



# The Messenger

Vol. 6, No. 9 ~ A Monthly Publication of First Lutheran Church of Fremont ~ September 2011

A place to belong . . . a place to become . . .

## First Lutheran Staff

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<b>BILL MILLER &amp; MILT HAVEKOST</b> Maintenance	
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**Radio Broadcast KHUB 1340 AM**  
Sundays at 11:00 am

**TV Broadcasts Channel 13**  
Mondays at 10:30am & 6:00 pm  
Tuesday, Thursday & Friday at 2:00 pm

**WEB site www.flc-ne.org**  
Follow us on Twitter: @flcfremont

## Reflections

### From the Associate Pastor...

Grace and peace to you from our Lord and Savior Jesus Christ.

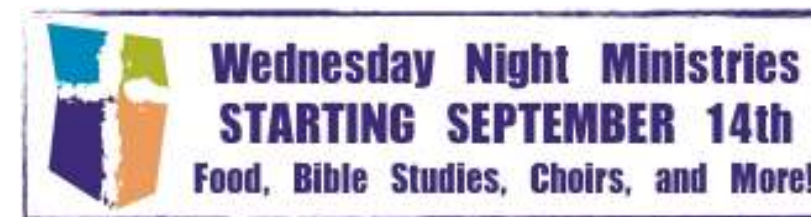
It is a tradition that every new year, on January 1, we commonly make a "new year's resolution". Do you remember what your last "new year's resolution" was? Have you followed through on it? If not, now is a perfect time to start over.

It may not be the start of a new calendar year. But, in many ways the fall season helps us get ourselves back in gear with a more regular and routine schedule. Most especially, it gives us an opportunity to examine our life of *discipleship*. Perhaps over the summer your *discipleship* got set aside in place of other things; vacations, gatherings, etc...

Well, now is the time to realign your commitment to the Lord through *discipleship*. Please prayerfully consider dedicating Wednesday nights this fall to a time of family *discipleship*. There are ministry events for all ages including *Team K.I.D.* (Kids in Discipleship) for children, *Confirmation* for junior high, *FLYs* for high school, and *Bible Study* for adults. Here is the full schedule:

5:00 – 6:15 pm	Family Meal for all!
5:30 – 6:00 pm	Adult Choir
5:45 – 6:15 pm	K-5 <sup>th</sup> Grade Choir
6:15 – 7:15 pm	Adult Bible Study: The Book of Revelation
6:15 – 7:45 pm	Confirmation (large group and small groups)
7:30 – 9:00 pm	FLYs (First Lutheran Youth – high school ministry)

We always have a lot of fun together on Wednesday nights; but most importantly, we learn more about our amazing God! There are more details about these ministries inside of this newsletter and on our church website. If you have further questions, please do not hesitate to contact our church office. We'll see you on Wednesdays!



God Bless You,  
Pastor Matt Knopf

### Average Weekly Attendance through July

2010	2011
660	690



## Worship Schedule

### Sunday, September 4

Blood Pressure Checks

*Dress in your Work Clothes for Church*

9:00 am - Traditional Worship with Holy Communion

10:30 am - Contemporary Worship with Holy Communion

### Sunday, September 11

*First Day of Sunday School*

8:00 & 9:30 am - Traditional Worship

11:00 am - Contemporary Worship with Holy Communion

### Sunday, September 18

*Moww Pancake Feed*

8:00 & 9:30 am - Traditional Worship with Holy Communion

11:00 am - Contemporary Worship

2:00 pm - Merrick Manor Worship

2:45 pm - Arbor Manor Worship

### Sunday, September 25

8:00 & 9:30 am - Traditional Worship

11:00 am - Contemporary Worship with Holy Communion

Postmaster: Dated Material



The new directories are here! If you had your photo taken or submitted a photo, there should be a directory with your name on it. If you did not get a copy and would like one, please sign your name on the list.

THE MESSENGER is published monthly by First Lutheran Church of Fremont. Deadline for the October Messenger is Monday, September 19. Contact Becky Poppe, Editor, with submissions or comments at 402.721.2959 or beckyp@flc-ne.org

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**Christian Fellowship** will meet on September 2 at 12:00 noon for a potluck meal. Bring a dish to share. Drinks will be provided. Betty Carstensen will present a program on Low Income Ministry.

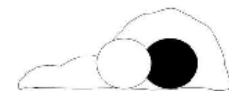
**Second Monday Men & Women** meet on the second Monday of the month (September 13). Both groups meet at 9:00 am for coffee and then tackle some of the tasks needing to be done here at the church. Both groups always welcome newcomers.

**SOLOs** (Fellowship for singles or those widowed) meet at 11:45 am each Sunday for dinner at a variety of places:

**September Calendar**

- 4 Hero/Gambino's
- 11 Hy-Vee
- 21 McDonalds
- 28 Subway at 23rd & Clarkson

**L.I.F.T. (Lutherans in Fellowship Together) Potluck Group** will meet on the fourth Thursday, September 22, at 6:00 pm. Everyone is welcome. Bring a dish to share and stay for games and fellowship after the meal.



**Resurrection Project:** The next Resurrection Project will be at the home of Wilbur and Bonnie Wrich (1104 N. Platte) on Saturday, September 3, at 9 am. We will help this FLC family through yard projects and miscellaneous cleaning. Even if you are not able to help with manual labor, we enjoy having FLC members stop by for fellowship. Two members came by our last project just to share treats - and they were delicious! We hope to see you there as we encourage one another and consider how we may spur one another on toward love and good deeds (Hebrews 10:24).

**The Fourth Tuesday Getaways—September:** Tuesday Travelers will be going to Florence on September 27, that little independent town just north of Omaha proper. We will visit the Mormon Visitor's Center there to hear about the long journey and terrible winter that the followers of Brigham Young endured. If you wish, you may go across the street to visit the historic cemetery. There is a quilt show also in the center for us to see while we are there. Lunch is at Finicky Franks - an unusual little bistro, certainly off the beaten path, but with really great reviews. After lunch we will have a tour of the historic Florence Mill (the interesting building most of us pass on the way to Eppley). The bus will leave at 9:00 a.m. and return about 2:30. The cost will be \$11.00 per person with lunch on your own. Cost includes admissions, bus fees, gas expense, share of driver's expenses. Sign up beginning Sunday, September 4.

If you are still considering the **October trip to Washington D.C.**, this is the time to make your decision. Diamond Tours will not take less than 30 participants and we are short of that number. This will be a phenomenal trip with opportunities to see the places that make news every night. We also will be visiting historic sites and war memorials. The cost is less than you would spend going by yourself. There will be guides and the bus stops near the places we will be visiting. Call the church office or Betsy Hansen at 402 721 3299 for more information. We need you to let us know. Deadline is August 31.

**Praise Band:** If you have a musical talent and would like to share it in worship, please contact Amy Brandert at 402-721-2959 ext 22 or sign up on the green sheet. We are looking for all musicians: drummers, guitarists, keyboards, bass and singers. Come join a growing ministry!

**Operation Christmas Child** Kick-off will be October 16. Start saving your shoeboxes now. Also watch for sales on items to fill the shoeboxes.

**College Students Addresses Wanted:** Please sign the sheet at the Ministry Center or email beckyp@flc-ne.org with the student's birth date and college address and email. We would like to keep in touch with them.

**Church Calendar Items:** If you need to put something on the church calendar, please contact Jill Norenberg. She will be able to tell you if the day and space you want to use is available.

**Blessings by the Bushel:** The seeds you plant in your field can help the seeds of faith sown in the hearts of our youth. We encourage you to consider donating bushels of corn, soybeans, wheat or other commodities directly to NLOM. While you will likely receive tax advantages for your gift, you will receive a greater blessing by making an eternal investment in the lives of Nebraska's children and teens. Get details and the donation form online at <http://www.nlom.org/blessings-by-the-bushel>.

**Travel to Tanzania:** You are invited to visit our companion synod in Tanzania. As we continue to deepen our relationship with the Northern Diocese of the Evangelical Church in Tanzania, there are still openings on two Nebraska Synod trips:

July 16-31, 2012

January 28 -February 12, 2013

The cost covers all airfare, transportation, meals, safari fees, and visas. The trip includes visits to ministry sites of the Northern Diocese as well as a safari to the Serengeti and Ngorongoro Crater. Contact Pastor Martin Russell or Stephanie Lusinski in the Nebraska Synod Office (402.896-5311) with questions.

First Lutheran Youth (FLYs) meet each Wednesday from 7:30 - 9:00 pm in the youth room. All high school age youth are welcome to come. Bible Study, fellowship and games fill the time. **FRESHMEN—you are now a FLY!** Come join in the fun!

**World's Largest Game of Knock-Out Guinness Record-Breaking Attempt**

Sunday, September 18

2-5 pm

13409 I Circle, Omaha  
(Kids Against Hunger)



\$10 for each junior or senior high age youth  
Contact Jeremy to register—we want to take a busload

**Slightly Bad Girls of the Bible**  
Tuesday, September 20 7:00 pm

**Bad Girls of the Bible**  
Friday, September 23 9:30 am

**Faith** Thursday, September 8 7:00 pm

Lesson Leader: Laurie Bartels  
Hostess: Shirley Reker

**Sunday Morning Adult Ed**

It's crazy, if you think about it. The God of the universe loves us with a radical, unconditional, self-sacrificing love. And what is our typical response? We go to church, sing songs, and try not to cuss. God is calling you to a passionate love relationship with Himself. Because the answer to religious complacency isn't working harder at a list of do's and don'ts—it's falling in love with God.



**Sunday Morning Adult Education Series**  
Starting October 2, 2011  
9:30 am and 10:45 am  
If you are interested in this study, we encourage you to get ahold of the book "Crazy Love" by Francis Chan and read it with us. Contact the church office if you need help getting a copy.

**Cover Girls Quilters:** Cover Girls will meet on Wednesday, September 21 at 9:30 am at church. This may be the last time we meet to finish up tying quilts for Lutheran World Relief. There is such a need world wide for quilts we need to finish as many as we can. Please share a few hours of your time to help us tie. No skills needed....just willing hands. Lunch is potluck. We work until 2 p.m. or so.

If you are in the sewing mood, please pick up a package of quilt squares at the Ministry Center. Sew at home and bring the top to church to be finished.

Keep bringing in cotton fabric that can be cut into squares. Old mattress pads and flat sheets are needed for lining the quilts.

**Prayer Shawl Committee** will meet on Tuesday, September 6, at 9:30 am at church. Anyone who loves to knit or crochet, please join us. If anyone has made hats, shawls, blankets, etc. over the summer please bring them to church before Sept. 6 so they can be included in the blessing we have for all items. To date 93 shawls have been given to those who might need comfort. Hundreds of hats have been made and given to hospitals and local agencies. Thirteen baby blankets have been given for baptisms.


Mark your calendar now for the **First Lutheran Women's Christmas Program**. It is scheduled for the evening of Thursday, December 1. Iris Frey Doolittle, a professional musician from Madison, Nebraska, will be presenting the program.

**Lydia** Wednesday, September 14 9:30 am  
Heritage Room  
Hostess: Pam Spevak

Lydia is an informal gathering of women for Bible study and fellowship. Starting in September, we will be studying "HE STILL MOVES STONES" by Max Lucado. Obstacles may prevent one from seeing what God has done for them....BUT HE STILL MOVES STONES. The Bible is absolutely full of them. People with questions. A crook on a cross. A wild man in a cemetery. A five-time divorcee. Please join us in this exciting study.

We are pleased to announce that we have called Amy Christensen as Director of Children's Ministries. Amy was formerly a Youth and Education director at United Methodist Church in Washington, IA. She has coordinated and planned Puppet and Clown Ministries in several churches. Amy has been described as innovative, enthusiastic, resourceful and insightful. She is married to Mike Christensen and they have three children - two daughters, Megan Christensen and Sarah Caskey, and a son, Ryan Christensen, who is a student at Midland University.



 Does your hand hurt?? Do you have writer's cramp? Are your eyes blurry from all the information required to register your children and fill out those forms? Well then we all know it is back to school and back to Sunday school time, too! Over the past several weeks I have been asked, " Why do we have to fill out ANOTHER form for our kids to go to Sunday School?" Well, here is the answer! Every year we encourage parents to fill out a form to update their address, phone numbers, and a basic "in case anything has changed" form. First Lutheran tries to keep up with the ever changing lives of our congregation. While your family may have lived in the same house with the same numbers for 20 years other members are new to our community and we would not want anyone to miss out on all of our exciting happenings here at the church. Another important reason is because we order curriculum for each and every one of the Sunday school classes and we would not want one single kid to be without some of the most important information they will ever learn about in their lives. So the answer is simple, although the forms not so much. Please bear with us as we account for your children as we feel they are the most important people. By the way it is not too late to fill out a registration form for your child to attend Sunday School. They are only one page long. ~ Amy

Below is a list of children registered for Sunday School this fall. If your child's name is not on the list, please fill out a registration form. Registration forms are available above the slotted mailbox and on the Youth Education page of First Lutheran's website.

**REGISTERED SUNDAY SCHOOL STUDENTS 2011-2012**

<b>PRESCHOOL A</b> AYDEN BOHABOJ BENJAMIN ENGLAND CALLIE JOHNSON PAYTON PAFFORD ISAIAH PETERSON CODY STUEVE ALLIE VRBA	KAYLEIGH MCKENZIE MCKENNA MURPHY MADDY PAFFORD GRANT PARTRIDGE SOPHIA PETERSON CHARLIE RICHMOND COLIN RIDDER CALLIE WATERS CHARLOTTE VECH	JACKIE MEADER HAILEY NEWILL MICAH PETERSON JAIDEN RENSCH JULIANNE SCHMIDT ANDREW SELLON CARTER SINTEK JAIDEN SMITH GARRETT TOMASEK CARTER WATERS BETSY WRIGHT	<b>4th GRADE</b> KENAN BRODD TIFFANY CARNAHAN BEN HAMPTON KORBYN HAVENER MYIA JOHNSON JOSIE KIRCHMANN GAVIN NIELSEN CARTER RICHMOND MAKENZIE RIDDER	JACOB SELLON ANDREW WALLING TANNER WILSON
<b>PRE-SCHOOL B</b> RYAN BRITTENHAM ALEXA BRODD CARVER KROEGER AVA NEWILL MADISON SCHMIDT KOLBY TIGHE AIDEN VACHA	<b>1st GRADE</b> EMMA BENSON LAUREN BRITTENHAM KALLIE JOHNSON RYANN KIRCHMANN DEVIN MARK BETHANY MILLER ISELA VERNER REBEKAH VOSS SARAH VOSS WHITNEY WALLING BRAEDEN WILLNERD	<b>3rd GRADE</b> BRADY BENSON NICK BERNT EMILY BRODD MADELINE ESPINOZA SAM GIFFORD KATIE JOHNSON GARRETT KRIETE JADEN MARK CAMDEN MCKENZIE HUNTER MCNULTY SHANE MILLER CONNOR RICHMOND MALLORY RUWE DEVIN WILLNERD HANNAH WILSON SARAH WILSON	<b>5th GRADE</b> GARRETT DIVIS EDMUND ENGLAND AUSTIN EVERITT LAUREN GIFFORD KAYLEE PARTRIDGE KAILEY RENSCH BRODY SINTEK ELENA WRIGHT	<b>7th GRADE</b> JAYDN BERNT SAMANTHA BERNT STEFANI CARNAHAN ALEX ENGLAND GAGE HARBAUGH BROCK HEGARTY SIERRA STUEVE TARA TIMMERMANN TIFFANY TIMMERMANN
<b>PRE-KINDERGARTEN</b> DATHAN HANSEN KATELYN MEADER BRYLEE NELSEN			<b>6th GRADE</b> ERIK BAADE JOHN ELLIOTT NATHAN GRIMM ABBY JOHNSON ABBY MCNULTY MERRILL MITCHELL KORRBIN NIELSEN ANNA ROSS	Updated 8-22-11
<b>KINDERGARTEN</b> KARINA CAPRON SPENCER DIVIS MEREDITH ENGLAND PARKER ESPINOZA CALEB KIRBY KOLTON KRIETE	<b>2nd GRADE</b> BROOKE BLUNT DYLAN BLUNT MADISON EVERETT JOSHUA HARRISON KARSEN JESSE MACKENZIE KIRBY			

**Sunday School teachers for the fall are still needed. Please sign up on the green sheets or contact Amy Christensen.**

**First Lutheran staff prays** for five member families at their meeting each week. If you have a specific prayer request for your family, please call the church office to let us know of your concern. The following members and their families being prayed for throughout **September** are:

*Mark & Tammie McKenzie, Bill & Michele McManigal, Paige McManigal, Ken & Terri McNulty, Jerry & Karen McPherran, Tiffany Mecham, Ray & Myrna Meister, Joan Menard, Janie Mengedoh, Seth & Amy Menking, Kevin & Amy Meyer, Terry & Beth Meyer, Bill & Marcie Michaud, Bill & Connie Miller, Chris & Jill Miller, Jeff & Keri Miller, Dave & Lea Millie, Dave & Kim Mitchell, Duane & Jackie Mitchell, Dona Mock*



We ask you to include in your prayers the following members and friends of First Lutheran who continue in active service to their country:



**AMN Robert M. Blume**, *nephew of Scott & Bonnie Warner*  
**Lt. Stash A. Dwornicki**, *extended family of Jill Norenberg*  
**Cody Carlow**, *son of Stan and Kathy Carlow*  
**Doug and Mikayla Carlson**, *son-in-law and daughter of Stan and Kathy Carlow.*  
**Staff Sgt. Christopher Cerny**, *son of Steve & Cathy Cerny*  
**Staff Sgt. Jeannie Soto-Cerny**, *daughter-in-law of Steve & Cathy Cerny*  
**Specialist Stephan A. Fahrlander**, *grandson of Ray & Myrna Meister*  
**Sgt. John Ferguson**, *friend of Richard & Tracy Arett*  
**LCDC Keith R. Hanson**, *son of Jim & Mary Ann Hanson*  
**2nd Lt. Michael Harper**, *grandson of Mardell Weitzenkamp*  
**S. A. Sarah Haskins**, *granddaughter of Larry & Mary Ann Thomas*  
**LCPL Jarad A. Huddle**, *son of Debra Huddle*  
**1st Lt. Ryan Hurt USMC**, *nephew of Dave & Kathy Pinkall*

**Pvt. Sammi Jo Hajek**, *granddaughter of Jerry & Joy Horn*  
**Pvt. Jordan Klocke**, *grandson of Dwayne and Lucy Klocke*  
**Amn Jacob Kohlscheen**, *nephew of Rick & Deb Sammons*  
**SFC Eldon Kuntzelman**, *son of Rex and Vi Kuntzelman*  
**1st Lt. Scott Miland**, *brother of Heather Peterson*  
**Lt. Col. Randall Morris**, *son of Diane and Paul Morris*  
**ENFN Chase P. Nickels**, *grandson of Delwyn & Anita Hasemann*  
**Tech. Sgt. Curtis Nissen**, *grandson of Clarence & Dee Schakat*  
**Capt. Johanna O'Toole**, *granddaughter of Barbara Lanning*  
**Sgt. Scott Peterson**, *son of Chuck & Lorie Peterson*  
**Andrew Steffensmeier**, *nephew of Scott & Bonnie Warner*  
**PFC Mike Warner**, *son of Scott & Bonnie Warner*  
**PFC Joshua Wells**, *grandson of Jerry & Joy Horn*  
**AB Benjamin Andrew Wing**, *grandson of Roger & Shirley Wing*

**Wednesday night is family night at FLC!**  
**Starting on September 14th!**  
Food, Choirs, Bibles Studies, Yeam KID, and more!



**The Ministry of Healing**

Please remember to let our church office know when you are facing a health concern or hospitalization so that our pastoral staff might be in touch with you and you can provide information to share with our whole faith community. When you request, a prayer chain will also be activated. First Lutheran members known to have had health concerns last month included:

**Helen Bauermeister, Brinkley Chandler, Jenny Hansen, Kay Klevemann, Florence Mason, Bill Michaud, Butch Scott, Madison Smutz**

**Deaths**

Our sympathy to the family and friends of:  
**Mike & Meri Jo Soe** on the death of Mike's mother, **Margaret Butch & Joan Scott** and **Beth Svatora** on the death of Butch's mother and Beth's grandmother, **Lorrie Scott Prudence Nissen**

**Baptisms**

**Edward James Cardiff**  
Parents: Dylan & Cory Cardiff  
Sponsors: Holly Mottershead

**August 14, 2011**



## Council Highlights

August 2011

The August, 2011 meeting of the Church Council was called to order by President Paul Johnson.

Roll call was taken and a quorum of members was present: Pastor Charlie, Pastor Matt, Daryl Brodd, Wanda Clements, Evelyn Eldridge, Stan Freeman, Marty Gifford, Paul Johnson, Dawn Koehlmoos, Sharon Landholm, Janet Lowe, Pablo McDermott, Judi McKenzie, Bill Miller, Kathy Moll, Chuck Peterson, Jon Rensch, Matt Ridder, Nancy Rix, Rick Spalding and Jon Wilson.

Pastor Matt presented opening devotions from Psalm 27.

### Secretary's report

MSC to accept the Secretary's report.

### Treasurer's report

MSC to accept the Treasurer's report.

### Senior Pastor's Time

1. Pastor Charlie reported that our constitution is being updated. Two minor corrections to the constitution will be voted on at the 2012 Annual Meeting regarding revisions erroneously made in 1996.
2. He also reported that Pam Spevak, Director of Children's Ministries, has announced her resignation, but will continue to be an active member of First Lutheran Church. We want to thank her for the blessing of her work in this ministry. Her position has been filled by Amy Christensen.

### Associate Pastor's Time

Pastor Matt reported on the various youth ministries of First Lutheran Church this summer including Spoudazo, Vacation Bible School and the FLY trip. It has been a very busy and phenomenal summer for our youth and for the youth in the vicinity of Fremont.

### President's report

1. President Paul Johnson reported that we are sad to see Janice Hansen, a long-time member, past employee and wife of Pastor Robert P. Hansen, move from the Fremont area. Though we are sad, we rejoice with her as she will be moving to the Minneapolis area to be closer to her family. In honor of her time and commitment to God and to First Lutheran Church, we will have a reception for her between services on Sunday, August 21<sup>st</sup>. A tree will also be planted on our property in her honor. We ask God's blessings on Janice as she begins yet another chapter in her life.
2. President Paul Johnson received thank you letters this month from the Jefferson House, Pam Spevak and Luther Seminary for our support of Nathan Strong.
3. September's Council meeting will be at 7:00 pm instead of 8:00 pm. Once again, if a council member is unable to attend, please call Paul Johnson or the church office prior to the meeting.

### New Business

Rick Spalding of the Executive Building Team (EBT) reported that the team is interviewing firms for the feasibility study which will determine the next steps in the building process per a motion made at June's Council Meeting.

Old Business – There was no old business.

Committee time met after adjournment of the council meeting.

Board of Stewards – nothing new on the agenda for August

Board of Deacons – nothing new on the agenda for August

Board of Trustees – nothing new on the agenda for August

MSC to adjourn.

Members of the Council concluded with the Lord's Prayer.

Respectfully Submitted, Nancy Rix



## Welcome

New Members

### New Members

Gary, Micky, Dawn and Corbin Burmester  
 Mike & Amy Christensen  
 Linda Cutts  
 Craig DeKeuster & Leslie Schelling  
 Scott & Courtney Fitzgerald  
 Nate Johnson  
 Kiley Marfisi  
 Michelle Marfisi, Kayla & Haley  
 Ken & Ellen McCurdy  
 Duane & Anna Pederson  
 Susan Perry  
 Teresa Rippke & Chris Black  
 Mitch & Renee Schneringer

### Host Family

Gail & Nancy Nielsen  
 Ryan Christensen  
 Jeannie Nielsen and Leanne Biesecker  
 Jeremy & Jenny Hansen  
 Linn & Heather Kroeger  
 Erica Bussboom  
 Joel & Krista Watters  
 Joel & Krista Watters  
 Duane & Judi McKenzie  
 Paul & Beulah Larsen  
 Steve & Celeste Samuelson  
 Kaylene Inama  
 Sharon Hinds



## Letters

What You're Saying to Us

I would like to thank all my team of First Lutheran cancer fighters for all their hard work. The team raised \$2739.40 to help fight cancer. All your hard work was greatly appreciated. All together the teams made \$102,756.62 during Dodge County Relay for Life. Thank You! ~ Joy Horn

Thank you for remembering me with the beautiful flowers here at Nye Pointe getting my strength back in my legs. ~ Gena Tank

I want to thank Pastor Matt and Pastor Charlie for the visits and prayers during my recent hospital stay. Also for the lovely prayer shawl and altar flowers. How great it is to have a church family along with my own family. ~ Kay Klevemann

Dear FLC, Thank you so very much for another great year of camp. ☺ The money you paid to help me go to Camp Carol Joy Holling—it's SO very appreciated. I love going every year and I even plan on counseling there when I become old enough. Love, Sarah Young



## Music Ministries

Schedule

### Children's Choir - Grades K-5

Rehearsals on Wednesday evenings from 5:45-6:15 pm in the Preschool Room  
Sing at 9:30 service on the 2<sup>nd</sup> Sunday of each month (Sept.-May)  
Amy Brandert, Director 721-2959

### Senior Choir - High School age – Adult

Rehearsals on Wednesday evenings from 5:30-6:00 pm in the Heritage Room  
Sing at 9:30 service as scheduled (Sept.-May)  
Bruce Bartels, Director 753-8484

### Contemporary Worship Musicians - Middle School – High School – Adults

Many opportunities to sing or provide accompaniment on piano, drums, guitar.  
Serve as Worship Leaders at the 11:00 service  
Rehearsals on Thursday evenings from 7:00 -8:30 pm

### Adult Bells - High School age – Adult

Rehearsals on Monday evenings from 7:00-8:00 pm in the Family Worship Center  
Ring at 8:00 service on the 3<sup>rd</sup> Sundays of each month (Sept.-May)

### First Rehearsal – Sept. 12

### Solos/ Small Ensembles

Many opportunities to provide special music at any weekly service or special services.

Contact Amy Brandert in the Worship & Music Office for more information (721-2959 ext. 22)

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## Worship

Schedule

Fall Worship Schedule begins September 11

8:00 and 9:30 am - Traditional Worship - Holy Communion served on 1st and 3rd Sundays

9:30 am - All Education Hour

10:45 am - Adult Education

11:00 am - Contemporary Worship - Holy Communion served every week except 5th Sunday

**REVELATION** Tell your friends!  
 Bible Study Begins Sept. 14  
 Weds. 6:15 pm @FLC  
 See you there!



Three Rivers Public Health Department provided a Wellness Screening Clinic August 14 from 8:00 to 10:00 with support from the Health Cabinet. Eighteen parishioners took advantage of this free service. Participants were asked to complete a health assessment. Blood tests included glucose, cholesterol and triglycerides and results were available and reviewed within ten minutes. Participants will receive a mailing regarding the assessment completed and also the blood test results. If your assessment or blood test results indicate any abnormalities or if you have any other concerns be sure to schedule an appointment with your primary care provider.

Three Rivers Public Health Department will again be providing a service for us by conducting a **flu immunization clinic** at First Lutheran on Sunday morning, October 16.

Family meal times are important. Meal times help a child develop a feeling of belonging and foster that feeling of love and security. As the school year begins, families often times eat fewer meals together due to additional activities before and after the regular school day.

According to past research, eating at least five meals a week together as a family enhances preschool children’s vocabulary, improves children’s grades, and helps eliminate teen eating disorders. It is said to also lower the rates of smoking, drinking alcohol and illegal drug use in adolescents and children have fewer other behavioral problems. Eating together also improves nutrition for the whole family, as family members probably will snack less on unhealthy foods.

Meal times do not just happen. It is essential that they be planned. Most people think of dinner as a mealtime together; however, breakfast can be a family meal together also. Plan your menus a week in advance, shop weekly and buy items and needed ingredients for the week. Planning saves time later. Prepare some foods on the weekend, freeze them, and heat them when needed. A menu does not need to be complicated. Also, meal times should be a happy time and free of distractions. The televisions and cell phones should be turned off.

Remember to strive for at least five meals together, but even a meal once a week together is better than none at all.

-----Information from UNL Extension



**Sunday Morning Fall Adult Education Classes**

Please join us on Sunday mornings for continuing adult education opportunities. Start out the season with: “Jim and Sherie Ebers share their faith experience”. Then, we spend 1 session looking at the 7 churches in the Book of Revelation. This will be followed by the “Crazy Love” series starting on October 2. Here is the schedule:

- September 11 – Jim and Sherie Ebers share their faith experience Part 1
- September 18 – Jim and Sherie Ebers share their faith experience Part 2
- September 25 – A look at the 7 churches in the book of Revelation
- October 2 – The “Crazy Love” series begins.

**“Crazy Love” Sunday Morning Adult Study**

Join our Sunday morning adult study group as we work our way through the “Crazy Love” series by Francis Chan. We will watch a DVD lesson every week and discuss the material together. Participants are invited get a hold of the “Crazy Love” book if they are interested in following along in the book. The book is for sale on Amazon.com for approximately \$8 (it can also be found in several other locations). If you would like help getting a book or have other questions about this study please speak with Pastor Matt.



**SPREAD THE WORD!**

It is one of the most liturgically sung books in the Lutheran Worship tradition; come study what you already sing! “Revelation: The Bible Study” - coming this fall to First Lutheran. Start telling your friends now!

the art of  **marriage**™

A First Lutheran Church Weekend Retreat.  
February 10-11, 2012.

...Because your marriage deserves it.  
Registration forms are located at the Ministry Center.



**Fundraiser for Mowo Kindergarten**  
**Pancakes with deluxe toppings**  
**September 18, 2011**

Proceeds will fund kindergarten scholarships for those children unable to pay fees and purchase materials for finishing interior.

Watch for details in the First Weekly

Read the excerpt from a recent email from our liason in Tanzania, Seth Kitange...

a. The short rains (Oct-Dec) 2010 were too short - that season helps to forecast on the coffee crop the year ahead. Without adequate short rains coffee trees do not flower. Mowo is on the banana/coffee belt. So, this year, there isn't much of the cash crop.

b. The long rains (March-May) 2011 came late and ended too early. The pictures you see on your TV covering the Horn of Africa are a familiar sight in parts of East Africa, particularly northern Kenya. Kilimanjaro is affected by this general poor weather pattern, although famine is not very pronounced as yet. But, it will not be very long in coming. We will get you more information on this.

c. The two points above taken together, indicate that Mowo and the surrounding communities are still in the woods of poverty. We are doing a head count of children between 3 and 5 years shut out of our kindergarten because of lack of fees (@ about US\$60 per year for the poorest). Many others may need less than full aid. As you kindly concurred with our suggestion, the best way to help the community is to "rescue" these children from hunger and want, via the kindergarten.



This month’s featured author is **James C. Dobson, Ph.D.** Dr. Dobson is founder and chairman emeritus of Focus on the Family, a nonprofit organization that produced his internationally syndicated radio programs, heard by more than 200 million people every day. A licensed psychologist and marriage, family, and child counselor, he earned a Ph.D. from the University of Southern California in the field of child development. Dr. Dobson is the author of more than 30 books.

**The Strong-Willed Child** – This book is a practical, “how-to” book on discipline and child-rearing, which focuses on sibling rivalry, hyperactivity, self-esteem, and the most common errors made by frustrated parents.

**Bringing Up Boys** – With so much confusion about the role of men in our society, it’s no wonder so many parents and teachers are asking questions about how to bring up boys. Our culture has vilified masculinity and, as a result, an entire generation of boys is growing up without a clear idea of what it means to be a man. In this book, Dr. Dobson offers advice and encouragement based on a firm foundation of biblical principles.

**Bringing Up Girls** – Peer pressure. Eating disorders. Decisions about love, romance, and sex. Academic demands. Life goals and how to achieve them. These are just some of the challenges that girls face today--and the age at which they encounter them is getting younger and younger. As a parent, how are you guiding your daughter on her journey to womanhood? Are you equipping her to make wise choices? Dr. Dobson will help you face the challenges of raising your daughters to become strong, healthy, and confident women who excel in life.

**The New Dare To Discipline** – Where can this generation of parents turn for a consistent and commonsense approach to child rearing? In this new and revised version of his earlier classic, Dare To Discipline, Dr. Dobson provides an immensely practical and reassuring resource for today’s mothers and fathers. He offers far more than mere advice. Dr. Dobson has prepared a game plan---an entire philosophy of child rearing---that will help parents **understand** their kids and know how to handle everyday challenges as they arise.