

## Federated Family Fun Night

### Fridays in February

6:30 p.m.

Federated Fellowship hall

(more details on p. 6)

## Confirmation Sunday

FEBRUARY 26

10 a.m. Worship (one service)

11 a.m. Cake Reception



## February Worship

**FEBRUARY 5** 9 and 11 a.m. Worship

**Peer Pressure from the Pharisees**

*Pastor Doug Dent*

Matthew 5:13-20

Celebration of the Lord's Supper (9am & 11am)

House of Hope Team Commissioning (11am)

**FEBRUARY 12** 9 and 11 a.m. Worship

**A Resolution Worth Keeping**

*Pastor Ed Morgan*

Luke 2

**FEBRUARY 19** 9 and 11 a.m. Worship

**Break Point!**

*Pastor Ed Morgan*

Isaiah 40 and Mark 1

**FEBRUARY 26** 10 a.m. Worship

**CONFIRMATION SUNDAY**

**Stretch Goals**

*Pastor Doug Dent*

## Dates to Remember

**FRIDAY, FEBRUARY 3**

**Federated Family Fun Night**

6:30 p.m., Board Game Hodge-Podge

**SUNDAY, FEBRUARY 5**

**Super Soups for Souper Bowl Sunday**

Noon, Fellowship hall

**First Sunday Bible Study**

Noon, location in church building TBD

**FRIDAY, FEBRUARY 10**

**Federated Family Fun Night**

6:30 p.m., Card Games

**SATURDAY, FEBRUARY 11 -**

**SUNDAY, FEBRUARY 19**

**House of Hope Mission Trip**

Zacapa, Guatemala

**FRIDAY, FEBRUARY 17**

**Federated Family Fun Night**

6:30 p.m., Vintage Board Games

**SUNDAY, FEBRUARY 19**

**Birthday Cake Sunday**

10 a.m., during coffee hour

**FRIDAY, FEBRUARY 24**

**Federated Family Fun Night**

6:00 p.m., Pizza! and Railroad Games

**SUNDAY, FEBRUARY 26**

**Confirmation Sunday**

10 a.m., Worship & Confirmation

11 a.m., Cake Reception



## Pastor's Pen

Pastor Doug Dent

This month I am realizing a long-held dream: my whole family is going to Guatemala as part of the House of Hope Mission Team. This will be my eighth trip to Guatemala (my first three were with my previous congregation working with a different mission) and every time I go I am overwhelmed by the hospitality of the people, humbled by their faithful witness to the gospel, and encouraged by the time spent with team members. I'm excited to have my family with me to experience all the wonders and blessings of Guatemala.

Each year the team is blessed by the generosity of our congregation. We are grateful for the items you purchased for us to share in Guatemala: pens, pencils, crayons, notebooks, toy cars, hair pins and ribbons, stickers, and crafts. We are pleased, too, to have raised enough funds through the Christmas Eve offering to feed two villages and to provide something for the kids at the House of Hope (shoes or backpacks or some other needed items) which we will shop for in Guatemala.

Each time I go to Guatemala, I am reminded of the prophet Isaiah's words: How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" This year will be a bittersweet trip – the first without Mike Loomer's help – but in his honor, and with good memories of his participation, we will share what Mike believed: "God is good all the time. And all the time, God is good."

Hold the team in prayer this month: Karen Anderson, Makiya Cavalier, Doug Dent, Jonathan Dent, Madalyn Dent, Suzanne Johnson, Michelle Loomer, Abby MacFarlane, Linda MacFarlane, Jordan Schiefert, Evan Westra, Paige Westra and Ryndel Vogel. We will be gone eight days (Feb. 11-19), working at the House of Hope, sharing our faith stories, bringing food to mountain villages, and enjoying some warm sunshine.

See you when we get back!  
Via con Dios! (Go with God!)  
Pastor Doug



## Bible studies and discussion groups

### Adult Bible Study

SUNDAY MORNINGS 10 a.m.

For most of us, Confirmation was a long, long, long, long time ago. Perhaps we've forgotten some of what we learned. Perhaps we didn't pay all that much attention the first time around... Well, you are invited to join Pastor Doug on Sunday mornings at 10 a.m. for a Confirmation refresher course with an informal discussion about important aspects of our faith and witness.

### Women's Bible Study

THURSDAYS 10:30 a.m.

Women's Bible Study meets every Thursday at 10:30am in the church parlor. All women are invited! The current study is called *By the Will of God*, an eight-part series on Ephesians published by Sola Publishing Company. Join us!

### Men's Bible Study

MONDAYS 12 p.m.

Men's Bible Study meets on Mondays at noon for one hour. Men are currently studying the book of Acts. All men are invited to join us!

### First Sundays

SUNDAYS 12 p.m.

'First Sundays' is a monthly forum for biblical and topical studies led by Pastor Doug Dent. We begin with a light lunch after worship (Noon) followed by the study. All are welcome!

February 7	Books Between the Testaments
March 7	Compassion as Spiritual Discipline
April 2	Class Warfare in the Bible
May 7	The Tomb of Jesus



## Community News

### Grief Support & Education

2ND TUESDAY OF EACH MONTH 1:30 p.m.

4TH TUESDAY OF EACH MONTH 5:00 p.m.

Grief support group meets at Lakeland Hospice Offices (Eisenhower Complex - 805 E. Channing Ave, Fergus Falls) on the 2nd and 4th Tuesday of each month, for an hour each time. All groups are open to any adult who is grieving the death of a loved one. The groups are confidential and free of charge. People can begin attending any time. Please call LBHomes Lakeland Hospice for more information (218-998-1400).

### Kiwanis Pancake Feed

SUNDAY, FEBRUARY 5 8:00 a.m. - 12:30 p.m.

The Fergus Falls Noon Kiwanis is hosting a Pancake and Sausage Feed on Sunday, February 5 at the YMCA from 8:30 a.m. - 12:30 p.m. Tickets are available from Noon Kiwanis members or the FF Chamber of Commerce; cost is \$6 for adults and \$3 for children 12 and under. Proceeds will benefit children in Fergus Falls and surrounding communities. In addition to pancakes & sausage, there will be family activities, including a kids bounce house! This is a Fergus Falls Frostbite Festival sponsored event.

### Women's IF:GATHERING

FEBRUARY 3 & 4

Several area churches are hosting an IF:Gathering on February 3 & 4 (Friday 4:30 p.m. - 9:30 p.m.; Saturday 8:30 a.m. - 5:00 p.m.) IF:GATHERING is a live simulcast featuring many Christian women speakers and authors. All women are invited to attend.



The event will be held at Life Church (901 Co Hwy 116. Cost is \$25, and includes simulcast, meals and snacks for both days. You must pre-register at ifgathering.com. Email any questions to iffergusfalls@gmail.com.



## Things to know from the DCO

Rev. Ed Morgan

As we begin a new year, I am reminded of one of my favorite hymns, *Our God, Our Help in Ages Past*. The first verse gives us a lot of hope for the coming year, "Our God, our help in ages past, our hope for years to come, our shelter from the stormy blast, and our eternal home." In our country and in our world, this is a year of uncertainty. However, the song, taken from Psalm 89, assures us that God is our hope. God does not change. God is always the God of love. God always wants what is the best for us.

As we look back, we can say, "Thank you, O God, for a wonderful 2016." As we look forward, we can say, "Thank you, O God, for being with us." Like

most years, 2017 is a good year to be involved in our church. We need people with all kinds of talents to step up and use their talents to be a blessing to our church and to the world around us. Our church will take some important steps into the future God has for us. We will continue to live into the vision God has given us to have "Open Hearts. Open Minds. Open Arms."

Thank you for allowing me to be a part of this journey.

Partners in Christ's ministry,

Rev. Dr. Ed Morgan





## Kids Club

We are half-way through our third session of Kids Club for the 2016-2017 year. This series focuses on the parables of Jesus—we've heard the stories and discussed the meaning of the parable of the sower, the parable of the great feast, and the parable of the treasure in a field. The kids are VERY good at figuring out the hidden meanings in these special stories Jesus told—it is wonderful to hear them make the connections and offer up their perspectives. We have three more stories to go, and then we will take a short two-week break at the end of February due to the Guatemala trip (several of the Kids Club leadership team will be gone). Our last session in February will be Wednesday, February 8th, and the next session will start up again on March 1st. The spring session of Kids Club will be spent learning about putting on the full armor of God! Be sure to have your children continue with this awesome fellowship group!

**Please note: there will be no Kids Club on Feb. 15 or Feb. 22. The next session begins on March 1st.**

## Sunday School

We continue to have quality Sunday school classes each week for children ages pre-K through 6th grade. It is such a joy to check in with the classes each week to see how they are doing! Our teachers make learning so fun—there is always great discussion and creative activities to illustrate the lesson. Music time is also a wonderful place for the whole Sunday school community to gather and share prayers and joys and sing praises to God. The children will be singing during worship on Palm Sunday (a one-service Sunday), so be sure to be there to hear their voices!

## Confirmation

We have five students to confirm this year: Brayden Aasen, Jackie Borowski, Jozee Lee, Tucker Ugstad and Ryndel Vogel. Please hold them in prayer as they complete their course of study, write their statement of faith, and meet with the Deacons & Elders on February 23rd.

Confirmation Sunday is February 26, 2017 with worship at 10 a.m., followed by a coffee hour in honor of our newest members. This year, we are excited to welcome our brothers and sisters from Western Presbyterian Church as they celebrate Confirmation Sunday with us (Jackie Borowski's family are members at Western and she will join that congregation). Mark your calendars – join us as we rejoice with these young

men and women who are making a public profession of faith in Jesus Christ.

**Please note: There will be no confirmation classes on Feb. 15 or Feb. 22.**

Once Confirmation classes finish for the year, seventh and eighth grade youth are invited to continue coming to the church building after school for youth group on Wednesdays beginning on March 1st. We began this group last year in the spring, and it was A LOT of fun! We also hope to have fellowship events, such as visiting Skyzone in Fargo and having a lock-in later this spring. More details will be available once the youth group begins.

## Youth Group

Youth group continues to meet each week, with learning, games, and fellowship. This month, we are discussing the nature of evil—how we define it, how it fits into our world, and how we identify and avoid it. Needless to say, our talks have been very passionate and enlightening! Our senior high youth are very discerning and compassionate people. I believe they are a great support to each other, and that is wonderful to see on a weekly basis.

After many attempts at “extra” fellowship events, we had a lively game night at the Dents in mid-January. We all have a great time putting our phones aside and having fun together. It is quite a challenge finding time for a majority of people in our group—we have super-talented, extremely busy youth in our church! So any time we can carve out to be together is truly a blessing! In addition to our regular Wednesdays for the next month, we have a lock-in scheduled for March 17th at 8:00 p.m. to March 18th at 8:00 a.m. Another news item of note is that a small team of youth will be working in conjunction with me to create some good activities for later spring and summer—really looking forward to this!

## UPCOMING EVENTS

### Senior High Youth Group Schedule for February:

Wed., Feb. 1st	7:30 p.m.	Regular youth group
Wed., Feb. 8th	7:30 p.m.	Regular youth group
Wed., Feb. 15th		NO YOUTH GROUP!!!
Wed., Feb. 22nd	7:30 p.m.	Regular youth group

*Christian Education and Youth*

## Local Mission

Thank you for your continued generosity with the Local Mission Fund! Those who are helped by this fund are extremely grateful for the extra support they receive during tough times. According to our policy, we are able to help each family or individual three times during a 12 month period, with up to \$100 a time, depending on funds. We assist with food, utilities, rent, and, in emergency situations, a night at a hotel. We were able to help many families and individuals during December and January, and the fund is once again empty. Donations can be put in the offering plate with Local Mission Fund in the memo line or dropped off in the church office. Thank you!!

During the month of December, we were able to help **30** families or individuals with a total of **\$2,005.00**, used for food, household goods, rent or utilities. So far in January, as of January 25, we have helped **27** families or individuals with **\$1,903.76** towards food, household goods, rent or utilities.

We keep a supply of soap, lotion, toothpaste, conditioner, toothbrushes, toilet paper, etc. on hand at the church to give to people who come in needing assistance. If you have extra at your home, bring them in! We'll give them away.



## Special Sundays

One Sunday each month we will worship together at 10 a.m. and celebrate a special event in the life of our faith family. Please mark your calendars—you won't want to miss this!

February 26	Confirmation Sunday	Reception following worship
April 9	Palm Sunday	Coffee Hour following worship
April 16	Easter Sunday	Coffee Hour following worship
May 21	Ice cream social	Sundaes following worship



## Parish Nursing Notes

Connie Seltz  
Parish Nurse Coordinator

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“The typical American consumes way too much sugar in their diet. Sugars are found naturally in fruits (fructose) and milk products (lactose). However, the majority of sugar that Americans ingest are sugars added to foods during processing, preparation or at the table. According to Dietary Guidelines for Americans 2010, added sugars contribute an average of 16 percent of the total calories in American diets. The biggest culprit for added sugars are regular soft drinks.

Diets high in sugar can have many

adverse effects on the elderly and can increase the risk of certain diseases, including heart disease, type-2 diabetes and cancer. Although maintaining a healthy body weight is important, a 2015 study published in the Journal of the American Medical Association noted that too much added sugar in the diet increases the risk of heart disease regardless of confounding factors like weight. The danger of developing mild cognitive impairment also rises with a diet heavy in sugar.

A great way to reduce daily sugar intake is to eliminate those sugary soda drinks and limit desserts and candy. Keep in mind, many fruit

juices can have a high sugar content. Grape juice contains more sugar than any other type of juice. A 12-ounce glass of grape juice contains over 58 grams of sugar. This is 20 more grams than a 12-ounce can of Coca-Cola. Apple juice and orange juice are also high in sugar. Boxed juices are rarely 100 percent juice and instead have added flavorings, colorings and sugars. The best way to remove excess sugar from your diet is to eat natural food. In other words, find food that is unprocessed, does not come in a package and does not contain a label. Let's start the new year right and put a lid on sugar consumption.”

# Committees

## Multigenerational Learning and Fellowship

KAREN ANDERSON

The Multigenerational Fellowship and Learning Committee held a new event this January! We facilitated a "Breakout EDU Game" on Saturday, January 21st. The game involved three teams competing to open a series of locks by answering various questions and challenges. Everyone did a great job and seemed to really enjoy the process. Mindy Christianson, daughter of Carolyn Anderson and a teacher at the high school, ran the games and helped us with the process. A special thank you goes out to Mindy, as well as the whole committee, for running a unique and successful fellowship event! We hope to do future games of this nature for all age groups at the church!

## Fellowship

KATHY GILBERT

### Souper Soups for Souper Bowl Sunday

The Federated fellowship committee invites you to enjoy a Soup Luncheon on Super Bowl Sunday, February 5th, following the 11 a.m. worship service. Soup will be served in the fellowship hall at noon. Free-will donations will go to the local mission fund. **Mark your calendars and join us!**

**Birthday Cake Sunday** is February 19th, during the 10 a.m. coffee hour. Enjoy cake provided by members of the congregation with others who share your birth month. This is always a fun (and delicious!!) event! If you are interested in being a cake-baker, contact Matt Solin (218-731-1731).

## Federated Family Fun Nights!

Every Friday in February  
in the Federated Fellowship hall

February 3 | 6:30 p.m.  
February 10 | 6:30 p.m.  
February 17 | 6:30 p.m.  
February 24 | 6:00 p.m.

Board Game Hodge Podge  
Card Games  
Vintage Board Games  
Pizza Feast & Railroad Games

Bring your favorite board game and a snack to share.

Questions? Contact Dennis Bowman 998-0717 or dbowman@fergusotters.org

## Annual Meeting

The Annual Meeting of the Congregation was on Sunday, January 22nd. Following a lunch provided by the Deacons & Elders, Pastor Doug opened the meeting with prayer. Highlights of the meeting were approving the agenda and minutes from the 2016 annual meeting; going over the new committee members for 2017; dismissing with thanks the 2016 nominating committee; selecting the 2017 nominating committee; approving Pastor Doug's compensation for 2017; and acknowledging, with thanks, all those completing their committee term and all the volunteers who do so much behind the scenes around the church building. The annual report can be found on the website; hard copies of the report and budget are available in the church office.



# Business as usual

## Service Groups

### FEBRUARY SERVICE GROUP

#### GROUP #5

Jim and Phyllis Behrends  
Elizabeth Hatling  
Kathy Hatling  
Jeremy and Jen Jensen  
Steve Lockhart and Donna Ohe  
Tiny Macheel  
Jacinta Macheel  
Ann Porter  
Mary Jones Olson  
Duane and Carol Rose  
Melissa Saurer  
Donna Solin  
Joan Tester  
Greg and Kathy Truax

### MARCH SERVICE GROUP

#### GROUP #6

Dennis and Jean Bowman  
Dennis and Lu Echelberger  
Paul and Tina Eckhoff  
Cindy Holte  
Love Ell Hultin  
Karen Johnson  
Ross and Lisa Johnson  
Jan Knackendoffel  
Bev Lambert  
Gary and Roxane Nereson  
Gene and Dorothy Porter  
Al and Connie Seltz  
Art and Lee Syverson  
Gerry and Anne Worner  
Vern and Joyce Youngren

## Greeters and Coffee Hosts

### FEBRUARY 2017

#### Sunday, February 5

9AM Ann Porter & Jerry Fletcher  
11AM Steve Lockhart & Donna Ohe

#### Sunday, February 12

9AM Jeremy & Jen Jensen  
11AM Greg & Kathy Truax

#### Sunday, February 19

9AM Mary Jones Olson and  
Donna Solin  
11AM Kathy & Elizabeth Hatling

#### Sunday, February 26

Confirmation Sunday  
10AM Duane & Carol Rose

**REMINDER:** You are also the coffee hosts for that Sunday. If you are unable to do it the Sunday you are assigned, it is your responsibility to find a replacement. Check your email for information on greeter and coffee host duties. Please add church@federatedff.org to your safe senders list. If you don't use email, please check the bulletin board in the narthex for the information.

## The church staff wants to know...

We rely on you to contact us with your email, phone or address changes. If you are not receiving our emails, but would like to, please contact church office. Also contact us for pastoral care or parish nursing needs. Please call 218-739-3227 or email church@federatedff.org

UNION AVENUE NEWS

## Ministry Nite: February 14 - 6:30PM

Please email your minutes to church@federatedff.org. If you are unable to attend, please contact your chairperson. If your committee does not make a quorum, please schedule a time for your committee to meet before the next Ministry Nite. Reminder: Committees do not meet in July.

## Stewardship Report

General Fund Report	
Revenue	\$30,283.07
Expenditures	\$36,909.58
Year to Date Pledge Offering	
Budgeted	\$356,780
Actual Received	\$364,202

## Grocery Receipts

THE GROCERY RECEIPTS  
FOR DECEMBER

Sunmart	
December	\$431.00
Total as of 1/1/17	\$65,659.45
Service Food	
December	\$4,959.72

## Newsletter Deadline

Articles and announcements are due the 15th of each month. Please send the by email whenever possible. The church staff reserves the right to edit articles for content and space.



224 North Union Avenue  
Fergus Falls, MN 56537

ADDRESS SERVICE REQUESTED

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U.S. POSTAGE  
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FERGUS FALLS, MN  
PERMIT #285

Time sensitive information  
Please deliver by January 31.

## Condolences

Anne Worner on the loss of her mother, Ruth Peterson

Tanya Westra on the loss of her brother, Justin and  
uncle, Terry

Friends and family of Mavis Warn on the loss of Mavis

Friends and family of Aflred (Bud) Anderson on the loss  
of Bud

*"I am the resurrection and the life," says the Lord.  
"The one who believes in me will live, even though they  
die; and everyone who lives and believes in me shall  
never die." John 11:25-26*

## Congratulations!

Fiona Rundquist, Dove Schierer, and Tessa Becker for  
their participation in the School Spelling Bee!

## February Birthdays

02/01	Ella Childs	02/12	Greg Truax
02/02	Robin Andrews	02/12	Alicia Paulzine
02/03	Donna Hendel	02/14	Perrie Sheldon
02/03	Karen Orcutt	02/14	Doug Dent
02/03	Jona Brown	02/16	Brennan Olson
02/03	Robert Stout	02/18	Carol Bopp
02/04	Norma Loomer	02/19	Love Ell Hultin
02/04	Anna Sundheim	02/19	Marjan Schuetze
02/05	Olivia Jensen	02/20	Shana Johnson
02/06	Jim Knapp	02/21	Barb Flom
02/06	Tanya Westra	02/22	Bruce Bopp
02/08	Patty Lindholm	02/22	William Johnson
02/08	Ida Gustafson	02/24	Madilyn Michael
02/09	Lee Syverson	02/25	Marsha Sperling
02/10	Luke Collins	02/27	Benjamin Schierer
02/10	Kurt Johnson	02/27	William Nuss
02/10	Andrew Link	02/28	Gary Nelson
02/11	Kitt Schara	02/28	Mark Thompson
		02/29	Ruby Schmidt



The Federated Church is a joint ministry  
of The Presbyterian Church (USA) and  
The United Church of Christ.

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