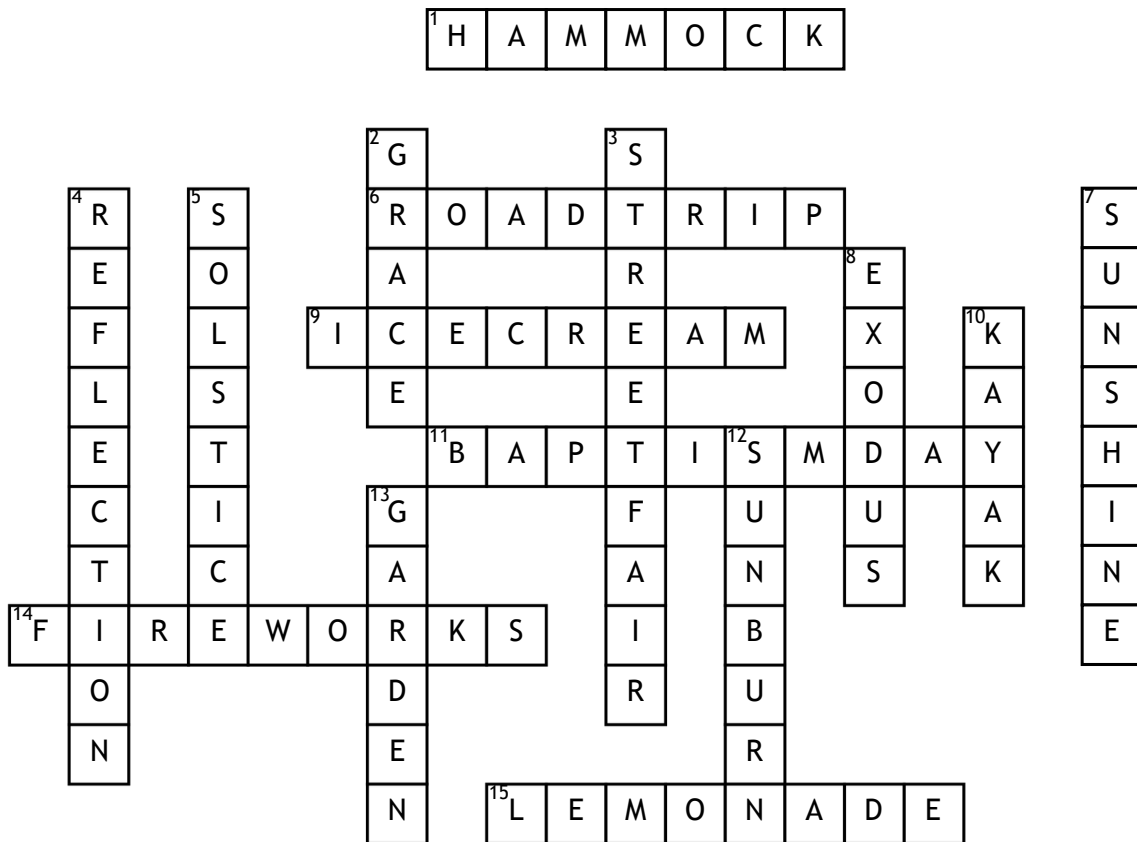
Find Us On YouTube!

Our YouTube channel is where you can find all of the previous sermons throughout the weeks, special videos and testimonies! We also go live on Sunday mornings on this platform during the 10:45 AM service if you can't make it in person!

[@lighthousechurch4164](#)

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Claire's Crossword Corner - Summer Edition



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HOPE IN RECOVERY CENTER JUNE 2025

HOUSE OF HOPE IS LOCATED AT:
111-9TH ST S, FARGO
LIGHTHOUSE CHURCH IS LOCATED
AT: 21-9TH ST S, FARGO

June Events:

11:00AM June 2: Member Meeting

11:30AM-12:30PM June 11: Community

Nurse is available to do blood pressure checks, answer questions and health concerns

3:30-7PM June 18: Service Event at First United Methodist Church, come help set up, serve and clean up evening meal.

Sign up sheet at the HIRC

5:30-8PM June 30: Brain Injury Screening Event with the North Dakota Brain Injury Network. Sign up sheet at HIRC

**IN RECOVERY, WE FIND OUR PAIN CAN
BECOME OUR GREATEST PURPOSE.
RECOVERY IS POSSIBLE!
LET'S DO IT TOGETHER!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIRC Closed	House of Hope 11:00AM-5:00PM	House of Hope 11:00AM-5:00PM	Lighthouse Church 9:00AM-5:00PM	House of Hope 9:00AM-6:00PM 6:00PM-7:00PM LHC	Lighthouse Church 9:00AM-5:00 PM	House of Hope 11:00AM-2:00PM
1 HIRC Closed	2 11:00 Member Meeting 3:00 Cards & Board Games	3 11:30 Rummy 3:00 CODA 4:00 RA	4 10:00 P & B Games 11:30-12:30 Meal 1:00-3:00 Art Hangout 4:00 MH Group	5 1:00 Members Choice 3:00 Relationship Skills Group	6 11:30-12:30 Meal 1:00 Moving Meditation 2:00 Fun in Recovery	7 11:00 RA 12:00 ACA
8 HIRC Closed	9 3:00 Cards & Board Games	10 11:30 Rummy 3:00 CODA 4:00 RA	11 10:00 P & B Games 11:30-12:30 Meal *Community Nurse* 1:00-3:00 Art Hangout 4:00 MH Group	12 1:00 Members Choice 3:00 Relationship Skills Group	13 11:30-12:30 Meal 1:00 Moving Meditation 2:00 Fun in Recovery	14 11:00 RA 12:00 ACA
15 HIRC Closed	16 3:00 Cards & Board Games	17 11:30 Rummy 3:00 CODA 4:00 RA	18 *Service Event* 10:00 P & B Games 11:30-12:30 Meal 1:00-3:00 Art Hangout 4:00 MH Group	19 1:00 Member's Choice 3:00 Relationship Skills Group	20 11:30-12:30 Meal 1:00 Moving Meditation 2:00 Fun in Recovery	21 11:00 RA 12:00 ACA
22 HIRC Closed	23 3:00 Cards & Board Games	24 11:30 Rummy 3:00 CODA 4:00 RA	25 10:00 P & B Games 11:30-12:30 Meal 1:00-3:00 Art Hangout 4:00 MH Group	26 1:00 Member's Choice 3:00 Relationship Skills Group	27 11:30-12:30 Meal 1:00 Moving Meditation 2:00 Fun in Recovery	28 11:00 RA 12:00 ACA
29 HIRC Closed	30 3:00 Cards & Board Games 5:30 *Brain Injury Screening Event*	HIRC: Hope in Recovery Center HOH: House of Hope LHC: Lighthouse Church	P & B Games: Puzzles and Board Games MH: Mental Health Group CR: Lighthouse Group called Celebrate Recovery	ACA: Adult Children of Alcoholics CODA: Codependents Anonymous RA: Recoveries Anonymous		Next Member Meeting: July 7 at 11:00 at the House of Hope

Summer Schedules

LIGHTHOUSE CHURCH

SUNDAY

9:00 AM Worship
10:45 AM Worship & Sunday school (live streamed)
4:00 PM Worship
5:30 PM Al-anon*
5:30 PM Alcoholics Anonymous
5:30 PM Narcotics Anonymous
6:30 PM Adult Children of Alcoholics*
6:30 PM Spirituality Recovery
8:00 PM Narcotics Anonymous

MONDAY

6:30 PM Men's Conquer Series

TUESDAY

3:00 PM CoDA*
4:00 PM Recoveries Anonymous*
6:00 PM Red Road Alcoholics Anonymous
8:00 PM Narcotics Anonymous

WEDNESDAY

2:00 PM Art Hangout
4:00 PM Mental Health Recovery Group
6:30 PM Bible Study
6:30 PM Clutterer's Anonymous*
6:30 PM Youth Group
7:00 PM Sexaholics Anonymous*

THURSDAY

12:00 PM Alcoholics Anonymous
1:30 PM Bible Study
6:00 PM CR Meal
7:00 PM CR Large Group
8:00 PM CR Small Groups

FRIDAY

7:30 PM PAC Meeting (Parent & Children NA)

SATURDAY

9:00 AM Narcotics Anonymous
11:00 AM Recoveries Anonymous
12:00 PM Adult Children of Alcoholics*
5:30 PM Young People's Alcoholics Anonymous
7:30 PM Narcotics Anonymous

*Denotes this meeting will be held at the House of Hope: 111 9th St S

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