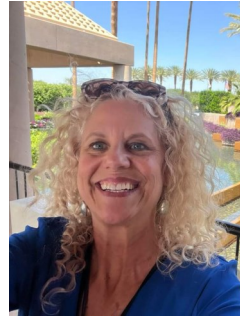


THE MESSENGER



From the Pastor's desk...



THOUGHTS FROM THE RULE OF ST. BENEDICT

Do not aspire to be called holy before you really are, but first be holy that you may more truly be called so.

Pray for your enemies out of love for Christ. If you have a dispute with someone, make peace with that one before the sun goes down.

"They should each try to be the first to show respect to the other," supporting with the greatest patience one another weaknesses of body or behavior, and earnestly competing in obedience to one another.

Place your hope in God alone.

Your way of acting should be different than the world's way; the love of Christ should come before all else.

The following is an excerpt titled Morning Praise, from a book entitled,
Work of God Benedictine Prayer

O God, open my lips, and my mouth will declare your praise. Glory be...
I give you a new commandment: Love one another.

Psalm 116 A Psalm of faithfulness

*1 I love the Lord because he hears my
voice and my prayer for mercy.*

*2 Because he bends down to listen,
I will pray as long as I have breath!*

*3 Death wrapped its ropes around me;
the terrors of the grave overtook me.
I saw only trouble and sorrow.*

*4 Then I called on the name of the Lord:
"Please, Lord, save me!"*

*5 How kind the Lord is! How good he is!
So merciful, this God of ours!*

*6 The Lord protects those of childlike faith;
I was facing death, and he saved me.*

*7 Let my soul be at rest again,
for the Lord has been good to me.*

*8 He has saved me from death,
my eyes from tears,
my feet from stumbling.*

*9 And so I walk in the Lord's presence
as I live here on earth!*

*10 I believed in you, so I said,
"I am deeply troubled, Lord."*

*11 In my anxiety I cried out to you,
"These people are all liars!"*

*12 What can I offer the Lord
for all he has done for me?*

*13 I will lift up the cup of salvation
and praise the Lord's name for saving me.*

*14 I will keep my promises to the Lord
in the presence of all his people.*

*15 The Lord cares deeply
when his loved ones die.*

*16 O Lord, I am your servant;
yes, I am your servant, born into your house-
hold;*

you have freed me from my chains.

*17 I will offer you a sacrifice of thanksgiving
and call on the name of the Lord.*

*18 I will fulfill my vows to the Lord
in the presence of all his people—*

*19 in the house of the Lord
in the heart of Jerusalem.*

Praise the Lord!

Bygland Lutheran Church Sunday School News

*"Train up a child in the way he should go and when
he is old, he will not depart from it."
Proverbs 22:6*

The end of another Sunday school year is upon us as is the feeling of anticipation for warmer weather and all that summer is sure to bring.

We have had an amazing year together and have much to be grateful for.

In the winter months, our students worked on the ABC's of the Bible, a fun and interactive way of making the Bible come alive for children. Each week the student's heard a story, participated in a discussion, made a craft or had a snack related to the story theme, received a weekly Bible verse, worshipped and prayed. They also brought home weekly parent pages with suggested ways of reinforcing the lesson at home and in daily life. The students had a blast and worked from letters A to M. They all earned bragging rights on their abilities to paraphrase the lessons and share the message behind the story.

We offered our congratulations to our fifth who received their first communion (Emma Traub, Sidney Brundin, and Landon Hansen on Maundy Thursday (March 27, 2024). Welcome to the table!

On Friday, April 26, 2024 our Sunday school and fellow congregational members participated in the Greater Grand Forks Feed My Starving Children packing event held at the Minnkota Power Cooperative. It was good to be able to come together to be the hands of God in such a tangible way. Thanks to our wonderful community for making a difference in the lives of children around the country and around the world! Thank you to Lloyd Omdahl for his passion in feeding the hungry and encouraging others to "send a food truck." Blessed be his memory. This year 1,284 volunteers packed 326,592 meals. This will feed 894 children, 3 meals a day, for an entire year. In addition they collected many pounds of non-perishable food items for the local Hungry at Home Project. Organizers are confident they will again be able to offer a mobile pack for our community next year (2025).

Recognition Sunday was held on Sunday, April 28, 2024. All students were given participation awards along with special awards for attendance, sharing the love of Jesus with others, and Bible reading. We thanked all the Sunday school parents for getting their children to Sunday school, as attendance is vital to their spiritual growth. We are grateful to them for making Sunday school a priority for their families. We thanked all of the teachers and congregational members for voluntarily serving in our ministry. We are truly blessed to have such a committed group willing to share their time and talents with our young people helping them grow their relationships with God.

Save the date: Rally Sunday will be Sunday, September 8, 2024. We look forward to welcoming new and returning students.





Bygland Lutheran Church Youth Group News

"I will make all my mountains a road, and my highways will be raised up"
Isaiah 49:11

The youth group here at Bygland continues to be active and involved in our church community. The youth and their families, along with fellow congregational members participated in Adopt-A-Highway, working to keep God's creation beautiful on Saturday, April 28, 2024.



The LORD God took the man and put him in the garden of Eden to work it and keep it. Genesis 2:15

Adopt a Highway celebrates 33 years of success in keeping Minnesota highways clean, beautiful, and safe. More than 1,860 Adopt a Highway groups volunteered and picked 38,500 bags of trash in 2022. Volunteers spent 88,100 plus hours picking up litter on 900 segments of state roadways available for adoption. Thanks to the dedication of Adopt a Highway volunteers and their organizations, MnDOT is able to use the resources, that would have otherwise been used to pick up litter, for highway improvement and safety projects.

Bygland Lutheran Church and Youth Group/Sunday School have been partnering in this program with the state for over 16 years. That is amazing! We celebrate all of those who have taken time to volunteer throughout the years in serving our state, community, and church with this endeavor. Thank you to all of those who participated at our recent collection day, Saturday, April 27, 2024: Kent & Holly Wavra, Marsha Ketrang, Jeff Millar, Barry, Rachel, Avery & Owen Traub, and Alan Halvorson. It was good to be together, serving with our families, friends, and neighbors. A special thank you to Jeff Millar for providing door prizes for everyone and to Kent Wavra for providing doughnuts and bottled water.

All friends, neighbors, and parish members are welcome to participate in our program. Mark your calendars for our next collection date: Sunday, September 8th, 2024. Participants will meet at the Bygland Lutheran Church, south door. All our asked to dress accordingly and to wear closed toed shoes. All new volunteers will be asked to view a short safety video. All volunteers between the ages of 12-17 must have a written parental consent form on file with our Adopt-A Highway coordinator. Forms will be available on site.



Sunday School wrapped up the school year the last Sunday in April with a treat and movie day. We want to thank all the wonderful volunteers who helped make this year a success and taught the word of God. VBS will take place July 29th-August 1st, 2024 from 4:30-6:00pm with a "Scuba" theme. We are looking for volunteers to help lead groups, games, and more.

(Both volunteers and participants can register at the link in the flyer) Please reach out to Nicole Krostue, Ceara Solheim, or Megan Korynta if you are available. We look forward to seeing you this summer!

A large flyer for Fisher Lutheran Vacation Bible School. The background is a vibrant blue with various sea creatures: a large blue whale, a pink jellyfish, a green sea turtle, a yellow seahorse, a striped angelfish, a clownfish, and a scuba diver. The text is in white and yellow. The title 'Fisher Lutheran Vacation Bible School' is at the top. Below it, the dates 'July 29th-August 1st' and time '4:30-6:00pm' are listed. The location 'Fisher Lutheran Church' and the target audience 'kids that have completed Kingergarten -5th Grade' are also included. A registration link is provided. The bottom text says 'Let's Dive Into learning about God's love'.

Faith Community Nurse - Danielle Gratton

June – How many fruits and vegetables should I be eating every day?

One of the doctors that I work with recently said “health comes from our diet and life choices not from medication”. That hit me! Many things we face are related in some way to what we eat and drink and how much or little we move. So, let’s talk fruits and vegetables!

[Start Simple With MyPlate Today \(dietaryguidelines.gov\)](https://www.dietaryguidelines.gov) is a great resource that talks about all your intake and has suggestions for healthy substitutions. Bottom line- find what you like, cook at home so that you are in control of the fat and sodium content and utilize the fresh food that’s abundant in our area in the summer months!



Women of the ELCA

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 SUMMER BIBLE STUDY AFTER CERTAINTY: A BIBLICAL GUIDE

By Rev. Dr. Meghan Johnston Aelabouni

A global pandemic, political upheaval, a changing climate... these days, the future is more uncertain than it has ever been. Or is it? For the people of the Bible, life was often shaped by deep uncertainty. Encounters with God sparked awe, confusion or courage, but rarely certainty. Instead, God's people have always been called to follow God into the unknown, trusting in God's certain grace and love. This three-session summer Bible study explores God's invitation to the people of the Bible and to us, to take the holy journey beyond certainty to curiosity, community and compassion, where we find abundant life in Christ.

AFTER CERTAINTY: SESSION 1 - CURIOSITY JUNE 19, 2024 @ 9:00 AM

Jesus' ministry, during the uncertainty of the first century Roman occupation, often challenged the "certainties" of the status quo when it came to faith, power and relationships—both the relationships between people and God, and between people in community. Just as curiosity drew people to Jesus and his message, holy curiosity can still lead us to the places where God transforms "what is" to "what could be."



Gather
Zoom Bible
Study

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



NWMN SYNODICAL WOMEN'S
ORGANIZATION OF THE ELCA
ANNUAL CONVENTION
SEPTEMBER 20-21, 2024
CHRIST THE KING LUTHERAN CHURCH
MOORHEAD, MN

Keynote Speaker - Deb Hadley
Inspirational Speaker,
Author and Mom from Alexandria, MN



WOMEN WHO STITCH FISHER LUTHERAN QUILTING



May 6 & 7 / 20 & 21
June 3 & 4 / 24 & 25
July 8 & 9 / 22 & 23
August 5 & 6
9:00 am

JOIN US FOR LOONEY LUTHERANS

Tuesday, June 25, 2024 11:30 am – 1:15 pm
Calvary Lutheran Church – Grand Forks, ND

The Looney Lutherans are a trio of wacky gals on tour using music, comedy, and some help from the audience to share some of their age-old wisdom for living a long and healthy life... the Lutheran way! (But you don't have to be Lutheran to love 'em!!)

This ticketed public luncheon, complete with a "church basement" hotdish meal, will spotlight musical performances by residents from Valley Senior Living.

Valley Senior Living Music Therapy Fundraiser
Tickets available: cbo.io/bidapp/index.php

Beauty, Inside and Out.
It's what BIO stands for.

BIO GIRLS will be in Fisher, hosted at Fishter Lutheran Church this summer!! BIO Girls, led by Carmen Knutson and a group of wonderful mentors, will be guiding 20 girls in 2nd to 6th grade through each weekly BIO Girls session. We are thankful to Fisher Church for allowing us to host the program each week in the church building.

Look for us each Wednesday evening this summer - mentors will be wearing their pink BIO Girls t-shirts!



About BIO GIRLS: In the BIO girls program we are showing young girls how to build self-worth based on their values, talents, philanthropy and individuality, not how they look. We are on a mission to build the self-esteem of girls through empowerment of self and service to others. BIO Girls is a 12-session program proven to improve self-esteem, emotional well-being and physical well-being of participants by combining life-skills curriculum, mentoring and physical activity.

Save the date: Wednesday, August 14th for our BIO Girls 5K at 7:00 PM

For more information, or to donate to the local program, please reach out to Carmen.

All are welcome to come cheer on and support our BIO Girls during our 5k running event!

Website: www.biogirls.org

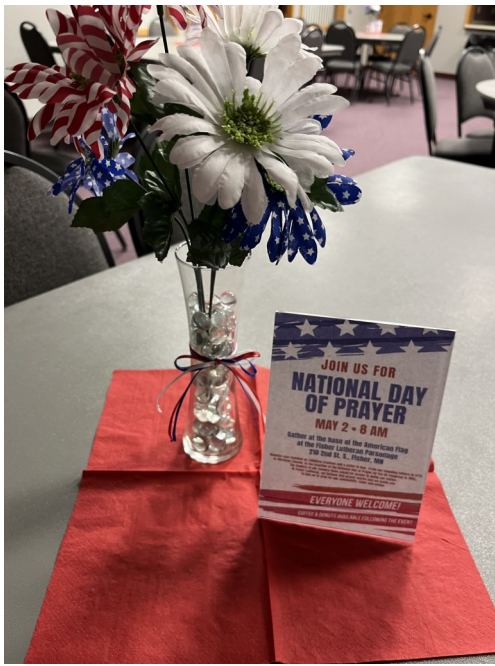
Facebook Page: BIO Girls – Fisher, MN

Site Director: Carmen Knutson 218-289-0746



- * June 4th - 8 AM
- * June 6th - 5:15 PM
- * June 11th - 8 AM
- * June 13th - 5:15 PM
- * June 18th - 8 AM
- * June 20th - 5:15 PM
- * June 25th - 8 AM
- * June 27th - NO 5:15 PM Class
- * July 2nd - NO 8 AM Class
- * July 4th - NO 5:15 PM Class
- * July 9th - 8 AM
- * July 11th - 5:15 PM
- * July 16th - NO 8 AM Class
- * July 18th - NO 5:15 PM Class
- * July 23rd - 8 AM
- * July 25th - 5:15 PM
- * July 30th - 8 AM
- * NO Classes in August

Fisher Lutheran Church
209 2nd St. S.
Tuesdays at 8 AM
Thursdays at 5:15 PM



It was a very successful National Day of Prayer celebration! Thank you to all that attended!!

Presented By

KARRIERS
MINI
GRAND FORKS, ND

This event is a fundraiser for the
Music Therapy program at Valley Senior Living
care communities, a life enrichment for
Valley Senior Living residents!

THE Looney Lutherans

JUNE 25, 2024

Calvary Lutheran Church Fellowship Hall
1405 S. 9th St. Grand Forks, ND

*** 11:30 AM - 12 PM**
Church Basement Style Hotdish Meal

*** 12 PM - 1:15 PM**
The Looney Lutherans featuring
Valley Senior Living Resident Performers

Scan this code to
purchase tickets or by
visiting our website:

100 YEARS
valley Senior Living
A Century of Our Family Caring For Yours

<https://music100.cbo.io>

Contact Pastor Gretchen if you are interested
in attending this event. Tickets are \$35.00.



Bouquet Bar



By KountryKerner Floral

Tuesday, August 20, 2024

6:30 - 8:00 pm

**Hosted by Fisher Lutheran Church
209 2nd St. S., Fisher, MN**

Cost: \$35

Bring your own vase or purchase one at the event for \$5

Payment Options: Cash, Debit or Credit Card

All Are Welcome!



SUMMER SPLASH FAMILY SWIM

SHERLOCK PARK POOL
919 5th Ave. NW, East Grand Forks, MN
Phone: 218-773-9231

**THURSDAY, JUNE 27, 2024
5:30 - 8:00 PM**

FAMILY SWIM ADMISSION

Family of Four: \$16

Additional Family Members: \$4

**Children must be accompanied by a parent/guardian
at Family Swim Session**

**Event Hosted By
Fisher Lutheran Church
ALL ARE WELCOME!**