

THE MESSENGER



From the Pastor's desk...

What is SPIRITUAL DIRECTION?

We are all spiritually hungry. We all need someone to walk with us. To journey with us. To give us courage, to give us incentive, to give us inspiration. And that's what a spiritual director is.

Re. Dr. Carol Vaccariello

A Spiritual Director is a companion who walks with you on your spiritual journey; serves as a witness to the voice and discernment of God's guidance in your life; offers compassionate listening as you explore questions, concerns, and feelings; is helpful

during life transitions, spiritual crisis, or if you are desiring to grow deeper in your faith.

Spiritual direction is often offered as a one-to-one or group experience in private sessions with spiritual mentors.

Currently I am working on my first year of a two year on-line training to be certified as a spiritual director through The Haden Institute. If you are interested to explore how spiritual direction may be helpful in your life, please let me know and we will make time to share conversation.

SPIRITUAL PRACTICES TO TRY

The Daily Examen – an ancient prayer practice that helps disciples to grow in gratitude and more clearly see the presence of God in daily life.

Centering Prayer – a powerful prayer practice of silence and surrender. In a culture of constant noise and busyness, this is a life-changing and challenging practice.

Luthersem.edu/godpause/– God Pause is a devotional written by students and faculty at Luther Seminary week

Lectio Divina – an ancient practice help helps us get into scripture, and help scripture to get into us.

Each of the above practices have been integral to the development of my personal spiritual life, and so I share the resources with you in hope that you too may consider the practices.

Pastor Gretchen Enoch



OUR MISSION

Mobilizing women to act boldly on their faith in Jesus Christ.

OUR PURPOSE

"As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world."

FISHER LUTHERAN WELCA WINTER/SPRING 2024 BIBLE STUDY

Scripture and Nature: Teachers of Faith

By Rev. Sara Olson-Smith

Jesus regularly invokes nature in his teaching, drawing us into deeper relationship with the created world. But it's not just Jesus inviting us to see creation as teacher and kin. The scriptures themselves help us see the important role of the created world in God's story and saving work. This four-session Bible study explores how biblical stories of the natural world help us to grow our love for and commitment to God, other people and our beloved earth.

Session Three: Rivers: Springs of Life and Hope

March 20, 2024 @ 9:00 AM

Fresh water. Most of life on our planet depends on it, and the story of God's saving work flows alongside it, through stories of biblical rivers that offer a vision of flourishing creation. Together we'll journey from the rivers in Eden to the prophetic springs in the desert, and from Jesus' baptism at the river Jordan to the crystalline river of life in Revelation. We'll discover how rivers are sites of healing, restoration, identity and imagination.



Gather
Zoom Bible
Study



WOMEN WHO STITCH FISHER LUTHERAN QUILTING

March 11 & 12 / 25 & 26

April 8 & 9 / 22 & 23

9:00 am

You can also join the Gather Zoom Bible Study session each

4th Monday of the Month

7:00-8:00 PM

Zoom Meeting ID 830 8115 5921

GATHERERS GIVE WITH GLAD HEARTS

Please consider taking a Gathering Bag with you on your next shopping trip! Simply grab a bag located in the FLC narthex and purchase any of the items listed on the Gatherers Give with Glad Hearts sheet found in the bag and return the items in the bag to the church. Members of WELCA will deliver these items to the designated organization for you!





**NW MN Synodical Women's Organization
2024 Conference 3 Spring Gathering**

**Saturday, April 20, 2024
Fisher Lutheran Church**

9:15 AM Registration, Coffee & Fellowship

10:00 AM Business Meeting & Program

Guest Speaker

Valley Senior Living Representative

"The Eden Alternative"

Special Music

Lindsey Moffitt Valley Senior Living Music Therapist



Lunch will be served following the business meeting & program

Please call 218-289-2222 with any food restrictions

Registration

Individual: \$10

Congregational Unit: \$15 Congregations Under 300

\$30 Congregations Over 300

Please make all checks payable to Women of the ELCA

Fisher Lutheran WELCA would like your help to support the Valley Senior Living Music Therapy Program.

Donations will be accepted at the Spring Gathering or can be mailed to

Fisher Lutheran, P.O. Box 127, Fisher, MN 56723

Please make checks payable to Women of the ELCA

Include Music Therapy on the memo line.

Fisher Lutheran Church

209 2nd St. S.

Fisher, MN 56723

Fisher Lutheran Church is a handicap accessible building.

Handicap parking available at the rear of the church.

Café

Lutheran women have a long history of Bible study, discipleship, and desire to deepen their spiritual life and learn about issues. Women of the ELCA offers free, downloadable program resources to help us grow in faith and engage in ministry and action. One of these resources is Café, a Lutheran perspective for women of Christian faith or any woman who is interested in how faith relates to issues facing women today.

CHOOSING HAPPINESS

Join Boldcafé writers and friends for conversation and dinner!

Bring your own dinner (B.Y.O.D.) and sign up via Zoom.
Signature cocktail/mocktail recipe included.

March 7, 2024 @ 7 p.m. CST

Karen Golden will host our time together and lead our conversation about choosing happiness. Join us!

Register at <https://www.boldcafe.org/dinner/>



COMMUNITY NURSE - DANIELLE GRATTON

March – Blood glucose

Blood glucose is the measurement of glucose (sugar) in your blood. This is typically done by a finger prick or blood draw but for those with diabetes this can be monitored by a continuous blood glucose monitoring system. Fasting blood glucose is typically between 70mg/dl and 110/mg/dl. You can manage your glucose levels by a healthy diet and exercise for many people. For those at risk or with diabetes, you may be able a referral to a dietician for help in creating a healthy diet plan that fits your lifestyle and food preferences. Physical activity is recommended to be 150 minutes of moderate-intensity physical activity. Walking, biking, and hiking are just a few great examples, so get out and move!



OPEN HOUSE



Bridal Shower

H o n o r i n g

MADISON SCHMITZ

April

Saturday **6** 10:00 - 12:00

2024

Fisher Lutheran Church
205 2nd St. S



Registered at Target and Amazon



2024 Fisher Lutheran Church Congregational Council

Officers 1 Year Term Expires January 2025		
President	Chuck Getsman	
Vice President	Heidi Reitmeier	
Secretary	Lori Morken	
Treasurer	Carmen Knutson	
Council Members 3 Year Terms		
Through Jan 2026	Reed Tinkham	
Through Jan 2026	Phil Baird	
Through Jan 2027	Brian Morken	
Through Jan 2027	Kirby Herman	
Through Jan 2025	Delmar Peterson	
Through Jan 2025	Jared Solheim	

BYGLAND NEWS

2024 Bygland Lutheran Church Congregational Council

Officers 1 year term Expires January 2025		
President	Becky Egeland (3 year max complete Jan 2027)	
Vice President	Chris Egeland (3 year max complete Jan 2027)	
Secretary	Rachel Traub (3 year max complete Jan 2026)	
Treasurer	Randy Moe	
Financial Secretary	Marsha Ketring	
Council Members 3 year terms		
Through Jan 2026	Kent Wavra	
Through Jan 2026	Steve Short	
Through Jan 2025	Ronnie Thorson (please ask annually)	
Through Jan 2025	Roger Krostue (please ask annually)	
Through Jan 2025	Alan Halvorson	
Through Jan 2027	Nancy Zalewski	

BYGLAND PANCAKE BREAKFAST

Come join us for our Annual Pancake Breakfast after the 7:00 AM Easter Worship, March 31st. Free-will offering. Thank you to Troy & Patty Pecka and their faithful crew of volunteers!



Sunday school Announcements

- NO Sunday School March 10th (Spring Break)
- March 24th Parade of Palms
- NO Sunday School March 31st (Easter)



CRAFT & BAKE SALE

MARCH 8, 2024

9:00 AM TO 2:30 PM

**Valley Senior Living on 42nd
4000 24th Ave. South
Auditorium**



CRAFT & BAKE SALE

MARCH 22, 2024

8:30 AM TO 3:00 PM

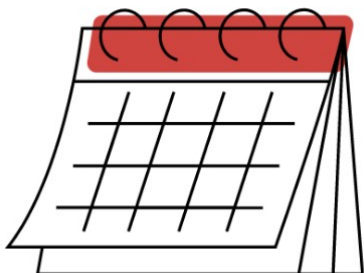
**Valley Senior Living on Columbia
2900 14th Ave. South**

**SAVE
THE
DATE**

2024 JOINT THEOLOGICAL DAY:
THURSDAY, APRIL 18TH

2024 SYNOD ASSEMBLY:
FRIDAY, MAY 17 -
SATURDAY, MAY 18

2025 SYNOD ASSEMBLY
FRIDAY, MAY 30 - SUNDAY, JUNE 1



**ALL OF THESE EVENTS WILL BE AT
CONCORDIA COLLEGE IN MOORHEAD**

4 WAYS TO
Give

IN WORSHIP



**DROP A GIFT
IN THE OFFERING PLATE**

MAIL



**MAIL A GIFT TO
FISHER LUTHERAN**

ONLINE



GIVE ONLINE AT
<https://www.fisherbygland.org/>

AUTO-PAY



**SET UP AUTO-PAY
THROUGH YOUR BANK ACCOUNT**