

Our Savior's Lutheran Church  
138 3<sup>rd</sup> Street Northwest  
Valley City, ND 58072

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Valley City, ND  
Permit #39

February 2020



**Our Mission:**

We, Our Savior's family of believers, welcome all to share Christ's love, to grow in faith, and to live a life of service glorifying God.


**Our Values:**

- All Generations
- Neighbors – Near & Far
- Sharing Generously
- Rejoicing & Weeping Together

# Our Savior's Lutheran Church

February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:30am Men's Bible Fellowship
2 <b>Food Pantry Sunday</b> 8:30am Worship 9:30am Coffee & Fellowship, 9:30am Choir 9:45am Sunday School 11:00am Worship 12:00pm Souper Bowl of Caring-Large Dining Room	3 9:30am Prayer 12:10pm Sr. High Lunch	4 9:00am Ministerial 9:00-1:00pm Good Samaritans	5 9:30am Bible Study 3:15pm Kids for Christ 6:00pm Supper 6:30pm Confirmation 7:00pm Bible & Faith- Library 7:30pm Sr. High Youth Group	6	7	8 7:30am Men's Bible Fellowship
9 8:30am Worship 9:30am Coffee & Fellowship 9:30am Choir 9:45am Sunday School-sing at Bridgeview 11:00am Worship	10 9:30am Prayer 12:10pm Sr. High Lunch	11 9:00-1:00pm Good Samaritans 9:30am Text Study	12 9:30am Bible Study No Kids for Christ 6:00pm Supper 6:30pm Confirmation 7:00pm Committees 8:00pm Council	13 Giving Hearts Day-visit GivingHearts- day.org	14	15 7:30am Men's Bible Fellowship
16 <b>Abused Outreach Persons Collection Sunday</b> 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School 11:00am Worship	17 9:30am Prayer No Sr. High Lunch 5:00-7:00pm Community Closet Open	18 9:00-1:00pm Good Samaritans 9:30am Text Study 1:00pm Bible Book Club-Matthew	19 9:30am Bible Study 3:15pm Kids for Christ 6:00pm Supper 6:30pm Confirmation 7:00pm Bible & Faith- Library 7:00pm Sarah Circle 7:30pm Sr. High Youth	20 2:00pm Hannah Circle- Hostess: Phyllis Hook- Lesson: Ethel Gusaas Gathering Room	21	22 7:30am Men's Bible Fellowship
23 8:30am Worship-Blessing of Council & Committees 8:30am Youth Trip 9:30am Coffee & Fellowship 9:45am Sunday School-Lent activity 10:00am Choir 11:00am Worship-Blessing of Council & Committees	24 9:30am Prayer 12:10pm Sr. High Lunch	25 9:00-1:00pm Good Samaritans 9:30am Text Study	26 <b>Ash Wednesday</b> 9:30am Bible Study 3:15pm Kids for Christ 5:30pm Lent Supper 6:15pm Choir 6:30pm Lent Worship 6:30pm Confirmation	27 9:30am Pastor's Conference	28	29 7:30am Men's Bible Fellowship



**Soup Makers Needed** for Lenten Soup Suppers. If you are interested and able to make soup for a Wednesday night supper, please contact Ruth Larson at 845 – 4257.



**Radio broadcast** of the 8:30 a.m. worship is on Sunday at 11:00 a.m. on KOVC 1490 AM. To sponsor a broadcast, please contact the church office. The cost is \$100 and may be gifted in memory or in honor of someone or a significant event. Your gift to this ministry is appreciated.



### **Food Pantry Sunday-February 2**

There are many items that the Food Pantry is in need of each month. Some examples are: diapers, soap, shampoo, paper products, and snack foods. These items, along with your other generous donations each month are greatly appreciated.

### **For Your Information**

Church Office Hours  
Monday-Friday 8:00am 3:00pm

### **Church Building Hours**

Monday-Thursday 8:00 am-5:00 pm  
Friday 8:00 am-3:00 pm  
Saturday-Sunday 8:00 am-12:00 pm

### **Phone Numbers**

Church Office 845-1328  
Pastor Emmy Swedlund Cell-(701)552-2419  
Pastor Kyle Symanski Cell-(708)476-8712  
If we do not answer, please leave a message so that we can get back to you.



### **Members of the March Our Savior's Servants**

Melvin & Judy Karch 845-2421  
Keith & Jan Zerface 840-7483  
Danielle Brantl  
Curtis & Ardis Christianson  
Wilbert & Betty Dallmann  
Evelyn Delmore  
Ron & Patrica Gienger  
James Greene  
Paul & Barbara Henke  
Kenneth Hoelmer  
Marlyn & Helen Legler  
Ryan & Missy Leroux  
Mark & Elizabeth Lokken  
Richard Lorenz  
Sandra Myers  
Dennis & JoAnn Nathan  
Joshua & JoEllen Nathan  
Jesse & Jodi Pabst  
Carl & Amber Pederson  
Ross Powell  
Gary & Kathy Riedman  
Phyllis Singer  
Carmen Sorensen  
Curt & Terri Stevens  
Verl & Rhonda Woehl  
Lenora Ziemba



Thank you to the January Our Savior's Servants and their Coordinators: Sue & Dave Carlsrud, Darin & Julia Anderson

Flower Committee Members: Lenore Lebahn, Nancy King

Altar Committee Members: Cheryl Olson, JoAnn Nathan

Thank you to our faithful ushers

**Valley City Community Closet:** Donations and disbursements are made by arrangement: Open February 17th 5-7pm.

Message the Valley City Community Closet on Facebook or Contact Kalyn at 701-840-8850 (cell phone) or at Sheyenne Valley Area Career and Technology Center, 701-845-0256.



### To the faithful of Our Savior's Lutheran in Valley City -

This past month you were a part of something BIG! As a synod, together we are committed to the shared mission "Jesus Christ calls us to live in love as we challenge, equip and serve God's people."

Thanks to a generous gift from your Farm Fund as well as other gifts shared to honor Terry Brandt's service as our Bishop, we were able to launch the start of a new endowment fund that will focus on Holy Innovation. This fund will invite congregations to apply for matching dollars to support creative ideas that help challenge, equip, serve and share God's creative and redeeming word in our communities and in our world.

We have a BIG and mighty God, and this endowment fund will forever provide ways for us to share God's BIG love in powerful ways.

A very BIG thank you for being Church together!

Sincerely,  
Your brothers and sisters in Christ of the Eastern North Dakota Synod.



## Mighty Stories: Encountering God's Life-Giving Grace

### Lent 2020

Join us this Lent as we encounter God's Life-Giving Grace through stories of rebirth, renewal, and resurrection.

Sundays in Lent will be times to engage with God's strong signs and powerful words in the stories of Creation, Noah and the Great Flood, the Israelites' escape across the Red Sea, the valley of the dry bones, and Shadrach, Meshach, and Abednego's escape from the fiery furnace.

Lent Wednesday's will take us into deeper conversation with our Lenten Gospels as we hear them in new ways, and will offer us time to center ourselves on the promise of God's life-giving grace.

**Our journey begins on Ash Wednesday -  
Wednesday, February 26th - with fellowship and  
soup at 5:30 p.m., followed by worship at 6:30 p.m.**



**The 2020 Missionary Calendar** is located above the information counter. Claim your 2020 date soon. Donations of \$25 a day support our missionaries, Willie and Anne Langdji, serving as ELCA Representatives in Western Africa. They provide support to churches, schools, and medical centers in that region, including our partner synod in the Central African Republic. Donations also support Global Health Ministries, a Twin Cities based organization that supports medical centers around the world, through shipping supplies, sharing expertise.



On Thursday, February 13<sup>th</sup>, you are invited to be part of Giving Hearts Day, a 24-hour fundraising event for charities and non-profits across North Dakota and northwest Minnesota.

Support local charities like the Open Door Center or the Great Plains Food Bank, or partners in ministry like our very own Eastern North Dakota Synod.

This year, the Eastern North Dakota Synod has a BOLD goal to raise \$100,000 for Synod ministries! All donations made to the Eastern North Dakota Synod stay right here in North Dakota, and benefit ministries like Red Willow Bible Camp, NDSU and UND Campus Ministries, and so many more.

There are lots of ways to give...

**1. On Giving Hearts Day (Feb. 13, 2020)**

- Visit [GivingHeartsDay.org](http://GivingHeartsDay.org) and find a charity to love
- Drop off a check at your charity of choice

**2. Schedule a gift before Giving Hearts Day (Jan. 6 – Feb. 11, 2020)**

- Schedule a donation at [GivingHeartsDay.org](http://GivingHeartsDay.org)
- Make sure the “Schedule this Gift” box is checked in your cart review
- Your gift will be processed on Giving Hearts Day

**3. Buy a Giving Hearts Day Gift Card**

- Give the gift of giving and buy a Giving Hearts Day Gift Card for a friend, colleague, child or family member. You can find gift cards for purchase at [GivingHeartsDay.org](http://GivingHeartsDay.org)

**4. Year-Round Giving**

- Schedule a monthly recurring gift to a charity at [GivingHeartsDay.org](http://GivingHeartsDay.org)
  - [GivingHeartsDay.org](http://GivingHeartsDay.org) is up and running year round so you can make a donation to your local charities at any time
- Mark your calendars for Giving Hearts Day - February 13, 2020 – and help us make this our most generous year yet!!!**

**Thank you for your generous and giving hearts!**

# YOUTH DIRECTOR AND YOUTH ACTIVITY CALENDAR

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Sunday School 9:45-10:45am  Souper Bowl Sunday Soup and Sandwich Lunch Fundraiser at noon in the large dining room or take it to go!	3 Youth Director Office Hours 9:00-11:00am  Senior High Lunch 12:15-12:35pm	4	5 Youth Director Office Hours 9:00-11:00am  Kids for Christ 3:15-5pm  Confirmation Supper 6:00 Confirmation Class 6:30-8pm  Senior High Youth Group 7:30-8:30pm	6	7	8
9 Sunday School 9:45-10:45am	10 Youth Director Office Hours 9:00-11:00am  Senior High Lunch 12:15-12:35pm	11	12 No Youth Director Office Hours  No Kids for Christ  Confirmation Supper 6:00 Confirmation Class 6:30-8pm	13	14	15
16 Sunday School 9:45-10:45am	17 No Youth Director Office Hours  No Senior High Lunch	18	19 Youth Director Office Hours 9:00-11:00am  Kids for Christ 3:15-5pm  Confirmation Supper 6:00 Confirmation Class 6:30-8pm  Senior High Youth Group 7:30-8:30pm	20 Dinner and Devotions for 11th and 12th graders at 12:15pm!	21	22
23 Sunday School 9:45-10:45am  Tubing at Detroit Mountain for youth in grades 7-12! Meet at the church at 8:30am. Return time will depend on the weather and how much fun we are having! Must sign up to attend!	24 Youth Director Office Hours 9:00-11:00am  Senior High Lunch 12:15-12:35pm	25	26 Youth Director Office Hours 9:00-11:00am  Kids for Christ 3:15-5pm  Confirmation Supper 6:00 Confirmation Class 6:30-8pm	27	28	29



# Pre K - 6th Grade News!

- **SUNDAY SCHOOL** Our Sunday School youth will be traveling to Bridgeview during the Sunday School hour on February 9th. Transportation will be provided and parents are welcome to attend.
- **KIDS FOR CHRIST** Students in grades K-6 gather after school each Wednesday until 5pm. New students welcome! We grow together in faith all while learning how to be an amazing contributor to our community! Please note, there will be no Kids for Christ on February 12th.
- **VACATION BIBLE SCHOOL** Save the date!! Vacation Bible School is set for **June 3-5th!** Youth entering kindergarten in August 2020 and 2021 are invited to join the "Pre-K Day Camp" and youth entering grades 1-6 in August 2020 are invited to join the regular VBS session. More info this spring!

## Opportunity for All!

- **"SOUP"ER BOWL SUNDAY** will be held Sunday, **February 2nd** after the 11am worship service. Enjoy a soup and sandwich lunch in the large dining room for a free will donation. Half of the money collected will go to the Barnes County Food Pantry and the other half will help send our youth on their summer mission trip! Enjoy your lunch here, or, take it to go! Youth—Sign up on the bulletin board if you would like to help out with this event as a servant activity or to help raise money for your share of the trip!

## Jr & Sr High Update!

- **CONFIRMATION** Confirmation classes are in full swing on Wednesday nights! We enjoy supper together at 6:00pm and class from 6:30-8:00pm. If you have any questions regarding confirmation, please contact the church office or Pastor Emmy.
- **SENIOR HIGH LUNCH** We enjoy lunch, prayer, and devotion each Monday that there is school. We are seeing about 60 awesome kids each week! Friends are always welcome! Please note, there will be no Senior High Lunch on Monday, February 17th as there is no school that day.
- **SENIOR HIGH YOUTH GROUP** Our awesome 10-12th grade youth group will meet on the **1st and 3rd Wednesday in February (the 5th and 19th) from 7:30-8:30pm** in the new youth room. We have some great discussion, time to relax and hang out together, and enjoy some yummy snacks! Friends are always welcome to attend as well. No RSVP needed, just come as you are and enjoy some time together.
- **DINNER AND DEVOTIONS** On the Mondays that we don't have school, we do not have Senior High Lunch. However, on those weeks, I offer a Dinner and Devotions lunch on that Thursday for any juniors and seniors who would like to attend. The next Dinner and Devotions will be held on **Thursday, February 20th** at 12:15pm. Please let me know if you plan to attend! An RSVP is required for this event.
- **TUBING AT DETROIT MOUNTAIN** All youth in grades 7-12 are invited to join us at Detroit Mountain for some tubing fun! We will meet at the church on **Sunday, February 23rd** at 8:30am and our return time will depend on the weather and how much fun we are having! If the weather is bad we will make indoor plans or reschedule. Cost is \$15 per youth and the remainder of the cost, as well as transportation and food, will be covered. Sign up on the bulletin board to attend!
- **SUMMER YOUTH TRIP** The 2020 Summer Youth Trip is set for **July 13-14!** We will be taking a two day trip to Minneapolis where we will volunteer at a variety of places and share the love of God with others. We will also enjoy time together at Valleyfair! All youth currently in grades 7-12 are invited to join us and must sign up on the bulletin board in the Gathering Room to secure your spot. The first 40 youth to sign up will go! We are also looking for two adult chaperones, so if you are interested, let Kyla know.

My office hours are Mondays and Wednesdays from 9-11am. However, please feel free to contact me anytime at [kylaoslc@outlook.com](mailto:kylaoslc@outlook.com) or 840-4540. God's Blessings, Kyla Fetsch, Director of Youth Ministry

### Serving Group Coordinators Needed

We are currently in need of 2 to 3 additional Serving Group Coordinators. As a Serving Group Coordinator, you are asked call upon members in your Serving Group and/or those in your sister month to fill the needs for Sunday morning coffee hosts for your month and to find servers for funerals as they arise.

Serving Groups play a vital role in the ministries of Our Savior's and embody the values that we as a church have lifted up - "Sharing" as well as "Rejoicing and Weeping Together". By providing welcome and treats during Sunday morning fellowship and offering hospitality and a comforting presence to families and guests following funeral services, we are able to share the love of God with our neighbors in simple and yet extraordinary ways.

If you are interested in becoming a Serving Group Coordinator, or have any questions about your current role within a Serving Group, please contact Ruth Larson at 845-4257.

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### **Global Health Ministries, report 1/20:**

GHM remains active in 12 countries in Central America, Africa, and Asia. Activities include collection of unused medical equipment in the warehouse in Fridley, MN, and sending shipping containers with the donated equipment to our partner hospitals through their respective Lutheran Church offices. They also continue to collect Newborn Kits, Hospice Kits to send in the shipping in the containers and they remain very much in demand.

Our Saviors has been a generous contributor to the financial work and in supplying kits. Our Saviors Youth Group has also done sorting in the warehouse within the past year, this was very much appreciated. One of the most important functions of GHM is the service of GHAP, Global Health Administration Partners. On invitation from any one of the health administrations or hospitals that we serve, they consult with them on financial, infrastructure and management issues. This gives our donors the assurance that their contributions will be used in the most effective way possible. With an annual budget of about \$1.8 million, financial responsibility is very important.

The Newsletter, details of the work, success stories, and invitations to serve can all be found on the GHM website. If you go there, plan to spend a half-hour or so, there is a wealth of links and information.

James B. Buhr, GHM Board Member

# Have you heard about...

*Website, book, or podcast recommendations from one of your pastors to help you grow in your faith.*



[www.pray-as-you-go.org/](http://www.pray-as-you-go.org/)  
or find the App

### **From the Website:**

A new prayer session is produced every day of the working week and one session for the weekend. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer. Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection. Although the content is different every day, it keeps to the same basic format. There are also a number of prayer tools, retreats and resources to help supplement your prayer life.

**From Pastor Emmy:** I have the Pray As You Go App on my phone, so listening to these prayers is very convenient. I sometimes listen to them in my morning car ride or to experience a bit of calm in the midst of a full day. In addition to the daily prayers, I've made use of the themed prayer "retreats" to enrich my spiritual life. The music and words feel like wrapping my soul in a cozy blanket – they bring me comfort, while also challenging me to be more fully who God made me to be.





## Highlights from the January Congregation Council Meeting

**Annual Meeting Preparation:** In preparation for the annual meeting on Sunday, January 26, the agenda, 2020 posed budget, and building project proposal were reviewed. Further information about these items can be found in the annual report, available at the church.

**New Synod Bishop Election Process:** As the Eastern North Dakota Synod prepares to call a new bishop in June, congregations are invited to submit up to 3 names of pastors to serve in this call. Members of Our Savior's are invited to submit names and where someone is currently serving in writing to the church office by February 9<sup>th</sup>. At the February Council meeting, the council will review names to be passed along.

**Contemporary Worship Update:** In consultation with Contemporary Worship Volunteers, we will be taking a break from Contemporary Worship at Our Savior's.

**Altar Relocation:** During Advent, the congregation tried a holy experiment and moved the altar forward. Feedback has been very positive, that this change enhances our worship time. The council showed their support for the altar to remain facing forward.

### Transitions in the Congregation:

**Deaths:** Nancy Odegaard, John (Jack) Dahl

**Weddings:** Derek Kohler & Janna Strege

**New Members:** Billy Quick, Josie Olson



## Opportunities for you to Growing in Faith

**Monday Morning Prayer Group** meets at 9:30 am in the Library, located off the back of the sanctuary. Enjoy a chance for silent prayer, a devotion, and lifting up of prayers for our community.

**Wednesday Bible Study** meets at 9:30 am in the Gathering Room. In February, we'll explore people from the Old Testament and what they teach us about living in faith. Come when you can.

**A NEW Bible & Faith Discussion Group** plans to meet the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 7:00-8:00 pm in the church library (just off the back of the worship space). Come on February 5 and 19 to check it out. This is a great opportunity for parents of Confirmation students to connect and encourage each other in faith and life. No previous Bible Study experience necessary.

**Saturday Morning Men's Bible Fellowship** meets at 7:30 am in the Gathering Room. Come for encouraging conversation and Bible reading.

**Bible Book Club** meets monthly. Join us February 18 at 1:00 pm in the Gathering Room for conversation on the Gospel of Matthew, Chapter 17-28. Read the book in advance or simply come and sit in on the conversation.

**Christ in our Home Daily Devotions** are available at the church. Pick up a FREE copy and enrich your life with regular Bible reading, reflection and prayer.



Back in my Sunday School student days, I remember singing “Fill my cup and let it overflow. Fill my cup and let it overflow, oh-oh-ya. Fill my cup and let it overflow. Let it overflow with love.” So what fills your cup? In the same way that tending to our physical and emotional health promotes well-being, tending to our spirituality is a part of our well-being.

Author Gary Chapman suggests that there are five “love languages” through which people give and receive love: Words of Affirmation, Quality Time, Gifts, Acts of Service, Physical Touch. Likely, one of these love languages is your primary language – meaning that is how you most often show love and prefer to receive love. We experience these in our relationships with other people, but also in our relationship with God.

So, what fills your cup? Most likely, your primary love language will have something to do with what makes you feel spiritually well. Below are suggestions for spiritual practices connected with each of the love language. Perhaps you’ll be encouraged to keep doing what your doing or perhaps you’ll be inspired to try something new.

**Words of Affirmation:** Read the Psalms to offer praise to God. Make a list of what you are grateful for. Listen to hymns or praise music. Write a love letter to God and imagine what God writes in a love letter to you.

**Quality Time:** Carve out time daily or weekly to pray, read scriptures or do a devotion. Before going on a walk, write a Bible verse on a sheet of paper and memorize it while you move. Pray as you shower, do the dishes, or move snow from the driveway.

**Gifts:** Make financial gifts to a favorite organization or your church. Donate items to the Food Pantry, Abused Person’s Outreach Center, or Community Closet. Offer words of encouragement to a complete stranger or send a card to a friend.

**Acts of Service:** Volunteer. Deliver Meals on Wheels. Be a Servant Coordinator or let the church office know you’d be willing to serve at funerals. Do a kind act for a neighbor. Share a meal with someone.

**Physical Touch:** Bless yourself or someone in your home by making the sign of the cross on the forehead, hands, feet, lips, eyes, and ears. Pay attention to wind blowing across your face or water falling over your hands, as a reminder the Holy Spirit’s presence and forgiveness. Go out of your way to share the peace with people in worship on Sunday morning. Ask someone who seems down if you can offer them a hug.

Psalm 23 reads, “my cup overflows.” May it be so for you. God’s love for us isn’t dependent on what we do, but spiritual practices lead us to know God’s love more fully and prepare us to share that love more generously with others.

Grateful to be growing in faith with you,

Pastor Emmy Swedlund