

March 2025

# Firs\* Things

*Living the unconditional Grace & Love of Jesus Christ in the world.*



## FIRST LUTHERAN CHURCH

100 Peace Ridge  
Lake City, MN 55041  
651-345-5003  
info@firstlc.org  
www.firstlc.org



*First Lutheran Church Lake City, MN*

### Office Hours:

Monday-Friday 8am-4pm

### Regular Worship Schedule

Sunday at 9am

Wednesday at 6:30pm

*Watch online at [firstlc.org](http://firstlc.org) or LIVE on YouTube on Sundays.*

### STAFF

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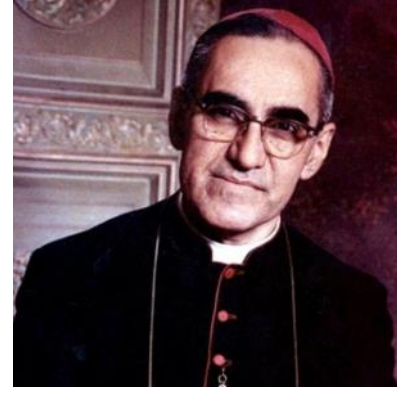
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Loren Prigge, *Custodian*



## LENT 2025: "What does the Baptized Life Look Like? "

The Saints aren't special people who are on a higher spiritual plane than the rest of us - the Saints are everyone who has lived their life in Christ with the Spirit's gifts of faith, hope, and love. Their example, and how God worked through them, are gifts to us. Their stories show us what the baptized life looks like when it is lived out.

Lutherans don't keep official lists of saints, but we do keep a calendar of commemorations for some whose stories can inspire, guide, and encourage us all. For our Lent midweek services we are going to get to know several of the saints whose commemoration days fall in the spring:

March 12 - Harriet Tubman and Sojourner Truth

March 19 - Patrick of Ireland

March 26 - Oscar Romero

April 2 - Elizabeth Fedde

April 9 - Dietrich Bonhoeffer

Worship with Holden Evening Prayer is at 5:30 and soup supper will be served immediately following worship.

Ash Wednesday worship is on March 4 at 5:30pm. There will not be a soup supper following Ash Wednesday worship.



## Considering Fasting

*“When you fast...” says Jesus (Matt. 6:16), in words we often read on Ash Wednesday, the special service that begins the season of Lent. Jesus goes on to say that fasting is not for making a show for others to see and be impressed, but rather something between you and God.*

Lutherans are not known for fasting. We know that we don’t need to impress God with any good works – God loves us just as we are! Our relationship with God comes by pure grace, and we have the full benefit of it by faith alone. Hallelujah!

But if we listen to Jesus then, in faith, we hear these words: *“When you fast...” It does seem to imply that Jesus expects us to maybe actually do this. If it isn’t about impressing God, then, what would it be for?*

Many Christians have found that fasting is really about exercising self-control and self-discipline. While that is not needed to impress God and earn divine favor, it might be really useful. God isn’t depending on us to win the battle with temptation on our own – the victory belongs to Jesus! – but joining in the struggle will make us wiser and stronger. **Fasting is training or practice**, just like you would practice an instrument, a sport, or a new skill. In fasting, we practice regulating ourselves, our emotions, and our actions; being reflective about needs versus wants; being intentional about our habits, and identifying and resisting temptation. We need the practice, and surely God can use more disciplined disciples!

While we often think of fasting as giving up something that is good for us as an exercise of will, we live in a time where many of the things we would give up would be a benefit to us as well. For instance, most Christians in the past and in other places have experienced fasting from certain foods as a hardship; most modern Americans, on the other hand, experience health benefits! Even more timely, study after study is finding that a little more self-discipline around screen time and phone use is yielding huge benefits in areas like mood and concentration.

Fasting may be something more: when Jesus speaks of it, he does so together with “When you give to the poor...” (Mt. 6:2) and “When you pray...” (Mt. 6:7). Those who have practiced fasting find there is a side to it that is not obvious right away: **fasting creates space for other priorities**. For Christians in most times and places, who lived closer to subsistence themselves, the best way to have food to share was to simply eat a little less themselves. For us with our attention pulled in every direction, attending to God and other people must mean less attention spent elsewhere. So fasting can be understood as the basic truth that, in order to say “yes” to some things, we may have to say “no” to others. How can any of us expect to give more time and attention to prayer if we don’t first free up some time and attention? And for most of us, that is going to take some wrestling with old ways and making new habits.

This Lent, FLC will invite you into new practices of prayer in mid-week worship and devotions. You will also be invited into increased sharing as we take special offerings for partners that benefit those in need. **What do we have to say “no” to, in order to say “yes” to sharing and prayer?** I think that’s what Jesus means by fasting.

Peace in Christ,  
Pastor Paul

## Book Group

At our March gathering on Tuesday, March 18 at 6:30 pm we will discuss “Waking Up White; and Finding Myself in the Story of Race” by Debby Irving.

For twenty-five years, Debby Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As an arts administrator, she didn't understand why her diversity efforts lacked traction. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what she was missing. Then, in 2009, one "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. In Waking Up White, Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her-and ultimately for all of us.

April's book selection is “A Stranger in the Boat” by Mitch Albom (April 15.)

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## Food Ministry at First Lutheran

In a meeting of the Visitation Team (a group who visits our homebound members,) the idea of forming a food ministry group was discussed. This group could potentially provide food/ meals to those who need help with meals following surgery, a health crisis, a new baby, etc. If you are interested in being part of this potential ministry, please speak with Pastor Kary.

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# Children's Ministry Happenings

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### Sunday, March 2nd

**Sunday School singing during service**

### KFC Important Dates

March 5th: No Class / Early Release

### Sunday School Important Dates

March 2nd: Singing during service

March 30th: No Classes - Spring Break

### Puffin Pastry Delivery

March 11th

4:30-6:00 PM

Contact Heidi (507)398-7632

## “Aging Gracefully” Meet Up

"Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you" (Isaiah 46:4 NIV).

- When: Tuesday, March 4, 2025, 4:00 PM
- Where: FLC, Fireside Room
- Who: Anyone and Everyone
- Why: “I **HAVE NOT** Fallen and I don’t have to Get Up!”
- All 50 + and older FLC members and friends or anyone with balance concerns are invited for a discussion of how to prevent falls.
- Changing our behavior and our environment can be a very powerful way to prevent falls and injuries that may result.
- Life is not risk free. Simple and effective exercises will be taught and if done daily can reduce the risk of falls.
- Join the group and learn how to “Age Gracefully” and stay on your feet, happy and healthy so you can continue to do God’s work.

Questions? Contact Patty Svien/[svien65@hbc.com](mailto:svien65@hbc.com)



If you are a Thrivent member, you may have **THRIVENT CHOICE** dollars that need to be allocated by the end of March. You can either log into your account at [thrivent.com](http://thrivent.com) or call 1-800-847-4836. You can direct your Choice Dollars to many eligible organizations — First Lutheran Church is an option!

## Adult Forum – Sunday, March 9

On March 9, Tharan Leopold from the ELCA Foundation will be our speaker following worship. Tharan will invite us to explore how we can make a difference in the lives of our loved ones, the church and the world with legacy gifts.



## Greeting Cards Available

Please help yourself to the handmade greeting cards that are available in a basket on the welcome desk. The cards can be used in any way you wish. However, your action in sending a card can provide a wonderful blessing for the recipient.

2/13/2025  
11:59 am

First Lutheran Church  
**Balance Sheet**  
Finance year 2025 as of 1/31/2025

**Summary across all Books**

	Balance as of 1/1/2025	Balance as of 1/31/2025	Change	Percent change
Assets:	4,271,149.53	4,264,669.08	-6,480.45	-0.2%
<b>Total assets:</b>	<b>4,271,149.53</b>	<b>4,264,669.08</b>	<b>-6,480.45</b>	<b>-0.2%</b>
Liabilities:	633,194.74	625,590.01	-7,604.73	-1.2%
Dedicated:	187,196.10	185,540.56	-1,655.54	-0.9%
Equity:	0.00	0.00	0.00	- %
Book equity:	3,450,758.69	3,453,538.51	2,779.82	0.1%
<b>Total liabilities, dedicated and equity:</b>	<b>4,271,149.53</b>	<b>4,264,669.08</b>	<b>-6,480.45</b>	<b>-0.2%</b>

**THANK YOU** for your continued support of First Lutheran Church’s General Fund and Building Fund. The table above shows the income and expenses for the month of January and the year of 2025. The graph below charts the General Fund and Building Fund receipts on a monthly basis for the year of 2025.

2025 Giving - First Lutheran Church



# Youth Ministry Happenings

## Confirmation Wednesday Schedule Changes During Lent:

Worship 5:30 - 6:15pm - All students worship together with their classes and leaders

Soup Supper and Confirmation Lesson (combined) 6:15-7pm

Students eat and study in their classrooms, dismissed at 7

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## 4th and 5th Grade Students and Parents:



**Please Join Us For**

### Spring Pre-Confirmation Sessions:

Thursday, Mar. 13

Thursday, Mar. 20

Thursday, Mar. 27

5:30-6:30pm in the Sanctuary

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Senior High  
Youth!

You're Invited:

Contact Melissa for More Info



10-12 Grade  
Wed, Mar. 26th  
7:00-8:00pm

Snacks provided,  
Bring your own drink

## Birthdays and Anniversaries

**Mar. 1:** Travis Bremer, Heidi Flugstad, Justin Foss, Harvey Gabbert, Sam Klipfel, David Moe, Paul Myers

**Mar. 2:** Candace Dudley, Laura Fitterer, Dana Gartner, Kary Jonas, Paige Krueger, Amy Matanich

**Mar. 3:** Justin Campbell, Peter Suby

**Mar. 4:** Meg Fitterer, Kathy Rodester, Dick Severson, Teddy Thompson

**Mar. 5:** Brent Engelbrekt

**Mar. 6:**

**Mar. 7:** Emery Ebert, Rob Nutt, Laurie Stoeger, Gary Yotter

**Mar. 8:** Morgan Dammann, Willow Dudley, Courtney Haviland, Josie Kuchinka

**Mar. 9:** Christine Anderson, Aviana Kiechner, Elsie Weinrich

**Mar. 10:** Missy Ferguson, Sam Rol, Wendy Schultze, Kerstin Suby

**Mar. 11:** Ross Bendickson, Andy Carlson, Aubree Chavez

*Randy & Stephanie Foss*

**Mar. 12:** Paula Davis-Lynch, Milly Gagnon, Jarid Groth, Jeff Swiggum

**Mar. 13:** Braxton Berlin, Ava Carlson-Penn, Pat Ebert, Craig Kohrs, Richard Shequen

*David & Marian Dittfach, Joseph & Lori Morgan*

**Mar. 14:** Elizabeth Enger, Cole Kohrs, Joshua Moechnig

**Mar. 15:** Ron Stoerzinger

**Mar. 16:** Trace Meyer, Brody Meyer, Helene Pflaum

**Mar. 17:** Tom Kehren, Christian Oeltjen, Pat Samuelson

**Mar. 18:** Troy Ziebell

**Mar. 19:** Dave Ender, Kenzie Kramer, William Olson

*Lee & Sharon Eggenberger*

**Mar. 20:** Roger Hollman, Marcia Holst, Jane Windhorst

**Mar. 21:** Janet Carlson, Jill Dinsmore, Joe Kells

**Mar. 22:** Craig Harteneck, Cullen Kittelson, Kenny McEwen

**Mar. 23:** Marlys Johnson

**Mar. 24:** Dalton Arndt, Justin Fuchs, Jeff Mund

**Mar. 25:** Duane Boos, Bonnie Conway, Ashley Eichelberger, Nathan Larson

*Jon & Mary Gravenish*

**Mar. 26:** Kristen Flugstad, Olivia Matzke, Gwen Schafer

**Mar. 27:** Julie Deschneau, Joel Dose, Jon Gravenish, Samuel Lodermeier, Wanda Pederson, Lindsay Peters, Beth Plank, Tim Schlagenhaft

**Mar. 28:** Jill Braaten, Mike, Paul Haviland, Owen Kopp, Erin Lichtblau, Carter Meincke, Adelyn Meyer, Chase Rodewald

**Mar. 29:** Millie Dudley

**Mar. 30:** Grayce Adler, Ava Eggenberger, Bryan Grimley, Naomi Mangold

*Jim & Kathy Zwiener*

**Mar. 31:** Jayden Banks, Ava Emerson, Mya Kohrs, Sam Mangold, Janet Reed, Dean Saby

**Keep in prayer:** LeAnn Fuchs (niece of Arlene Johnson), Carl Kozlowski; Wayne & Monica Schmidt (cousin of Dale Nibbe); Susan Dailey, Loren Walters (brother of Diane Keyport), Cheryl Goudy (Sue Benson's sister), Barb Follstad (Kris Pichelman's mother), Kathy Walstrom (daughter of Eloise Blattner), Emma (grand-daughter of Barb Gifford), Carol Dollar

Would you like your name or a loved one added to FLC's prayer list? Please contact the FLC Prayer Connection at [firstlutheranprayerconnection@gmail.com](mailto:firstlutheranprayerconnection@gmail.com) or the FLC office.

Date Duty	March 2	March 9	March 16	March 23	March 30
<b>LECTOR</b>	Dave Ender	Janet Chestnut	NEEDED	NEEDED	NEEDED
<b>GREETERS</b>	Keim Family	Meyer Family	Eggenberger Family	Plank Family	McCoy Family
<b>COMMUNION ASSISTANTS</b>	Carson Mickelson Veronica Mickelson	Audrina Meyer Rylee Thieren NEEDED	Ava Carlson-Penn NEEDED	NEEDED NEEDED	NEEDED NEEDED NEEDED
<b>USHERS</b>	Heide Emerson NEEDED	Ava Carlson-Penn Carson Mickelson	NEEDED NEEDED	NEEDED NEEDED	NEEDED NEEDED
<b>ALTAR GUILD</b>	Marcia Holst Esther Gullixson	Kim Ask-Carlson Janet Chestnut		Marlys Johnson Karyn Moechnig	
<b>ACOLYTE</b>	Jack Narum	Addie Thieren	Ella Kohrs	Weston Holst	McKenzie McCoy
<b>COFFEE FELLOWSHIP</b>	Dean & Darlene Saby				

Lent Wednesday Worship	Ash Wednesday March 5	March 12	March 19	March 26
<b>ACOLYTE</b>	Brody Otterson	Trace Meyer	Cedric Larson	Lincoln Grothe
<b>LECTOR</b>	NEEDED	NOT NEEDED	NOT NEEDED	NOT NEEDED
<b>USHERS</b>	NEEDED NEEDED	NOT NEEDED	NOT NEEDED	NOT NEEDED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship/SS Sings 9am Sunday School 10am	3 Cub Scouts 6-7pm Boy Scouts 7-8pm	4 "Aging Gracefully" 4pm, Fireside New Member Class 6:30pm	5 <b>Ash Wednesday</b> FLC Bible Study 8:30am Staff 1pm NO KFC Worship 5:30pm NO Confirmation	6 4th/5th Grade Confirmation 5:30-6:30pm Fellowship Potluck 5:30pm	7 Scouts Pinewood Derby 3pm- Saturday 9pm	8 Scouts Pinewood Derby 4-7pm
9 Worship 9am Sunday School 10am Adult Forum 10am	10 Cub Scouts 6-7pm Boy Scouts 7-8pm	11 FLC Quilters 8:30am Hispanic Inclusion Mtg 6pm	12 FLC Bible Study 8:30am Staff 1pm KFC 3-5pm Worship 5:30pm Soup Supper 6:15pm Confirmation 6:15-7pm Bells 6:30pm Senior Choir 7pm	13 4th/5th Grade Confirmation 5:30-6:30pm Fellowship Potluck 5:30pm	14	15
16 Worship/New Member 9am Sunday School 10am	17 Cub Scouts 6-7pm Boy Scouts 7-8pm	18 Book Group 6:30pm	19 FLC Bible Study 8:30am Care Center Service 10am Staff 1pm KFC 3-5pm Worship 5:30pm Soup Supper 6:15pm Confirmation 6:15-7pm Bells 6:30pm Senior Choir 7pm	20 4th/5th Grade Confirmation 5:30-6:30pm Church Council 6:30pm	21	22
23 Worship 9am Sunday School 10am	24 Cub Scouts 6-7pm Boy Scouts 7-8pm	25 FLC Quilters 8:30am	26 FLC Bible Study 8:30am Staff 1pm KFC 3-5pm Worship 5:30pm Soup Supper 6:15pm Confirmation 6:15-7pm Bells 6:30pm Senior Choir 7pm High School Youth Group 8pm	27 4th/5th Grade Confirmation 5:30-6:30pm	28	29
30 Worship 9am NO SS	31 Cub Scouts 6-7pm Boy Scouts 7-8pm					