

First Lutheran Church

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Parish Staff	Sunday Worship
Rev. John Martinson <i>Interim Pastor</i>	August 3 8:30 a.m.
Lynda Glick <i>Parish Nurse</i>	10:00 a.m.
Rob McNair <i>Secretary</i>	Starting August 10 9:00 a.m.
Jack & Shirley Neese <i>Custodians</i>	Building Hours Monday — Friday 8:00a — 5:00p
Office Hours Monday — Friday 8:00a — 5:00p	Saturday 9:00a — 12:00p

*From the
Pastor*



"LIFE and LIGHT"

I have fun with definitions of words and phrases. As a devotion for our August Newsletter I share these with you.

LIFE

LIFE — THE TEMPTATION is always to reduce it to size. A bowl of cherries. A rat race. Amino Acids. Even to call is a mystery smacks of reductionism. It is the mystery.

As far as anybody seems to know, the vast majority of things in the universe do not have whatever life is. Sticks, stones, stars, space — they simply are. A few things are and are somehow alive to it. They have broken through into Something, or Something has broken through into them. Even a jellyfish, a butternut squash, they're in it with us. We're all in it together, or it is in us. Life is it. Life is with.

After lecturing learnedly on miracles, a great theologian was asked to give a specific example of one. "There is only one miracle," he answered. "It is life."

Have you wept at anytime during the past year?

Has your heart beat faster at the sight of a young beauty?

Have you thought seriously about the fact that someday you are going to die?

More often than not, do you really listen when people are speaking to you instead of just waiting for your turn to speak?

Is there anyone you know in whose place, if one of you had to suffer great pain, you would volunteer yourself?

If you answer to all of most of these questions is no, the chances are you're dead.

From — BEYOND WORDS. DAILY READINGS IN THE ABC'S OF FAITH. Frederick Buechner. Harper: San Francisco. 2004. Pp 224-225

LIGHT

An old Rabbi once asked his pupils how they could tell when the night had ended and the day had begun. "Could it be," asked one of the students, "when you see

an animal in the distance and can tell whether it is a sheep or a dog?"

"No," answered the Rabbi.

Another asked, "Is it when you can look at a tree in the distance and tell whether it's a fig tree or a peach tree?"

"No," answered the Rabbi.

"Then when is it?" the pupils demanded.

"It is when you can look on the face of any man or woman and see that is your sister or brother. Because if you cannot see this, it is still night."

Tales of the Hasidim

[Source: Lectionary Based Christian Education]

Some things to ponder.

PAX,

Pastor John

NOTES FROM PASTOR JOHN

OFFICE HOURS SET: I have set Office Hours 9:00 a.m. to 1:00 p.m. on Tuesday - Friday. I am going to use Monday as a day off. I will try to use hours after 1:00 p.m. for home visitations. If I am not in the Office, the secretary will know where I am and how to get in contact with me. I will try to use Saturdays as a Study Day [in Alex] and/or for appointments here in Battle Lake.

VISITATIONS: My home visitations are going well. I am scheduling into September. I am trying to schedule visitations ahead of time and will not just "drop in" on people and families. The visits are about an hour. When setting up visitations I will ask what days and times are best for visitations and go from there. My goal is to visit every home or residence while I am here.

HOSPITAL NOTIFICATION: I would like some help on knowing who is in hospital. It used to be the case that when a church member was in hospital the person's church or pastor were notified by the hospital; that does not happen much any more. If you know of anyone in hospital or going into hospital, please let the church office know. We would rather be told 10 times than not be told at all. Thanks!



Renewing Church Sampler Events

More complete information is now available about the Northwestern Minnesota Synod's renewing church "sampler events." Events are scheduled for Tuesday, August 19, at Bethlehem in Fergus Falls and Thursday, August 21, at St. Paul's in Crookston. Each event will run from 6:00 p.m. to 9:00 p.m. and include large group sessions and breakout sessions for the purpose of giving people the opportunity to sample some renewing church opportunities. Synod staff members, including Bishop Wohlrabe and assistants to the bishop, and Keith Zeh from ELCA Division for Outreach will be among the group facilitators.

Continuing Education from CHARIS

"Theology of the Cross: Uses and Abuses" with Vitor Westhelle

August 10-14, 2008, Thunderbird Lodge, International Falls, MN. In the Heidelberg disputation, Martin Luther said that "the theologian of the cross calls a thing for what it is." To call a thing for what it is means to speak the truth. It is indeed a risky business and equally perilous is presenting the cross for what it is. There is nothing neat and nice about it. The cross names the world for what it is, a world fraught with suffering and populated by victims. What does it take for us to see the cross in our midst and call it for what it is?

For more information contact Coordinator Jacki Knapp-Raaen at (218) 299-3566 or e-mail her at knappraa@cord.edu or go to www.charisecumenical.org.

Swedish Worship in Edina

The Thirteenth Annual Historic Augustana (Swedish) Lutheran Worship will be held Sunday, September 28, 2008 at 2:30 p.m. at Normandale Lutheran Church in Edina, MN. Hymns and liturgy of the former Augustan Lutheran Church will be used. Rev. Dr. S. Bernhard Erling, retired Professor at Gustavus Adolphus College in St. Peter, MN will preach. The service will include historic hymns and the celebration of Holy Communion using liturgy from the first half of the 20th century.



Presenting

Dr. Kathryn Love

*Assistant Director of
Evangelism for the ELCA*

September 13 & 14, 2008

Saturday Evening Service

7:00 p.m.

Sunday Worship Service

9:00 a.m.

Theme: Church Renewal

**First Lutheran Church
Battle Lake**

EVERYONE WELCOME





Attending: Amy Severson, Wes Hull, Pastor Martinson, Dick Oftedahl, Norm Stolle, Clayton Swanson, Warren Tikkanen, Sharon Worden, Hollie Mills, Gail Digre, Loren Romberg, and Shelly Sagerhorn.

Opening Devotions: Shelly Sagerhorn

Pastor's Report: Pastor Martinson has established his normal schedule for serving our church, setting 9 a.m. through 1p.m. for office hours, with visitation in the afternoons and Monday as his day off. He will be available Saturdays by appointment. The Pastor asked the council members to list 10 families/people they would like to see him visit. He is also working on visitation from the list of shut-ins, homebound, nursing home, and Veteran's Home residents. Pastor's e-mail at church is set up as: bluthjm@arvig.net.

New Business: A letter was read from Debbie Ness requesting the use of the new church building for Just for Kix dance practice for a monthly fee of \$140 per month. This fee is broken down into \$100 per month going to the church and \$40 going to Jack and Shirley for clean-up. A motion was made and seconded to grant permission for the request with the fees as stated. Motion carried.

John Dixon presented information on plans of scheduling Dr. Kathryn Love, through the synod office in Chicago, as speaker at special worship services for September 13 and 14 in our church. Publicity and details will be forthcoming in the near future.

Minutes from the June monthly council meeting and the special congregational meeting of June 22 were approved.

Dean Damrau and John Dixon, representatives from the building committee, were present at the meeting to discuss issues and ideas about the move to the new church.

A motion was made and seconded to move to the new

church on August 24, with the first service being held on August 31. After further discussion, an amendment was made and seconded to change the dates in the motion from August 24 to August 10, and the date of August 31 to August 17. The vote on the amendment carried. The question was then called on the motion, and the motion carried.

Volunteer cleaning crews from the congregation will be recruited and organized to clean the new church facility beginning on August 4 and continuing until the building is ready for the congregation to move into on August 10. It was noted that a large contingency of volunteers would definitely make the task much easier and enjoyable.

A motion was made and seconded to change to one Sunday morning service beginning on August 10th, with the service to begin at 9:30 a.m. After considering the Faith Weaver's part of the Sunday morning schedule in the fall, an amendment to the motion was made and seconded to change the service time to 9:00 a.m. The vote on the amendment carried, and the vote on the amended motion carried.

Finance Committee: The following financial reports were shared: (1) income and expenses-year to date (2) print out of balance sheet; and (3) current month's expenses. Information was shared that First National Bank of Battle Lake has recently notified the executive committee of an error on the part of the bank in the classification of one of our building fund accounts at the bank. The error resulted in this account being credited with a lower interest rate than what should have been used. This error had gone on for an extended period of time. The bank corrected the error by crediting the said account with an amount of \$7,821.69 to rectify the situation. Wow!

A motion was made and seconded by the executive committee to maintain a contingency fund of \$45,000.00 to use if needed when making monthly payments on our new building. This amount is equal to approximately one half of our annual payment fee and the intent of the action is to allow for a "rainy day" cash slush fund to have available for those times when payments are due and

Continued on next page

cash is needed to make minimum payments. Motion approved.

Education Committee: Budget was the main topic of the last meeting. There was also discussion on Campfire Nights, Luther Crest, Faith Haven, and Cradle Roll.

A motion was and seconded to create a youth and families committee separate from the education committee. Motion carried.

Outreach Committee: No report

Property and Grounds Committee: After receiving bids from several companies, the insurance selection process is continuing. The committee is very nearly ready to make a decision on who to go with as far as our insurance coverage is concerned for the new facility.

Stewardship Committee: No report

Executive and Personnel: The 2009 budget for all council committees was discussed and proposed in preparation for meeting the deadlines as stipulated in the constitution for our annual congregational meeting.

Music and Worship: The committee continues in the process of seeking candidates for the position of choir director. The praise team is discussing possible scheduling for organization and times to have contemporary worship services. A survey seeking congregational and community input will be distributed to be used in determining decisions made. The music committee has purchased a grand piano with funds from a gift donation by a member of our congregation. The piano will be delivered to our new church home at the appropriate time.

Mutual Ministry: Two new members on the mutual ministry are Hayley Dennison and Barb Nelson. This committee will consist of 6 members when it is complete.

Health Cabinet: Five baby blankets were distributed from the health cabinet. Faithfully Fit will begin in September.

Meeting adjourned with the Lord's Prayer.

Submitted by,

Amy Severson – Council Secretary

**FIRST LUTHERAN
MEN'S FELLOWSHIP
JULY 2008**



The regular monthly meeting at the Shoreline Cafe was called to order at 8:30 a.m. by Chairman Bruce Smith. There were 11 members present. Pastor John Martinson lead the devotions based on "Beyond Words" by F. Buechner from the book of Exodus 3:11-13, the story of Moses and the burning bush.

The secretary's report was read, (with the addition of scholarship recipients Mackenzie Charest and Brady Cameron), and approved. Treasurer Bob Moe reported the previous balance of \$970.82 plus proceeds of the pancake breakfast of \$705 minus expenses of \$238.01, minus \$80 for Art of the Lakes fee left \$1057.81 in the account. The report was accepted as read.

Old Business: Steak Night was held at the Lions Park with attendance of 22 men. John and Jane Dixon should be thanked for the provisions. It was an enjoyable event.

Attention was called to the church signs which need some work. Loren Romberg will see to fixing them.

The raffle--fund raiser for church projects will take place in Sept/Oct. with a table to be set up in the church.

The brat sale at Art of the Lakes will be August 9. It's noted the next regular meeting will be August 7.

The can cages will be emptied and taken for sale.

The cross has been removed and the bell will also be taken down for use in the new church.

John Dixon made us aware that the pews must be moved. A grand piano has been purchased, and chairs are being evaluated. Appliances are also being installed in the new kitchen. Mark calendars for September 13-14 for a celebration with Dr. Love from the Chicago office of the ELCA.

The meeting was adjourned with the Lord's Prayer at 9:25.

Next Meeting is Thursday, August 7 at 8:30 a.m.

Submitted by,

Skip Lee — Secretary

Income	June 2008	YTD 2008
General Fund		
General Offering	18,732.63	97,275.57
Mission (Coffee)	90.86	422.59
Mission (Offering)	235.00	1,266.50
Mission - Peoples Church	0.00	0.00
Initial Offering	20.00	445.00
Open Door	60.00	230.00
Miscellaneous	90.00	370.00
Subtotal to General Fund	19,228.49	100,009.66
Designated Gifts		
Parish Nurse	160.00	800.00
Stephen Ministry	0.00	337.00
Youth	637.00	2,402.40
Education	45.00	360.00
Music	0.00	455.00
We Care	0.00	0.00
Sunday School	5.00	384.17
Subtotal Designated Gifts	847.00	4,738.57
Other Income		
Trefoldighed Payment	0.00	4,400.00
Interest Income	0.00	49.60
Church Rental	130.00	950.00
MeritCare Parish Nurse Stipend	978.00	5,868.00
Miscellaneous	0.00	50.00
Subtotal Other Income	1,108.00	11,317.60
TOTAL INCOME	21,183.49	116,065.83



Expenses	June 2008	YTD 2008	Budgeted 2008
Administration / Office Expenses	271.19	4,092.67	4,065.00
Evangelism	301.00	700.00	1,645.00
Stephen Ministry	0.00	0.00	600.00
Worship & Music	240.25	2,017.56	3,540.00
Education	195.40	2,896.30	12,300.00
Youth Programs	46.40	514.32	1,800.00
Stewardship / Building Expenses	1,371.41	15,968.67	16,475.00
Insurance	1,905.00	3,491.00	6,628.00
Mission Support	1,686.67	13,895.02	20,300.00
Personnel	13,059.43	86,820.38	179,776.88
TOTAL EXPENSES	19,076.75	130,395.92	247,129.88

NET PROFIT / LOSS	2,106.74	-14,330.09
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Other Income	June 2008	YTD 2008
Building Contributions	34,993.00	194,729.26
R.I.F.L. Contributions	10.00	140.00
Lenten Offering	0.00	4,950.97



Present: Anita Boyum, Karen Engen, Evie Hanson, Shirley Krischman, Mary Ann Romberg, Lorraine Underhill, Jane Dixon, Millie Drage and Marcia Olson.

Jane opened with devotions. The secretary's report was approved with one addition, 150 quilts were given to LWR.

Treasurer's Report: The balance on hand was \$2,803.14. Proceeds from the No Bake Sale to date were \$1,205, the Chair Raffle \$1,005 and the Salad Luncheon \$961.57.

Mission In Action: One quilt was delivered to Luther Crest and another will be sent to Camp Knutson.

Mission In Community: Millie will bring all she has collected to the school when it opens.

Old Business: A Kitchen Committee is in place and will get together on Aug. 8 to decide which items should be brought to the new church. The WELCA Board will help with the clean-up and move. A sign-up to help clean the new church will be passed on Sundays.

Pastor Beem has agreed to be our speaker at the Nov. General Meeting.

Proceeds from the No Bake Sale are still coming in.

Marcia shared comments from the WELCA Synod Convention.

New Business: Pastor Martinson will lead the Bible Study at the Sept. 11 General Meeting with Lydia and the Wednesday Circles hosting.

An invitation has been extended to attend an August 19 WELCA meeting at Zion Amor at 2:00 p.m. The speaker will be Karen Bockelman on the subject "Living Water, Walking Wet". Contact Carol Gealow by Aug. 10 with numbers.

Another invitation to a Nidaros WELCA Guest Night on Aug. 6 at 7:00 p.m. with the Bert Holmquist Family entertaining.

Karen will attend a Sharing of Abundance planning meeting July 14 and report back to the board.

Closed with the Lord's Prayer.

The next meeting is August 4 at 1:00 p.m.

Submitted by,

Marcia Olson — Secretary

AUGUST CIRCLE SCHEDULE

WELCA Bible Study Leaders meeting this month is Tuesday, August 5 at 2:00 p.m.

All WELCA Circles will be studying the lesson for August entitled "*Living Water, Walking Wet.*"

✚ **Lydia Circle** — Tuesday, August 12 at 9:30 a.m. Hostesses are Mary Ann Romberg and Carole Charest.

✚ **Mary Circle** — Wednesday, August 13 at 9:30 a.m. Hostess is Shirley Kirschman.

✚ **Wednesday Afternoon** — Wednesday, August 13 at 1:30 p.m. Hostess is Sharon Hanson.

✚ **Dorcas Circle** — Thursday, August 14 at 1:30 p.m. Hostess is Lucy Pederson.

✚ **Esther Circle** — No Meeting



The Rev. Karen Bockelman will be at Zion Amor on Tuesday, August 19 to present the **WELCA August Bible study, "Living Water, Walking Wet."** Karen is the author of the summer Bible study found in the Lutheran Woman Today magazine and is an assistant to the Bishop of the Northeastern Minnesota Synod. The Zion Amor WELCA has invited us to join them for this exciting afternoon with Karen. The Bible study will start at 2:00 p.m. in the Zion Amor sanctuary with coffee and fellowship to follow. *Please RSVP by July 31 to Karen Engen or Jane Dixon if your circle members would like to attend.*



MOVING DAY is Sunday, August 10

At the July council meeting the building committee representatives and your church council announced Sunday, August 10 as the date to move our church family worship center from where we are now to our super-exciting new building sight.

There are three major areas of information that outline this announcement.

CLEANING: Cleanliness is next to Godliness, or so some of our mothers told us. We need to polish our new home before we move in. We need everyone with the cleaning skills of Mr. Clean and the energy to dust, wash, vacuum, sweep, and scrub on board. If we can put together a small crew for each room/area, the job may be perfectly completed in a day or two. We feel 50 volunteers would be adequate, but 150 would be magnificent.

WE WILL BEGIN AT 9:00 A.M. ON MONDAY, AUGUST 4 AT THE NEW CHURCH AND CONTINUE INTO THE EVENING. SIGN-UP SHEETS HAVE BEEN DISTRIBUTED DURING SUNDAY WORSHIP. IF YOU HAVE NOT SIGNED UP PLEASE CALL THE CHURCH OFFICE TO LET US KNOW WHAT TIME YOU PREFER TO HELP: MORNING, AFTERNOON, EVENING, OR ALL THE ABOVE! PLEASE NOTE THAT LUNCH WILL BE ON YOUR OWN SO PLEASE PLAN TO BRING SOMETHING TO EAT WITH YOU.

Those that have already helped in any way have discovered the rewarding experience of working with and getting to know other church family members of our congregation, and the fulfillment of gaining ownership by having participated in the "building" of our future faith center. Please call Rob at 864-5686 and add your name to the list of cleaning volunteers. This is a once in a lifetime opportunity for most of us and a great way to feel the warmth of God's love.

MOVING: August 10— Now it's clean and we're ready to move. On Sunday morning, August 10, we will change to one Sunday morning service that will begin at 9:00 a.m. We want everyone to wear those comfortable work clothes, because, after the single service, we will move as a family. We want every-one to carry something from the old church to the new church. It might be as simple as a hymnal, or as much as a pew. Please bring pickups and trailers if you have them. There will be many photo opportunities and memories available for the taking, so don't forget your camera. We will hold a brief congregational closing ceremony as we leave the old building and a brief prayer of thanksgiving as we complete unloading items into the new building.

AFTER THE MOVE: On Sunday mornings, beginning on August 17, we will settle into our new church home with one Sunday morning service each week, beginning at 9:00 a.m. Our official worship center dedication will be at a later date, with memorable events being planned for that occasion. WOW!!!! Don't miss a thing — mark your calendars and join in this total experience of praise and thanksgiving to our magnificent God and Father! Praise be to Him!



We are in need of people to help make cookies and bars and also to serve coffee for our Cleaning Day on August 4.

If you are willing to serve in this capacity please call the church office at 864-5686 or sign up on the sheet posted on the church office door. Thank you!

Avoiding Heat Stroke

As temperatures soar during the summer months, so do incidences of heat-related illnesses. Heat stroke or sunstroke - the most severe form of hyperthermia - can cause brain damage and even death if not treated immediately.

During a heat stroke, the body is unable to regulate its own temperature, which may rise above 105 degrees. While every age group is at risk, older Americans - especially those living alone - should be aware of the signs of heat stroke.

Heat stroke signs:

- * Fainting or feeling unsteady or dizzy
- * Changes in behavior, such as confusion or delirium
- * Body temperature more than 101 degrees
- * Dry, red/flushed skin
- * Headache
- * Strong, rapid pulse or slow, weak pulse
- * Lack of perspiration despite heat
- * Nausea
- * Unconsciousness/coma

If you suspect someone is suffering from heat stroke, seek immediate medical attention. Make certain the victim is moved to an air-conditioned or shady area; put the individual in a cool bath/shower or cover the person with wet towels or sheets. If conscious, offer the person sips of cool water or juice.

Heat stroke prevention

The best way to prevent heat stroke is to avoid becoming overheated and to stay well hydrated, avoiding beverages with alcohol, sugar and caffeine, which contribute to dehydration. Other tips include:

- * Use air conditioning or spend at least two hours daily in a place that has air conditioning
- * Draw blinds or curtains during the sunny part of the day and open windows at night
- * Cut back on using heat-generating appliances
- * Wear clothes that allow perspiration to evaporate (lightweight, loose)

- * Wear sunscreen, insect repellent and a wide-brimmed hat when outside
- * Avoid being outside during high sun times, and limit outdoor activities
- * Avoid closed in or crowded places, especially ones that are not air conditioned
- * For people living alone, find a buddy or someone who will check in on a regular basis

Sources: National Institute on Aging, American Red Cross, and MedicineNet.com



WHEAT RIDGE MINISTRIES SEEDING HEALTH AND HOPE

Friends, we mustn't deny it any longer. We are happy. Yes, it's true. We have been known to chuckle in movie theaters, giggle at jokes on the internet, cackle in public and some of us have even laughed while at church! It's shocking! But the time is now to come clean. The Secret Society of Happy People has declared August "Happiness Happens Month" so we can finally admit that happiness still happens in this crazy, chaotic world. We can be free to flaunt our happiness — really, it's ok! To further back our argument in favor of happiness, the Mayo Clinic offers some ways in which laughter is good for your health. Read on "humor hound"...

Physical Benefits of Laughter

- * Stimulates your heart, lungs, and muscles
- * Enhances oxygen intake
- * Increases endorphins released by your brain
- * Helps combat stress by easing digestion and stimulating circulation
- * Produces natural pain killers in the body
- * Eases difficult situations

Here's Help to Happy-It-Up

- * Spend more time with friends
- * Watch a funny movie
- * Read the comics
- * Share amusing stories with others
- * Play games
- * Look on the bright side of things and try to find humor in unexpected places
- * Remember God's love for you!



Present: Holly Mills, Pastor John Martinson, Carol Thompson, Harriett Lundquist, Joy Bond, Marge VanderBerg, Heidi Hull, Brenda Mathiesen, Council President Loren Romberg, Hayley Den-

nison, and Jill Damrau.

Carol Thompson called the meeting to order with devotions and a prayer.

Old Minutes were read. Two corrections were made to the old minutes by Loren Romberg. (1) Co-chair to be assigned from praise team and (2) evening meeting will be held. This was seconded by Brenda Mathiesen.

Nominations of a co-chair took place. Jill Damrau nominated Brenda Mathiesen, this was seconded and passed by the committee. She will be Carol Thompson's co-chair. They will talk about the next meeting content prior to meeting.

There will be no changes in the service as far as music until further notice, but are looking in to ideas for a second service, which would be more contemporary. A Wednesday, or Saturday night service was suggested and talked about with Pastor John.

Steps will be taken to see if there is an interest in our church family and our community. The praise team will come up with a questionnaire to find this out.

We will have a beautiful new piano in our new church because of a wonderful donation. Carlson music will deliver, tune and maintain the piano as part of the package.

The 2009 budget was talked about. To accommodate all music, research needs to be done on what our new sound system will offer in the new church. Through discussion the budget was increased by \$1,060. The new total will be \$3,390. This was approved by Heidi Hull and seconded by Harriett Lundquist.

There was discussion on removing the old music from storage and two dates were set up: July 13 at 7:00 p.m. and the morning of July 14.

Pastor John told us about the plan to have a service that everyone comes in their work clothes and all take part in the move. This will help all ages feel part of the move.

We will be looking for a new choir director. Input is needed by all.

Next meeting is set for August 12th at 6:30 pm

Meeting adjourned at 7:30 p.m.



The "Bike to Work for the Building" campaign continues. In June I biked 17 days out of 20, missing 3 days due to the weather or that I needed the use of my car during my work day. The yellow-headed black bird continues to watch over me as I come to town and many farm dogs greet me on my way home, which improves my time. There is information and a calendar hanging next to the elevator door in the Narthex. *Please look it over and consider becoming a sponsor.*

As a sponsor you will agree to contribute \$4 (about the price of one gallon of gas) to the Building Fund each time I ride my bike to work during the summer months of June, July, and August. For those that do not know I live across from Balmoral Golf Course and so it is 9 miles from my door to the church (18 miles round trip). You can sponsor me for a week, a month, or the entire summer. If I were to ride every day, that is a maximum donation of \$20 per week. Thanks to all those who support this endeavor! God Bless! Rob McNair



Why Go To Church?

A church goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher. "I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this...They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing....God is UP to something! Faith sees the invisible, believes the incredible, and receives the impossible! Thank God for our physical AND our spiritual nourishment!

"Blessed are the peacemakers, for they will be called children of God."



Matthew 5:9

THE PEACEMAKERS

THE PEACEMAKERS met again on Wednesday, July 16 at church. This time we discussed the final stage of our "Pennies for Peace" campaign which involved writing letters to our elected officials including President Bush.

We also counted the pennies we have collected. By figuring out that 160 pennies equals a pound, we could then weight the collection and have a pretty good estimate as to how many there are. We calculated 40,480! We are fast approaching our goal of 54,000 pennies that we hope to achieve by August 21. This does not include any nickels, dimes, quarters, or dollars that have been donated. Those have been set aside and will serve as an additional donation to Greg Mortenson and his organization.

On Thursday, August 21 we are planning a trip to the bank to cash in our pennies. As I stated last month, I am amazed at the number of pennies that are arriving each day and our collection has grown amazingly fast! It seems that every time I turn around another Ziploc bag of pennies is on my desk. Of course, the donation of 15,000 pennies from Gordy and Russ Knudson certainly helped. We are honored and grateful to both Knudson families for their willingness to donate such a prized possession and one that took so long to create.

Please continue to help us by bringing your pennies to church through August 21. We are hoping to change the world one penny at a time!

God Bless,
Rob McNair



Get Ready!

Get Slimed!

Find out what happens when First Lutheran Church gets ready for another year of Children's and Youth Ministry.

Who will get **SLIMED**? Will it be you?

Everyone (from 1 to 100) is invited on Sunday, August 31 after the Youth Breakfast to the "education wing" to rally together for another year of growing in faith together.



Join us as we kick off with **SLIME TIME!**



This will also be the time to register your pre-school through 12th grade student for the upcoming school year. Anybody interested in becoming part of the Children's Ministry or Youth Ministry TEAM (TOGETHER EDUCATING AND MENTORING), give us a call to **GET INVOLVED**. For more information or answers to your questions, contact Jen Knudson at 218.731.8578; Becky Walvatne at 218.731.8467; or the church office at 864-5686.

	Friday, August 8 7:00 p.m.
Children's & Youth Ministry TEAM Planning Meeting	
Tuesday, August 26	
5:30 p.m.	
Children's & Youth Ministry TEAM Curriculum Training with a "Garbage Can Potluck"	

"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace" (Romans 8:5-6).

"When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields" (Matthew 13:19, 23).



From the Secretary

The main debate among psychologists has always been about how our thoughts, feelings, and behaviors interact and which of these three influences and determines the other two.

Back in the 1950's there was a big push in science. This of course was related to the Soviets launching Sputnik and the beginning of the "space race." Around that time a couple of psychologists came to the forefront and wanted to make psychology a hard science like chemistry and physics. Their focus became studying human behavior because there was no way to empirically study thoughts and emotions since they could not be observed. These "behavioral psychologists" believed that if you could change a person's behavior, then you could change and influence his or her thoughts and emotions. From this research concepts like "positive reinforcement" were developed.

Well the 1950's gave way to the 1960's and this was the generation of peace and love. Hippies were plentiful and Woodstock rocked the world. Perhaps not a coincidence, a couple more psychologists came to the forefront and declared the behaviorists had it all wrong. These "humanist psychologists" proposed that we needed to change a person's emotions in order to change their thoughts and behaviors. We had to help people feel good about themselves. From this research concepts like "self-esteem" were developed.

Well the 1960's came to an end and during the 1970's "cognitive psychologists" came into the spotlight with their theory that in order to change, a person had to change their way of thinking. Their belief was that we are constantly feeding ourselves thoughts that in turn control how we feel and act. From this research concepts like "self talk" were developed.

The scripture above from Romans is pure cognitive psychology. The Apostle Paul understood (nearly 2,000 years ahead of his time!) this theory that what we think determines our emotions and actions. Where we "set our minds" our feelings and actions will follow. Jesus himself in the Gospel above speaks of what happens when we understand the word (i.e., Jesus) and when we do not understand. What happens when we "set our minds" on Jesus and what happens when we do not. How do we feel and act when we truly believe in Jesus and how do we feel and act when we do not.

If we put the theory of cognitive psychology in reverse, we can look at behavior and emotions to determine what people are thinking. Analyze the disciples prior to the resurrection and you see a band of bumbling fools that are scared and confused. We see them deny Jesus and fall asleep in his hour of greatest need. These are not the emotions and behaviors of people who truly believe that Jesus is the Messiah.

However, after the resurrection, it's a different story. Now all of a sudden the disciples are confident and strong. The Book of Acts shows them traveling great distances proclaiming Jesus as the Messiah even when their lives are threatened and they are imprisoned. Now these are the emotions and actions of people who truly believe. But why the sudden and abrupt change? Did Jesus use positive reinforcement? Was He giving the disciples a Snickers bar (or the ancient equivalent!) every time they did something good? Did Jesus try to boost their self-esteem? Was He giving them warm, fuzzy messages about how good they were? I doubt this as Jesus usually appears frustrated with the disciples. No, I believe we find the answer to the disciples' dramatic change in Luke 24.45: "**Then he [Jesus] opened their minds to understand the scriptures.**"

The first step to life-changing faith in Christ is cognitive. We have to get past the same mental blocks and hurdles of doubt the disciples had. We have to get our minds fully around the magnitude of God's word which became flesh. For me, three books have proven to be sticks of dynamite that have broken down my intellectual barriers to faith in Jesus.

1. **Letters From a Skeptic: A Son Wrestles with His Father's Questions about Christianity** by Gregory Boyd. This book is simply a series of letters written back and forth between a pastor and his atheist father. The pastor's father presents all the reasons why he cannot believe in a loving God and the pastor responds. In the end the father comes to believe.
2. **The Case for Christ: A Journalist's Personal Investigation of the Evidence for Jesus** by Lee Strobel. Mr. Strobel was an investigative reporter and atheist out to prove once and for all that Jesus was a myth. Each chapter is an interview with a different theologian, scholar, or scientist. In the end Mr. Strobel comes to believe.
3. **Evidence for Christianity** by Josh McDowell. Anything written by Mr. McDowell is worthwhile. He analyzes Christianity with microscopic precision and provides evidence outside the Bible that faith in Christ is justified.


The famous clergyman Norman Vincent Peale is quoted as saying, "Change your thoughts and you change your world." I encourage you to pick up one of these books and do just that. Because until we get our minds fully convinced, we will never be able to accept the first command Jesus gave to his disciples: Follow me.

God Bless,
Rob McNair



A few notes about our mission partner the Peoples Church in Bemidji.

- ✚ Please refrain from bringing donations for the Peoples Church into First Lutheran. We certainly appreciate your generosity, however it is difficult for us to store all the items you bring! When we have a date set for the next trip up there we will let you know and will solicit your donations. Thank you!
- ✚ The Peoples Church has received a matching poverty grant of up to \$75,000 from the **Mission Investment Fund (MIF) of the ELCA**. The Peoples Church will initiate their "People for People" campaign and MIF will match every donated dollar up to \$75,000. These funds will be used to expand their building and ministry by creating an improved kitchen and health clinic to serve those in need. It is interesting to note that the mortgage on our new building is through MIF. It is at least some consolation knowing that the interest we pay on that loan is used to benefit important ministries like the Peoples Church.



The Bible in just 50 words!

God made	Saul freaked
Adam bit	David peeked
Noah arked	Prophets warned
Abraham split	Jesus born
Joseph ruled	God walked
Jacob fooled	Love talked
Bush talked	Anger crucified
Moses balked	Hope died
Pharaoh plagued	Love rose
People walked	Spirit flamed
Sea divided	Word spread
Tablets guided	God remained
Promise landed	



A special thank you for those who filled in while we had a vacation (at home) with family and friends.

Sincerely,
Jack & Shirley Neese

* * * * *

Thank you to Pastor John, Pastor Bud, Lynda Glick and others for your visits at the hospital and at our home. A special thank you to the Prayer Chain and all of you for your prayers. They were such a comfort and gave me peace. The calls, cards, flowers, food and meals were appreciated and enjoyed so much.

I was so surprised and thankful to receive one of the beautiful Prayer shawls made by one of our church members. In the hospital and at home it wraps me with comfort, the feeling of caring and warmth. I have now experienced the feeling of receiving one. I make Swedish woven "care afghans" for those in our Village in Arizona, never thinking I would ever receive one myself.

Thank you all so very much and know how much your kindnesses were appreciated. May God bless each and all of you.

Delores and Bob Lind

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We would like to say a big "THANK YOU!" to the congregation of First Lutheran for the opportunity to attend Lutheran Crest Bible Camp. We had such a great time - bible studies, singing, counselors, camp out, swimming, and the new friends we made - these are memories that we will not forget. We learned to "Expect the Unexpected" (Amos 5:24). Thank you.

In God's Love,
Hannah, Klarissa, & Karina Walvatne

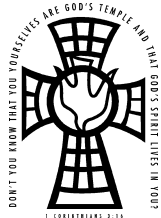
AUGUST SHARE & CARE #8

<p>** Sonja Peterson 864-4010 Sam & Lorraine Lykken Steve & Cindy Bailey Kim & Deb Biederman (Garrett & Erika) Dave & Heidi Christensen (Derrick & Dillon) Dean & Jill Damrau (Austin) Ken & LaVonne Hockstedler Gary & Peggy Jonson Irene Jonson Dallas & Lynda Glick Tom & Cheri Zosel Scott & Roxanne Malmstrom (Westin & Carmen)</p>	<p>** Richard & Wanda Oftedahl 864-8552 Marj Kantrud Roger & Mary Jo Kuhn Doris Lindgren Charles & Virginia Molitor Theone Pederson Jim & Nancy Rodgers (Steven & Scott) Ralph & Sharon Salvog Rick & Sharon Schaller Alma Sheppard Darrell Tegtmeier Carl & Sandy Tegtmeier</p>
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Happy Birthday!

Parishioners celebrating a birthday in August:

Gary Ackley	Gary Jonson
Milton Amundson	Ardelle Knudson
Stephen Bailey	Dorothea Larson
Vincent Boyum	Robert Malmgren
Gabby Brendefur	Weston Malmstrom
Devin Brown	Debbie Ness
Brady Cameron	Orwell Olson
Kayne Cameron	Vera Olson
Tom Collins	Kim Peterson
Winifred Collins	Richard Peterson
Robert Ellingson	Ed Prescher
Dallas Glick	Marjorie Quammen
Madison Grewe	Linda Roberts
Adam Hanson	Nathan Rowe
Jansen Harms	Sandra Schatschneider
Logan Haviland	Donna Schelin
Benjamin Hochstein	Katrina Schmidt
Megan Hodnefield	Adam Trosdahl
Olaf Hodnefield	Tim Underhill
Allison Hull	



SHARE & CARE GROUP # 9
ASSIGNMENT MEETING
SUNDAY, AUGUST 10, 2008
8:30 A.M.

Volunteering and assignments will be made at that time.

If you cannot attend, please call a coordinator and sign up for the tasks that you can do.

Bring your stewardship booklet with you.

Reminder: You only serve one month out of the year.

**** indicates that months coordinators**

SEPTEMBER SHARE & CARE #9

<p>* Marjorie Dahl 862-5007 Keith & Marty Fletcher Carl Gilbertson Steve & Kristi Hanson (Kelli, Katie, Nichole, & Shelby) Richard Hawkinson Jeff & Vicki Hull (Allison, Zach, Brandon, & Tori) Wes & Heidi Hull (Abbi, Olivia, & Maleah) Judy Lankow (Casey) Roger & Mary Lundquist Mary Stoller Jerry Nelson (Matt)</p>	<p>* Dorothy Hofflander 864-8621 Brent & Amy Nelson (Ledgyn) Rich & Ila Osman Elaine Osterman (Melissa & Lewis) Helen Paulson Robert & Louise Pederson Betty Peterson Dick & June Ranstad Tim & Stacy Underhill (Shaina, Paige, & Timothy) Betty Wilson Roy & Norma Wichmann Justin & Kari Johnson (Madison & Owen)</p>
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Gary & Beth Ackley	Wayne & Marilyn Horgen
Stephen & Cindy Bailey	Gene & Patricia Kelm
Warren & Carol Boese	Roger & Mary Lundquist
Dave & Heidi Christensen	Harold & Alice Melby
Willard & Irene Duda	Gerald & Barb Nelson
Scott & Gina Ellingson	Rod & Bonnie Nelson
Wallace & Joan Fegert	Orwell & Beverly Olson
Patrick & Melanie Greene	Warren & Linda Tikkanen
Ken & Gwendolyn Grewe	Ken & Sharon Worden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30a Coffee and Conversation	2 Battle Lake Sesquicentennial
3 8:30a Communion Worship 10:00a Worship (Baptisms)	4 8:30a CLEANING DAY Men's Bible Study 9:30a Coffee and Conversation 1:00p WELCA Board 5:30p Board of Education	5 9:00a Staff Meeting 10:00a Health Ministry 2:00p WELCA Bible Study Leader 5:30p Building Committee	6 3:00p Communion @ Summit Village 4:00p Stephen Ministry Meeting 7:00p Contemporary Music	7 8:30a Men's Fellowship - Shoreline 9:30a Altar Guild 8:00p "Come to the Lakes"	8 9:30a Coffee and Conversation 5:30p Children's & Youth Ministry TEAM Planning Meeting	9 Art of the Lakes
10 8:30a MOVING DAY Share/Care #9 Assignments 9:00a Worship	11 8:30a Men's Bible Study 9:30a Coffee and Conversation	12 9:00a Staff Meeting 9:30a Lydia Circle 10:00a Health Ministry 5:30p Building Committee 6:30p Worship & Music Committee 6:30p Evangelism 6:30p Finance Committee 6:30p Executive Committee 6:30p Mutual Ministry 7:30p Church Council	13 9:30a Mary Circle 1:30p Wed. Afternoon Circle 7:00p Contemporary Music	14 1:30p Dorcas Circle 8:00p "Come to the Lakes"	15 9:30a Coffee and Conversation	16 Morical / McNelly Wedding
17 8:30a Communion 9:00a Worship	18 8:30a Men's Bible Study 9:30a Coffee and Conversation	19 9:00a Staff Meeting 10:00a Health Ministry 2:30p Directory Pictures 5:30p Building Committee	20 2:30p Newsletter Deadline Directory Pictures 7:00p Contemporary Music	21 8:00p "Come to the Lakes"	22 9:30a Coffee and Conversation	23
24 9:00a Worship	25 8:30a Men's Bible Study 9:30a Coffee and Conversation	26 9:00a Staff Meeting 10:00a Health Ministry 5:30p Building Committee 5:30p Children's & Youth Ministry TEAM Curriculum Training	27 10:00a BL Good Sam Share & Care #8 6:00p LYO Committee 7:00p Contemporary Music	28 8:00p "Come to the Lakes"	29	30
31 9:00a Kids & Youth Ministry Rally Day Worship						

ACOLYTE SCHEDULE	8:30 A.M.	10:00 A.M.	WELCA HOSTESSES FOR AUGUST	IMPORTANT UPCOMING DATES IN SEPTEMBER
August 3	Charlie S. / Abbi Hull	Nicole R. / D.J. Cline	Lydia: Mary Ann Romberg / Carole Charest	September 2 - 6 → Directory Pictures September 7 → Sunday School starts September 11 → Introduction to New WELCA Bible Study September 13 -- 14 → Dr. Kathryn Love September 27 → Health Fair
	9:00 A.M.		Mary: Shirley Kirschman	
August 10	Shaina / Cara		Dorcas: Lucy Pederson	
August 17	Nicole R. / D.J. Cline		Wed Afternoon: Sharon Hanson	
August 24	Ryan Olson		Esther: No Meeting	
August 31	Cara Scott			



HENNING/BATTLE LAKE AREA CHRISTIAN

WOMEN'S CLUB BRUNCH

Monday, August 11 at 10:30 a.m.

at Thumper Pond Resort

Reservations required for brunch and child care before Thursday, August 7. Call Sharon (218) 367-3826 or Mary (218) 495-3237.

peace meals

Hear Ye! Hear Ye! Calling all casserole kings and queens. *The Health Cabinet will begin a PeaceMeals ministry this Fall.* PeaceMeals are a meal that will be delivered to those hospitalized, families in crisis, families with newborn babies, community members who are isolated, etc. The Health Cabinet is looking for people who are willing to provide meals. We have people available to pick up meals for those folks who will cook but cannot deliver the meal. *Please give your name and contact information to the church office.* Many thanks for your willingness to help and **GET INVOLVED.**

PRAYER CHAIN NEWS



On the first of each month the people requesting prayers will be removed from the prayer chain unless resubmitted. Contact the church office at 864-5686 should you wish to submit a name.



Committee reports for the annual meeting can be e-mailed to the church office at bluth@arvig.net or turned in on a computer disk no later than Friday, August 15. Please no paper copies.

SHARE & CARE AT THE BATTLE LAKE GOOD SAM

Please note that starting in August there is a change in time for the monthly program at the Good Sam Center. The program will still be the fourth Wednesday of the month. However, the coffee hour will begin at 10:00 a.m. with the program to follow at 10:30 a.m.



VISIT OUR WEB SITE

Our old web site has been revamped and improved immensely and is ready for us to tune into. Tyler Akerman has generously offered his skills to update and manage our new site and on Sunday morning, August 17 he will give us a brief demonstration of what is available and how to gain the benefit of this communication relative to the life of our church. This demonstration will immediately follow our single morning worship service on that date. Please stay for what promises to be an informative and worthwhile experience. Thank you so much Tyler for sharing your expertise!



Please see the special colored insert in this newsletter for more information and the back side for times and dates. There is no cost to you or the church to have your photographs taken and you will receive a complimentary 8 x 10 portrait and a directory just for participating. You will be able to view your images electronically immediately after you are photographed. At that time, you will have the opportunity to purchase additional portraits if you wish.



The Open Door Youth Center is having two work days on Friday, August 8 and Saturday, August 9 to paint and clean up the place. Arrive at 9:00 a.m. with gloves, paint scrapers, rags, etc. They need your help so please plan to attend! Call Rich at 864-5004 for more information.