



## Vacation Bible School

### High Seas Adventure!!

**“Exploring the Mighty  
Love of God  
August 2-6, 2010  
9:00 a.m. to 12:00 noon**

VBS is coming! Get on the ship with Sailor Jack and all his friends. Consider bringing a friend or perhaps inviting a family without a church home. VBS is for kids ages 4 through 6<sup>th</sup> grade. At “High Seas Expedition: Exploring the Mighty Love of God” kids will learn that God’s Word ...is true, is surprising, is for everyone, is comforting, and is life-changing.

High Seas Expedition has a rotational style where kids move to a variety of ocean locations with their “crew.” Kids and staff will share their VBS experience in worship on Sunday, August 8.

This year’s VBS will be a joint effort of First Lutheran, First United, and Bethel Lutheran Churches. To register, your child must be 4 years old (by September 1, 2009) through 6<sup>th</sup> grade. You may pick up a registration form at church or you can find the form on the church web-site, [www.flclittlefalls.org](http://www.flclittlefalls.org). Registration is free; you are encouraged to register your child even if they may not attend every day. Your advance registration helps us have adequate supplies for each child.

If you are interested in helping with VBS, there are many fun ways for you to get involved. You can participate for the full week or for part of the week. Thanks to all who have volunteered to date. See the sign up board in the gathering space or talk to one of the coordinators. More information about VBS decorating is on page 8. Coordinators are, Gail Hittesdorf, Jessi Schultz, Diane Spillum (First United), and Rebecca Jones (Bethel). Come and explore the mighty love of God!

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## Pastor's Article

So if the Son makes you free, you will be free indeed.

John 8:36

Freedom! Ever thought about it? Ever thought about who earned your freedom? Or at what cost our freedom was paid for? More often than not, the cost of freedom is someone's blood. In American history we can recall that it was the blood of the Revolutionaries that gave freedom from the English monarch.

As Christians, we also know that our freedom comes from the Son of God. We are free because we too have died with Jesus – Paul tells us that we who are baptized have been *“united in a death like his and we will certainly be united in a resurrection like his as well.”* We are no longer slaves to sin. In our Baptism we were given the Holy Spirit – and the Spirit has set us free. *“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:17* Therefore, we have been granted our freedom – just as our freedom as Americans was earned by someone who died and has gone before us, our freedom as Christians was earned by someone who went before us. *“For freedom Christ has set us free. Stand firm,” Galatians 5:1*

Now that we have been given and granted our freedom as Americans but more importantly as followers, as disciples of Jesus, now what? *13 For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another.* Luther wrote about the responsibility given us through freedom as Christians and also about what to do with that freedom: *“A Christian is a perfectly free lord of all, subject to none. A Christian is a perfectly dutiful servant of all, subject to all.”* While these two may seem to contradict one another, however, they explain life, the purpose and the duty of Christians beautifully. Both are taken from Paul who says in 1 Corinthians 9, *“19 For though I am free with respect to all, I have made myself a slave to all”* and in Romans 13, *“8 Owe no one anything, except*

*to love one another; for the one who loves another has fulfilled the law.”* Love by its very nature is ready to serve and be subject to him who is loved. Paul reminds us of this *“14 For the whole law is summed up in a single commandment, “You shall love your neighbor as yourself.” Galatians 5:13-14*

Thanks to those who have given us our freedom as Americans, but more importantly, thanks be to God for giving us our freedom as a Christian.

See you in church...

Pastor Dave Sperstad



## Council Highlights

- Approved the purchase and installation of a transducer pick-up for the grand piano for improved sound and recording purposes.
- Heard about opportunities for Lutheran Night at the Minnesota Twins baseball game, and Faith Night at the Minnesota Vikings football game.
- Heard that a task force will be assembled to explore opportunities for using the property adjacent to the church.
- Heard that \$4,079.00 has been received in special offerings for mortgage principal reduction. Thank you!

## Welcoming others...

The first time you walked in the door at First Lutheran Church, did someone welcome you?

Did you receive a handshake and a “Good morning”? Did you enjoy a cup of coffee or a treat? Did someone give you information about worship, or help you find a seat? Did your children find a safe and welcoming place to play? Did you hear God’s Good News spoken in a living way? Did you receive the Lord’s Supper along with the rest of the community?

If the answer to any of these questions is “Yes,” you are encouraged to pass that welcome on – to join the effort to welcome others to worship. And if the answer to any of these questions is “No,” then it is *even more important* that you help to welcome others in Jesus’ name.

What can you do? Through the signup system, *every worshiper at First* has the chance to greet, usher, read Scripture, set up coffee/refreshments, set up or serve Communion, or provide volunteer child care. By serving in an area where you are gifted, you can help every worshiper to feel welcome. And scheduling is easy – because you sign up for one Sunday at a time, you can be sure that you are available for the specific dates you will serve.

Signup sheets for the coming month are always posted on a table in the Gathering Space, and you are invited to sign up at any time. If you’re not able to come to church to sign up, you may call the church office (632-6667) or Mavis Buker 632-8771 or Matt Dahl 632-8207 (July-August coordinators) to sign up. If you need more information or training, please mention it when you sign up and you will be contacted.

Thank you for the welcome you provide to others in the name of Christ.

## 2010 Fall Schedule

First Lutheran’s council leadership has agreed upon a schedule change for Sunday morning in the fall. This decision is based on a recommendation from the Commission for Education, and other feedback and conversation. Beginning in September (after Labor Day) we will again offer three services of worship as we have in the past, a variety of traditional, liturgical service settings at 8:00 and 10:45 a.m., and Contemporary/Praise service led by the Praise Team at 9:30 a.m.

The change will be to the time of Sunday Morning Education ministry hour. This fall Sunday School will begin at 10:30 a.m. This change allows families to worship together at the 9:30 service and still participate in Sunday School whether in attending or teaching/leading. Plans are to offer education opportunities for all ages, preschool through adults at the 10:30 a.m. time.

Please watch for more information and consider ways in which you can be involved in Sunday worship or Sunday School leadership or attendance. Why not invite a friend to attend with you? Don’t **go** to church—**be** the church!

## Financial Update

Thank you to all who faithfully contribute to our shared ministry at FLC!

Summer finds many of us traveling and vacationing. Mission and ministry continue here at First Lutheran. We especially appreciate your mail-in offerings when you are unable to be in worship.

You are welcome to participate in an electronic funds transfer giving plan, Simply Giving. Simply Giving® is a program sponsored by Thrivent Financial for Lutherans which allows you to automate your giving. This benefits First Lutheran by ensuring regular giving throughout the year and benefits the giver with ease of use. First Lutheran covers the nominal fee per transaction. Please see Sue or Gloria in the church office to enroll.

**Luther Crest Bible Camp  
Annual Quilt Auction  
Saturday, July 10**

Held in the *Air-conditioned Gymnasium*

- ☞ 10:00-12:30 p.m. – Quilt Review/Bake Sale
- ☞ 11:00 a.m.-1:00 p.m. – Lunch served
- ☞ 12:30 p.m. – Auction Begins

Proceeds from this year's auction will be used for camper scholarships for people of all ages. Over 100 quilts of all sizes will be sold at the auction, including several made by First Lutheran quilters. There will be something for everyone. Many hands have worked hard to sew the quilts. Let's support our Bible Camp at this event!

**Camp Knutson  
24th Annual Quilt Auction  
Saturday, August 14**

Quilt lovers—Unique quilts from throughout Minnesota including a quilt from the FLC quilters will be auctioned to benefit children with heart disease, Down syndrome, severe skin diseases, autism, and HIV or AIDS. Quilt viewing begins at 10:00 a.m. the auction begins at 12 noon. The auction is sponsored by Lutheran Social Service and the LSS Paul Bunyan Regional Auxiliary.

**The Ninth Annual Luther Crest Scramble  
A Fun(d) Raising Golf Tournament  
Monday, August 16  
Geneva Golf Course, Alexandria**

Why not get a foursome together and spend a fun day playing this "Best Ball" tournament on the course at Lake Geneva, Alexandria. Registration begins at 10:00 a.m.; "shotgun start" tee time is at noon. Supper will be served at Geneva Grill at 5:00 p.m. The fee of \$70.00 per person covers green fees, cart rental, and meal. You are encouraged to give a gift in support of Luther Crest at this event.

Past tournaments have made a significant impact on the camp's ministry. To register, call the church office.

**Intergenerational Quilting Time**

Who doesn't love to snuggle up under a cozy quilt? Over the years, many quilters at First have worked at this ministry and made hundreds of quilts to surround people with God's love in the form of a quilt. During July, adult quilters will share their love of basic quilt-making with youth (who have completed Sixth Grade). We plan to make at least two quilts to give to someone in need. We will meet Thursdays, July 1, 8, and 22, at 9:00 a.m. at church. If you are a young person who wants to learn to quilt, or an adult who can share your skill, come and get in on the fun! For more info, contact Sheryl Overn, 632-5574.



**Green Fair and Peace Concert  
at St. Francis Convent**

**Wednesday, August 4, 4:00-8:00 p.m.**

This outdoor event sponsored by the Franciscan Sisters of Little Falls is an evening of ecological awareness with music, food, exhibits, peace dance, drumming, chair massages, Franciscan storytelling, other activities, and much more. Many local and state businesses and educational groups will be present. From 6-8 p.m., St. Francis Music Center will present a Concert for Peace. Other local musicians in concert will celebrate music as a universal language that crosses all borders. Pastor Dave is recruiting a few people (young and old) to learn to make balloon animals—they're always a big hit! Come gather to enjoy, learn and see many local favorites and use these wonderful opportunities to enhance our care for the planet and make our world a better place for all.

## **Mission News**

### **Morrison County Relay for Life 2010**

Relay for Life is Friday, July 16, to Saturday, July 17 at Flyer Field. This annual event supports the American Cancer Society. Proceeds benefit cancer patients in the area. You can purchase and decorate a luminary bag in honor or in memory of a loved one. Luminary bags are available in the church office. Co-chairs for this year's Relay are First members, Ted and Mary Pfohl.

### **Dream Center Work Day Saturday, July 10**

Can you spare a few hours on Saturday, July 10 to assist with work projects at the Dream Center in St. Cloud? We plan to do some painting and hopefully install doors that are needed. For more information, contact Larry Engel, 632-3167. Thank you!

### **VBS Mission Project – Mission Backpack**

During VBS week students and families will collect backpacks and school supplies to distribute to area schools for needy families. Kids will fill the back packs with basic supplies and personalize each one with a picture and message of God's love. Last year's VBS attendees distributed 12 filled backpacks to each of nine area schools—a total of 108 backpacks! Your donations to this project are welcome, a collection box will be available at church for backpacks and basic school supplies. Supplies to bring include: crayons, washable markers, pencils, colored pencils, solid color pocket folders, erasers, children scissors, bottles of glue, glue sticks, wide-ruled notebooks. Monetary donations are also welcome. Thank you for your support!



**Oasis/Share A Meal  
Community Paint A Thon  
Saturday, August 7**

Can you spend a Saturday morning helping to paint a home for a local resident? This annual event is a great time to assist our brothers and sisters in Christ right here in our own community. Confirmation students—perhaps you and your mentor will want to use this for your service project. This is a BYOB (Bring Your Own Brush!) event. For more information, call coordinators Jerome and Karen Haaland at 632-8828, or the church office, 632-6667.

**Morrison County Food Shelf**

Your contributions and food donations to the Morrison County Food Shelf are encouraged and needed year round. You can bring your non-perishable food items to FLC and place them in the wood cabinet in the Gathering Space.

Don't forget the Food Shelf when you have excess produce from your garden. Please make arrangements directly with the Food Shelf for these items. The Food Shelf is located near Bethel Lutheran Church at 912 First Avenue SW, Little Falls. Food Shelf hours are Tuesday and Wednesday, 10:00 a.m. to noon, Thursday 6:00-8:00 p.m. For more information call 632-8304.

## **“Children First” Christian Preschool**

Ahhh...Summer! It is nice to have a break from school but we miss the children. It is great to see children, parents, and friends active in the community. Little Falls Community Service has done a tremendous job in creating many learning activities for preschool age children.

First Lutheran Church is offering fun, learning experiences; Preschool Summer Camp for 3, 4 and 5 year olds who have not yet experienced Kindergarten. See the article on page 7 of this newsletter for more information. And Vacation Bible School during the week of August 2-6. See the article on page one. Don't miss out on the fun!

The Preschool Advisory Team continues to qualify resumés and will interview for a Lead Teaching Position. If you or someone you know have an Early Childhood Degree or K-5 Teaching Degree with Early Childhood Education experience and wish to apply, please bring your resumé to the First Lutheran Church office and fill out an application. Questions regarding the position may be directed to Gail Hittesdorf at church/preschool, 632-6667, or at home, 632-2218.

Preschool enrollment for the 2010/2011 school year continues. The morning “Jesus’ Gems” class is full. There are still openings for 4-PreKindergarten in the Jesus’ Gems afternoon class. Registration forms are available in the gathering space at First Lutheran or on the web at [www.flclittlefalls.org](http://www.flclittlefalls.org). A \$50.00 non-refundable registration/activity fee is required at the time of registration. For more information or to visit the classroom, call the church office or Gail.

Watch for “Children First” at The Green Fair Folk Festival, at St. Francis Campus grounds August 4, from 4:00-8:00 p.m.!

Enjoy the summer and God’s Blessing!

Yours in Christ’s Service,  
Gail Hittesdorf, Director

## **Confirmation Ministries**

**Third Grade:** Watch for a letter about the third grade class orientation meeting which will take place in August. Third graders will receive a Bible in worship during August. Students and parents will complete a month of family devotions in September.

**Sixth Grade:** During the week of Vacation Bible School (August 2-6), youth entering seventh grade in the fall will be studying the Lord’s Prayer with the pastors. Watch for a letter containing more information about this class.

**Seventh Grade:** Fourteen youth completed a class on the Apostles’ Creed at Luther Crest Bible Camp during June with Pastor Dave.

### **Registration for Sunday Morning Ministry, age 3-grade 12 Confirmation, grades 2-11 Youth Groups, grades 3-12**

Parents of children ages 3 years – 12<sup>th</sup> grade: Watch your mail this month for a mailing on Education & Youth Ministry for the coming year. Registration and health forms for kids, and list of opportunities for adults to work with youth, will be included. Please note that registration is required each year for participation in Education and Youth Activities. Additional forms will be available in the church office or on the church web-site at [www.flclittlefalls.org](http://www.flclittlefalls.org). Forms should be returned to First Lutheran by Sunday, August 1. See the mailing for more details!

## Youth Ministry

### Preschool Summer Camp

First Lutheran Church is offering two sessions of preschool summer camp for 3, 4, and 5-year-olds who have not yet experienced Kindergarten.

Session 1: Monday-Friday, July 12-16  
3-year-olds

Session 2: Monday-Friday, July 19-23  
4-5-year-olds

Sessions will meet from 9:00-11:30 a.m. at First Lutheran. Children will read, sing, dance, play music and games, do arts and crafts and have outdoor fun. Children will experience the love of Jesus through Bible stories and songs. Your child will enhance their social, emotional, physical and educational skills in preparation for preschool and kindergarten. Cost is \$25.00 per week. Registration forms are available at church or on the FLC website at [www.flclittlefalls.org](http://www.flclittlefalls.org). For more information, contact Gail Hittesdorf, 632-2218 or the church office.



### VBS News!

Leaders and helpers! Volunteer opportunities are filling. Additional leader and helper opportunities for preschool age 'crews' are available. Leadership roles for preschool Bible Storytelling and Preschool Games are available. Come and share God's love with these young children.

The next meeting for VBS staff and volunteers is Wednesday, July 21 at 6:30 p.m. at First Lutheran. If you are a crew leader, station leader, or helper, please plan to attend.

Students in grades 6-8 interested in helping to lead music during VBS week are welcome. If you like to sing, play an instrument, or lead actions for the songs, contact Becky Nelson, 749-2336. We'll practice in July.

Check out the donation board in the gathering space. Various items to be used during VBS week are listed on a 'barrel.' Return the item requested with the 'barrel' tag attached and place in the box next to the board. New items may be added each week. Thank you for your support!

The church will be decorated for VBS on Sunday, August 1, at 1:00 p.m. Come and stay as long as you are able—it's always fun! We are looking for items to make the space 'ship-shape' such as: nets, lanterns, ship's bell, and etc. If you are able to loan or donate any of these items for the week, please bring to the church office, they will be labeled for return to you. Some decorating projects can be done at home in advance. Contact Gail Hittesdorf, 632-2218 for more information.

### **Can Care Collection**

Recycling is one way to save the earth. Bring your empty cans to the church secured in a plastic bag—you can leave them next to the garage door. This on-going fundraiser provides money for youth activities. Keep saving those aluminum cans! Thanks!

## **Thrivent Financial Family Day**

**at the Minnesota Zoo**

**Sunday, July 11, 4:00-8:00 p.m.**

Everyone is invited to Thrivent Financial Family Day at the Minnesota Zoo (you do not need to be a Thrivent member to participate). All persons attending will receive discounted admission from 4:00-8:00 p.m. when presenting a card from Thrivent. These are available in the church office. Thank you to Carlyle Olson, Thrivent Financial Associate.

## **Holden Village Trip**

**With Luther Crest Bible Camp**

**August 23-September 2**

Consider a great Adult Travel Event to beautiful Holden Village. Luther Crest Bible Camp leads this trip to Holden Village, an ELCA renewal center, rooted in the Lutheran tradition. The village is located in a beautiful valley of the Cascade Mountains near Chelan, Washington.

The trip includes a five day, four night stay at Holden Village, comfortable charter bus transportation, 28 meals (4 meals on your own), lodging at six motels, admission to the Medora Musical, Yellowstone National Park, Grand Coulee Dam, Cour d'Alene Cellars and much more!

For more information, contact the church office or Paul Hanson at LCBC at 320-846-2431.

## **Thank You!**

Thirty-seven adults and youth enjoyed a bus trip to see the Dead Sea Scrolls exhibit at the Science Museum of Minnesota on June 12. Thank you to Lynn Duxbury for organizing the trip. A fun time of learning was enjoyed by all.

## **Minnesota Vikings Football**

**2010 Faith and Family Nights**

**Game Dates:**

Saturday, August 28, 7:00 p.m.  
Vikings vs. Seattle Seahawks  
(order deadline Friday, August 13)

Thursday, September 2, 7:00 p.m.  
Vikings vs. Denver Broncos  
(order deadline Friday, August 20)

The Minnesota Vikings offer these special tickets at a greatly reduced rate of \$20.00 (normally \$50-83 each) as a show of appreciation to their fans! When you order a ticket, \$5.00 of each ticket price will be donated by the Vikings to the Morrison County Food Shelf—what a great deal!

Tickets are in the upper level of Mall of America Field (metrodome). Orders will be filled on a first come-first served basis, so order quickly, quantities are limited. Ticket order forms are available in the church office. You are responsible for ordering your own tickets. If you are interested in attending the Thursday game, talk to Pastor Dave. Are you ready for some football?





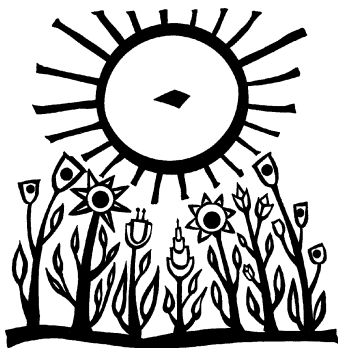
## News of the Family

Callie Rose Dean, daughter of Gail Santema, was baptized on June 13.

Carter Jon Rothleutner, son of Jonathan and Christina Rothleutner, was baptized on June 13.

Madeline Constance Chisholm, daughter of Lee and Tammy Chishoom, was baptized on June 20.

Lyndsey Nelson and Rob Okerlund were united in marriage on June 18.



## Summer Worship Schedule June through August

Sunday Worship at 8:00 and 10:00 a.m.

Summer Worship at 8:00 and 10:00 a.m. continues through July and August. Stay after the 8:00 a.m. service, or come early for the 10:00 service, for coffee (leaded and unleaded!), beverages, treats and fellowship in the Gathering Space. Everyone is welcome! Enjoy your vacation but don't take a vacation from church! Aren't you glad God doesn't take the summer off?

Items for the **August NEWSLETTER** are due on **July 20, 2010!**