

# THE MESSENGER



LIFT UP THE WORD  
LIGHT UP THE WORLD

2 SAMUEL 22:29-31



THE 73rd ANNUAL NATIONAL DAY OF PRAYER  
THURSDAY, MAY 2, 2024

## The 73rd National Day of Prayer May 2, 2024

### “Lift Up the Word, Light Up the World,”

Is the theme for the 2024 National Day of Prayer, based on 2 Samuel 22:29-31.

29 O Lord, you are my lamp. The Lord lights up my darkness.

30 In your strength I can crush an army; with my God I can scale any wall.

31 God's way is perfect. All the Lord's promises prove true. He is a shield for all who look to him for protection.

- Fisher Lutheran Church is hosting a new tradition of a brief prayer service at the foot of the American Flag, in front of the Church Parsonage, at 8 am.
- Hospitality of coffee and donuts will be provided by Fisher Church Outreach TEAM following the prayer.
- Written prayer requests will be received that morning.
- At approximately 8:20, at the conclusion of the prayers, the church bells sound with a patriotic theme.
- Please plan to join in this inaugural Fisher Community event. All are welcome.
- Proposed Plan for the day:
  - 6:30 Coffee & donut prep. at Fisher Church
  - 7:30 Arrival at flag to greet folks as they arrive
  - Written prayer requests will be accepted
  - 8:00 Welcome on behalf of Fisher Lutheran Church
  - I will begin by sharing a brief history of the National Day of Prayer.
  - Prayer begins with ALL praying the Pledge of Allegiance, then I will name the written prayers, and then invite anyone to share a spoken prayer, followed by prayers for our country, schools, etc., then close with ALL praying The Lord's Prayer. With a resounding AMEN.
  - 8:20 Bells will resound with Patriotic songs for approx. 7-10 minutes?
  - As the bells are ringing refreshments will be available.

\*\*Those who wish will be invited to gather for a group picture.

#### Materials Needed:

- Pledge of Allegiance flyer including the Lord's Prayer (some may not know either prayer)
- Flags to pass out
- Prayer request sheets ...Pens/pencils
- Coffee, donuts & water bottles...Cups, napkins
- Table for food, drinks, & prayer requests

Coordinate bells with Reed

# Fisher Lutheran



## Michael David Egeland

**Parents:** Jami & Justin Olson and the late David Egeland

**Graduating School:** Fisher High School

**Future Plans:** He has enjoyed working on the family farm and is exploring his options for the future, with the help on the Holy Spirit.



# Bygland Lutheran



## Logan Tyler Egeland

**Parents:** Eric & Becky Egeland

**Graduating School:** East Grand Forks High School

**Future Plans:** Plans on attending the University of North Dakota for Kinesiology.



**Faith Community Nurse  
Danielle Gratton**

**May – How much water should I be drinking?**

We all have some work to do in limiting our unhealthy beverage consumption... do you drink soda daily, several cups of coffee, too much caffeine or maybe it's alcohol. Regardless of your intake, the goal for plain water intake is half your body weight. So, for example, if you weigh 150 pounds, your goal should be 75 ounces of water a day. Does that sound like too much? A typical bottle of water is 16-20 ounces that equates to 4 bottles of water throughout the day. With increased water intake you may notice less digestion problems, clearer skin, healthier kidneys, weight management, just to name a few. You can do this!

**BYGLAND NEWS**

**May 8th at 6:30pm,  
Bygland will be having  
a 150th Anniversary  
meeting.**

**All are welcome to attend and help with the planning.**

**SUNDAY, JUNE 23–FRIDAY, JUNE 28, 2024**

*Augsburg University | Minneapolis, MN*

**THE CONFLUENCE** empowers high school youth to discover how they are uniquely gifted to create a more just and sustainable world by exploring the intersections of their story, God's story, and the world's story.

Join us for a weeklong on-campus residential experience during which we will:

- Explore spiritual practices
- Practice vocational discernment
- Build intentional community
- Engage in theological inquiry
- Develop meaningful relationships
- Learn through experiences and relationships in the Twin Cities

Open to all youth who have completed 9th–12th grades.

*Applications are open! Deadline to apply is May 15.*

**COST:** The cost is \$400/participant. Participants are responsible for transportation to and from Augsburg University.

**AUGSBURG SCHOLARSHIP:** Students who attend THE CONFLUENCE and decide to attend Augsburg University as a full-time student will receive a minimum \$20,000 Augsburg scholarship for up to four years.

**QUESTIONS?**  
Gretchen Roeck, program director  
roeck@augsb.org  
612-330-1412

[augsb.org/confluence](http://augsb.org/confluence)



# 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 BIBLE STUDY

**MAY 15, 2024 @ 9:00 AM**

#### DEVOTIONAL ON MENTAL HEALTH & WELLNESS

By Elise Seyfried

*As long as humans have existed, there has been mental illness. By some estimates, as many as 20% of all adults live with a mental health issue. In biblical times, mental illness was often misunderstood and thought to be caused by demonic possession. In modern times, we have learned much more about brain chemistry. Although the stigma around mental illnesses has decreased, we still have a long way to go, and our faith communities can help. Looking particularly at biblical people and passages that relate to living with mental illness, the May 2024 devotional reminds us of Jesus' compassionate care for those who struggle. Together, we'll learn how congregations can become "stigma-free" zones, welcome and support those with mental health issues and their loved ones and provide opportunities for all ages to learn more about a topic that affects us all.*



**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**

### **WOMEN WHO STITCH FISHER LUTHERAN QUILTING**

May 6 & 7 / 20 & 21

June 3 & 4 / 24 & 25

July 8 & 9 / 22 & 23

August 5 & 6 / 26 & 27

9:00 am

**ALL ARE WELCOME!**

### JOIN BOLDCAFE WRITERS + FRIENDS FOR CONVERSATION AND DINNER!

Once a month we meet with some of our popular writers to talk about our favorite articles and more! Bring your own dinner (B.Y.O.D.) and sign up via Zoom. Signature Cocktail/mocktail recipes will be included!



Join us at the next Boldcafe Monthly Dinner, Thursday, May 2, 2024 at 7 pm (CDT). Sarah Carson will lead the conversation about the power of language!

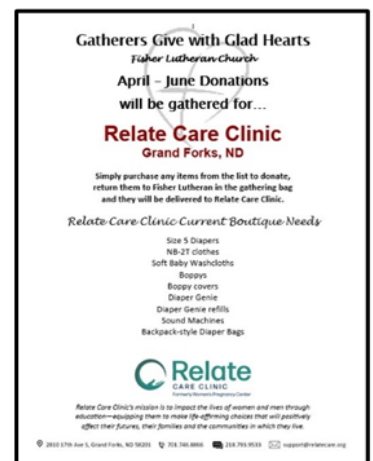
**Please register to attend:**

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

### GATHERERS GIVE WITH GLAD HEARTS

Planning a shopping trip? Grab a Gathering 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! The April - June list includes current donation needs for Relate Care Clinic in Grand Forks, ND.

Join us in making a difference in the lives of others!



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



Members of Northwest Minnesota's Synodical Women's Organization gathered at Fisher Lutheran on Saturday, April 20<sup>th</sup> for their 2024 Conference 3 Spring Gathering.

Following a short business meeting, Rev. Bud Johnson, Valley Senior Living's Chaplain, shared the philosophy behind the facility's Eden Alternative. The Eden Alternative helps Valley create a joyful environment, a sense of family and community, and respected residents.

Lindsey Moffitt, Valley Senior Living's Music Therapist, shared how music reawakens the mind and uplifts the heart. She also shared **Heartbeat Treasures**, music she has created incorporating the recorded heartbeats of residents. Variations of the recordings included residents reading letters or poems and blending the spoken recordings together with the beat. Each version different, individualized, and each with a personal touch.

