

NORTHERN LIGHTS  
MINISTRY IN  
CONJUNCTION WITH  
FISHER/BYGLAND  
PARISH ARE  
HOSTING

# Recovery

## FOR EVERYDAY PEOPLE

Using the 12 Steps of Recovery, with the bible,  
to bring healing & wholeness for all people.

The cost for materials is \$20.00.

Scholarships are available upon request.

Contact Pastor Gretchen Enoch to register or for more info.

812-639-7816/pastor@fisherbygland.org

**MONDAYS 6-7:30 PM**

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APRIL 1ST

APRIL 8TH

APRIL 29TH

MAY 6TH

MAY 13TH

MAY 20TH

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TRINITY LUTHERAN CHURCH  
205 S. BROADWAY  
CROOKSTON, MN 56716

## 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 Four: Food – Daily Bread for the Health of the World

April 17, 2024 @ 9:00 AM

*Most of us hunt, harvest and forage in grocery store aisles. We've forgotten the ways our food first comes to us—from fields, flocks, forests and farms. Considering our relationship with creation and our faithful stewardship of the earth means paying attention to the ways we eat. In this final session, we'll see how stories of food in scripture offer us ways of faithful eating that are responsible, celebratory and delicious. Locust and wild honey, anyone?*



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

April 8 & 9 / 22 & 23  
9:00 am  
ALL ARE WELCOME!



## 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 2<sup>nd</sup> St. S.  
Fisher, MN 56723

Fisher Lutheran Church is a handicap accessible building.  
Handicap parking available at the rear of the church.

Coming  
Home 

# Gatherers Give with Glad Hearts

*Fisher Lutheran Church*

January – March Donations  
will be gathered for...

## Care & Share of Crookston, Inc

Simply purchase any items from the list to donate,  
return them to Fisher Lutheran in the gathering bag  
and they will be delivered to Care & Share.

### Adults

Colored T-shirts, Lounge Pants, Men's Boxers, Women's Underwear,  
And Long Underwear- sizes M, L, XL, XXL  
Socks (white or black), Manicure kit, Christmas Theme Toiletries Sets,  
Journal and Pen, Adult Coloring Books & pencils, Men's and Women's  
razors and shaving cream, Men's and Women's Shampoo & Conditioner,  
Gloves and Mittens, Gift Cards

### Children

T-shirts (18 months-4T), Sweatpants & Leggings (18 months to 4T),  
Socks, Gloves and Mittens, Toys (without lots of parts),  
Cloth or plastic dolls or figures (Superhero, Princess, Dinosaur, etc.), Board books,  
Children's books, Pre-teen book series, Color books & pencils,  
Carry cases for treasures, Diapers (size 5 & 6), Pull-ups (size 5t & 6t)

Getting an Amazon Wish List package always makes Care & Share smile and  
brightens their day! The generous donations they receive, including through  
the Amazon Wish List, help them better meet the needs of residents.

<https://urlgeni.us/amazon/CareandShare>

*Purchases made from the Care & Share Wishlist will be shipped directly to the shelter. If you would like a receipt  
and/or recognition, please enter your full name in the "gift message" box upon checkout.*

### Community Nurse - Danielle Gratton 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!



BIO. Beautiful Inside and Out. This is what BIO Girls is aiming to help girls believe they are; beautiful, inside and out. Stemming from the uphill battle adolescent girls face with low self-esteem, BIO Girls was born...with a mission to change that.

facilitated 12-session youth program for girls in grades 2 through that is focused well being, physical activity, building confidence, community, handling stress, and choosing kindness. Through life-skills lessons, positive mentorship and noncompetitive physical activity, BIO Girls has been is proven effective.

**The BIO Girls youth program is 100% volunteer-led. Carmen Knutson, and a great team of mentors have volunteered to lead a BIO Girls program in Fisher, this summer – and we couldn't be more excited about it!**

How can you get involved?

Donate: If you are interested in sponsoring or donating to the BIO Girls - Fisher program, contact Carmen at 218-289-0746 or by email at [carmen.knutson@agcountry.com](mailto:carmen.knutson@agcountry.com) OR at this link:

<https://secure.givelively.org/donate/bio-girls/2024-bio-girls-fisher-mn-running-fundraiser>

Register: Site specific information and registration details will be available on the BIO Girls website: [www.biogirls.org/register](http://www.biogirls.org/register)  
Follow Along: You can find the BIO Girls on Facebook by searching BIO Girls - FISHER.

# BYGLAND NEWS

The Greater Grand Forks Feed My Starving Children Mobile Packing Event will be taking place on April 26-27, 2024 at the Minnkota Power Cooperative (5301 32nd Ave. S., Grand Forks). Bygland Sunday School and Youth will once again be sponsoring a group for packing meals on Friday, April 26th from 6-8 PM. Please contact Becky Egeland to reserve a volunteer spot (701-739-1784). Participants are asked to bring a non-perishable food item with them to support the local Hungry at Home Program. Volunteers are asked to wear closed toed shoes and refrain from wearing jewelry. Please plan to arrive 10-15 minutes prior to your packing session to check-in. Your orientation and packing instructions will take place during your scheduled shift time.



## About Feed My Starving Children:

By volunteering, donating, or fundraising, your generosity makes a huge difference in the lives of thousands of children around the world.

At least 6,200 children die each day from hunger-related causes (UNICEF).

Feed My Starving Children (FMSC) is a Christian non-profit organization committed to feeding God's starving children hungry in body and spirit.

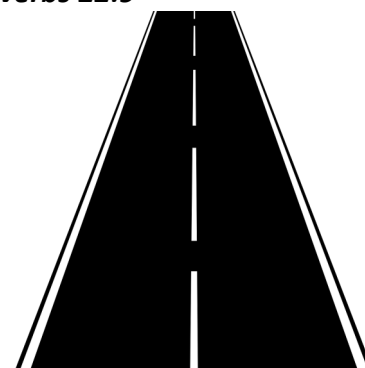
## The process is simple:

- People just like you donate funds for the meal ingredients.
- Volunteers hand-pack the meals.
- Meals are donated to FMSC food partners around the world.
- Kids are fed and lives are saved!

*"The generous will themselves be blessed, for they share their food with the poor." – Proverbs 22:9*

## ADOPT-A-HIGHWAY

Adopt a Highway will be held on Saturday, April 27, 2024 starting at 10 a.m. (Weather permitting) Volunteers are asked to meet in the church dining hall for a short informational video and picking instructions. Volunteers aged 12-17 must have a signed parental consent on file (available on site) in order to participate. Volunteers are asked to dress accordingly with durable walking shoes (no open toes). All parish and community members are welcome.



**Last day of Sunday school at Bygland will be Sunday, April 27, 2024.**

## Summer Preaching Rotation Includes Fisher/Bygland Parish in the Northern Lights Ministry Collaborative

Summer is a time for vacations, family reunions, weddings, and a few other weekend events. Pastors also take advantage of time off which often leads to pulpit supply needs. There being a limited number of pastors available for pulpit supply in our region, we at times struggle to fill the need.

Pastor Gregory Isaacson (Trinity), Pastor Mike Ozaki (First Presbyterian) and Pastor Gretchen Enoch (Fisher/Byland) have joined efforts to allow for a rotation of pastors in a preaching schedule that provides a few Sundays off for each pastor while also bringing a change of voice in pulpits. This also gives people some options for worship attendance. If you're at the lake, join us for an 11:00 am service at Trinity Point on Maple Lake south of Mentor, MN. Be sure to bring a few lawn chairs in case the weather allows us to do Beach Worship outside. If you're in Crookston, you can join us for a 9:00 am service at Trinity or sleep in a bit and worship at 10:45 am at First Presbyterian. Fisher/Bygland parish combine for one service at 9:00 am and alternate worship spaces each Sunday starting at Fisher Lutheran on May 26. The future of rural ministry is dependent upon congregations working together to address the needs of our communities. The summer of 2024 will have a pastor in every pulpit each Sunday so everyone can have time to enjoy summer activities and give God thanks and praise each week.

### Pastor Greg Isaacson

Pastor Greg grew up in Kittson County, Minnesota. He graduated from Moorhead State University in Moorhead, MN with a degree in Accounting and Business Administration and was the Hallock, MN Branch Manager for American Federal Savings Bank. Heeding the call to ministry, he attended Luther Seminary in St. Paul, MN and has served churches in the Minnesota towns of Clarissa, Ada, Bemidji, Afton, and Crookston. He is passionate about rural ministry and collaborative processes that bring congregations together. He is married to Kristen and they have a son, Karsten, a senior at the University of Minnesota.



### Pastor Michael Ozaki

Pastor Michael Ozaki is a shared pastor with Trinity Lutheran Church and First Presbyterian Church. He arrived in Crookston 3 years ago along with his Wife Brianna and four children Elle (10), Emery (8), Miles (4) and Ezra (2). When he is not looking for new ways to love God's people and be church beyond our walls, you might find him spending time with family, riding a longboard, playing the drums or making things out of wood poorly but with high enthusiasm.

After high school Pastor Mike worked for 3+ years in mercy missions in India, Thailand, and South Africa focusing on HIV/AIDS affected children and families. He then returned to earn a Bachelors in Sociology from Eastern University while running a youth service experiences as part of Broad Street Ministry in Philadelphia. In

2012 he simultaneously attended Princeton Theological Seminary and Rutgers University to earn a Masters of Divinity and Masters of Social Work. Expecting to become a social worker with a passion for helping churches do better justice and care work, he felt an irresistible pull to ordained ministry instead.

Having ministered in RCA (Reformed Church of America), ELCA (Evangelical Lutheran Church in America) and PCUSA (Presbyterian Church USA) congregations across traditions, he is excited to see where the ever expanding and endlessly creative work of the Spirit will take us next, together.

If you would like to receive the Living Lutheran go to their website ([livinglutheran.org](http://livinglutheran.org)) and sign up for emails.



# Stretch & Pray

- \* April 2nd - 8 AM
- \* April 4th - 5:15 PM
- \* April 9th - 8 AM
- \* April 11th - 5:15 PM
- \* April 16th & 18th - No Class
- \* April 23rd - 8 AM
- \* April 25th - 5:15 PM
- \* April 30th - 8 AM
- \* May 2nd - 5:15 PM
- \* May 7th - 8 AM
- \* May 9th - 5:15 PM
- \* May 14th - 8 AM
- \* May 16th - 5:15 PM
- \* May 21st - 8 AM
- \* May 23rd - 5:15 PM
- \* May 28th - 8 AM
- \* May 30th - 5:15 PM

Fisher Lutheran Church  
209 2nd St. S.

Tuesdays at 8 AM  
Thursdays at 5:15 PM

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# 9th Annual Around Our Table & 1st Annual Quilt Auction

April 27, 2024

Doors open: 9 AM  
Brunch served: 10:30 AM  
Quilt auction concludes: 12 PM

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



- Host a Decorated Table
- Purchase a Seat for Brunch
- Donate a Quilt for our Online Auction

MAKE A DONATION  
text valley100 to 56651



Valley Senior Living  
Foundation event to  
support spiritual growth  
through our Chaplaincy  
Ministry for residents,  
family members and  
staff.



SCAN CODE  
FOR MORE INFO

# JOIN US FOR NATIONAL DAY OF PRAYER

MAY 2 • 8 AM

Gather at the base of the American Flag  
at the Fisher Lutheran Parsonage  
210 2nd St. S., Fisher, MN

America was founded on religious freedom and a belief in God. From our founding fathers in 1776 to Abraham Lincoln, to the creation of the National Day of Prayer by the US Congress in 1952, the leaders of our country have asked for prayer to guide our nation. At Fisher Lutheran, we believe that prayer works and we invite you to join us to pray for our community, state and nation.

**EVERYONE WELCOME!**

COFFEE & DONUTS AVAILABLE FOLLOWING THE EVENT



Summer 2024  
REGISTRATION  
NOW OPEN!



# CELEBRATE JESUS

SATURDAY, MAY 18, 2024

- **WALK STARTS AT 11:00 AM**
- Gather at 10am, 414 University Ave
- Central HS Parking Lot - 6
- **WORSHIP RALLY STARTS AT 1130 AM**
- Gather at Town Square -

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