

The Union Avenue News

www.federatedff.org

church@federatedff.org

March 2015

United Way Food Drop

The Federated Church is sponsoring a United Way Food Drop on Friday, March 27th at the Fergus Falls National Guard Armory. Volunteers are needed for the following shifts:

9:30AM – 11:00AM	—Set up and unload truck
11:00AM – 1:00PM	—Program & food distribution
1:00PM	—Clean up

Other volunteers are needed for the following:

1. Walking participants to programs/tables
2. Participant intake
3. Managing long lines
5. Cleanup
4. Delivering food to participants' vehicles
5. Crushing cardboard

Please contact Christi Stoll at 218-770-9406 or volunteeruwotc@yahoo.com to volunteer.



A Box of Blessings

Cancer Care Kits

We are a congregation greatly affected by cancer in the past few years; we all know someone who is bravely battling cancer. We have the opportunity to provide Care Kits to individuals receiving treatment at the Lake Region Cancer Center.

Care Kits include items that will help to make the treatment process a little easier to bear; they are intended to provide comfort and hope. Each Box of Blessings will be prepared by our youth and distributed by the Cancer Center. In this way we can be a partner with our neighbors fighting cancer—we can be one more piece of their treatment team.



Items to donate

Lip balm*
Cough drops*
Hard candy*
Chewing Gum*
Back Scratcher
Prayer Shawl

Chemo Caps
Non-scented lotion*
Aquaphor® Healing Ointment*
Small packages of Kleenex®
Hand Sanitizer
Digital Thermometer

Notepad and pen
Game books (crossword, Sudoku)
Slipper socks with grips
Pocket Calendar
Water Bottle (hard plastic, reusable)
Eye masks

Items to donate

***no cinnamon and in original packaging!**

Financial donations may also be made as some items and packaging may need to be purchased.

If you're interested in covering the price of one full box, the price is estimated to be \$85/box.

Questions? Contact the church office at 739-3227.

Federated Church
224 N. Union Ave.
Fergus Falls, MN 56537

ADDRESS SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit #285
Fergus Falls, MN 56537

Time Sensitive
Information
Please deliver by
Feb. 28th

Worship Schedule

9:00am Contemporary Worship
9:45am Education Hour
10:00am Coffee Hour
11:00am Traditional Worship

First Sundays of the Month

Communion served at each service.

Blood Pressure clinics held during the Fellowship hour by the Parish nurse.

Know your Neighbor Sunday Name tags distributed before each service.

First Sundays with Pastor Doug. From October to May, Join Pastor Doug the first Sunday of each month for an in depth look at some exciting and eclectic topics.

Ministry Nite

Committees meet the 2nd Tuesday of the month at 6:30pm.

Reminder: Committees do not meet in July

Other Meetings

Men's Bible Study meets every Monday at noon in the parlor.

Women's Bible Study meets every Thursday at 10:30am in the parlor.

Deacons & Elders meet the third Thursday of the month at 6:30pm.

Stephen Ministry meets the first Tuesday of the month at 5:30pm.

Call the Church office if
you have any questions!
218-739-3227



Growing together in God's love...
From generation to generation.

Come as you are...
Visitors expected

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

The Pastor's Pen...



Just imagine that this Lent is going to be different from every other Lent we've experienced. Imagine that there will be many graces offered us this year. Let's even imagine that God is going to help transform our lives with greater freedom, greater joy, and deeper desires for love and service.

Preparing our hearts is a process of preparing our desires. This means practicing our sense of anticipation. If we imagine Lent as an "ordeal" or a time to dread in some way, then we've already pre-disposed ourselves to not get very much out of it. These days before Lent are a time to start anticipating something wonderful that is about to happen.

Our sense of excitement and anticipation will grow more easily if we begin to imagine what God wants to give us. There is something coming that we can truly look forward to. If we get too focused on ourselves and what we are going to do or not do, we could risk missing the gift God wants to give us. We have to keep aware of the fact that grace comes from God. This is about God's great desire to bless us. With this mindset, it is easier for us to imagine that what we really want to do is place ourselves in a space to receive what God wants to give us.

We receive God's gifts as body-persons: we experience things with our senses, relish them with our imaginations, and share in God's own creative and loving activity when our hearts and hands work together for and with others.

We can let our homes be places full of the holy – things that help raise our minds and hearts to God. Our world is full of so many images that lure our minds and hearts elsewhere. Some symbols will carry the ongoing meaning we give them, for us and for our families and loved ones.

We can make sure that we have a cross in a central place in our home during Lent. A bowl of water on our dining room table can be transformed into a reminder of our preparing to renew our baptismal promises. A candle can be lit at each meal to remind us of the light of Christ among us in Lent and to prepare us for the new fire being lit at Easter. Placing a Bible in a central place in our home reminds us of the central place of God's Word in our lives on this Lenten journey.

This year's Lent can be different. It will take an openness to God's grace, a deep desire to receive what is being offered us, and a few signs and symbols to help us stay focused throughout the season. But if we do these things, God's desire for our hearts and our desire for greater union with God will meet. Lent will no longer feel like a burden, but rather a blessing.

Have a blessed Lenten season.

Pastor Doug

Deacons & Elders

At their regularly scheduled meeting on February 19, 2015, the Deacons & Elders:

- Welcomed the confirmation class into membership:
Camen Andrews, Ronnie Becker, Tommy Bowman, Ben Nuss, and Rosemary Rundquist.
- Welcomed Jolene Beck into membership;
- Noted with sadness the death of Cindy Dean;
- Hired the Rev. Karen Anderson-Dent as Interim Christian Education Director;
- Received a report about the Presbytery of MN Valleys meeting from commissioner Ross Stone;
- Approved minutes from the annual meeting of the congregation on January 25, 2015;
- Appointed chairpersons for 2015;
- Discussed a new staffing plan for the successful growth of The Federated Church



Doug Snaza. Director of Christian Education

Jr/Sr High

During the month of March, the Sr High Youth Group will be volunteering at The Welcome House and looking at healthy relationships—our relationship with God, our relationship with others, and healthy dating relationships. The Jr High Youth Group will be doing a Bible study on Revelation and are invited to come to volunteer at The Welcome House on March 4th.

Upcoming Events:

4th	3:30PM	Jr High Youth Group
	5:30PM	Lenten service
	6:00PM	Dinner
	7:30PM	Youth Group—volunteering at The Welcome House
11th	3:30PM	Jr High Youth Group
	5:30PM	Lenten service
	6:00PM	Dinner
	7:30PM	Sr High Youth Group
18th	3:30PM	Jr High Youth Group
	3:30PM	Youth prepares Lenten dinner!
	5:30PM	Lenten service
	6:00PM	Dinner
25th	3:30PM	Jr High Youth Group
	5:30PM	Lenten service
	6:00PM	Dinner
	7:30PM	Sr High Youth Group
27th	9:00AM	United Way Food Drop @ Armory

KIDS

Upcoming Events:

4th	3:30PM	Kids Club—Creation Day 2
11th	3:30PM	Kids Club—Creation Day 3
18th	3:30PM	Kids Club—Creation Day 4
25th	3:30PM	Kids Club—Creation Day 5

Kids Club

The next session of Kids Club began on February 25th and continues until April 1st. The theme for this session is Days of Creation. The next session of Kids Club will start on April 15th (no kids club on April 8th.)

Sunday School

We are still in need of nursery attendants for Sunday mornings (8:30am—noon), Ministry Nite, and special services. In the meantime, we are asking for volunteers to help in the nursery on Sundays. The sign up sheet is next to the nursery door. If no one is signed up for a particular day, the nursery will be open, but we ask parents to stay with their children.



Confirmation Sunday was February 22, 2015. We worshipped together and welcomed our newest members: Camen Andrews, Ronnie Becker, Tommy Bowman, Ben Nuss, and Rosemary Rundquist.



Summer Camp Registration is open! Check clearwaterforest.org for Summer camp dates and to register online. The Federated Church is offering scholarships to cover part of the cost of Clearwater Forest or another summer camp. Camp scholarship forms can be found outside the church office. Please return the completed form to the office by May 1st.



Worship at The Federated Church

March 1, 2015 9AM and 11AM	“The Big Picture” Daniel 7 Celebration of The Lord’s Supper (both services) Jon Stommen-Campbell musical premieres (11AM)	The Rev. Douglas Dent
March 8, 2015 9AM and 11AM	“When the Big Rock Falls” Daniel 8	The Rev. Douglas Dent
March 15, 2015 9AM and 11AM	“Entering Their Pain” Daniel 9	The Rev. Douglas Dent
March 22, 2015 9AM and 11AM	“The Three-Touch Gospel” Daniel 10	The Rev. Douglas Dent
March 29, 2015 Palm Sunday	“Face Like Flint” Isaiah 50:4-9 and Luke 19:28-40	The Rev. Douglas Dent



Wednesday Lenten Services (5:30 pm) & Suppers (6:00pm)

February 25, 2015	Ruth Aulds	Supper by Rick Schara
March 4, 2015	Jeanette Haas	Supper by Russ Larsen & Dave Whipple
March 11, 2015	TBA	Supper by Mark Rodning
March 18, 2015	Cindy Spidahl	Supper by the Youth
March 25, 2015	Cheryl Harrington	Supper by John MacFarlane

Holy Week Services

March 29 th (10AM)	Palm Sunday
April 2 nd (7PM)	Maundy Thursday (Communion)
April 3 rd (7PM)	Good Friday
April 5 th (9AM & 11AM)	Easter Sunday (Communion)

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

March 29th	Palm Sunday	Coffee hour following worship
April 26th	Senior Brunch	Brunch following worship
May 17th	Ice Cream Social	Sundaes following worship

The Federated Church choir will be premiering two pieces written for The Federated Church by Composer in Residence, Jonathan Strommen Campbell. Both pieces, *O God, You Call Us Through the Years* and *The Final Harvest* will be performed during the 11AM worship service on March 1st.



Newsletter Deadline

Articles and announcements for the monthly newsletter are due on the 15th of each month. Please send them in electronic form (email) whenever possible. The church staff reserves the right to edit articles for content and space.

March Service Group Group #2

Martin and Kim Anderson
Doug and Barb Becker
Jerry and Nancy Bogen
Jacob and Karoline Gustafson
Jerry and Donna Hendel
Tim and Lila Hiedeman
Carol Hoivik
Phil and Lori Kugler
Russ and Renee Larsen
Phil and Mary Link
Jean McKenzie
Ken and Marjan Schuetze
Mike and Patty Shol
Darren and Erin Smith
Bonita Stock
Joyce Stock
Mark and Tanya Sundberg

April Service Group Group #3

Norma Bell
Kim Dean
Charles Ebbighausen
Joan Ebbighausen
Vaughn Ebbighausen
Terry and Abby Harthun
Brian and Nancy Malchert
Wally and Mary Moe
Gary and Jan Nelson
Iona Saunders
Rick and Kitt Schara
Clyde and Beth Schlepp
Gerald Skibness
Bob Stout
Olaf and LaVane Ugstad
James and Amy Underdahl
David and Vivan Whipple
Ruby Whipple
Vanessa Whipple
Skip and Char Zielin

Greeters and Coffee Hosts

March 2015

Sunday, March 1st

9AM— Jacob & Karoline Gustafson

11AM— Russ & Renee Larsen

Sunday, March 8th

9AM— Jean McKenzie and Bonita Stock

11AM— Doug & Barb Becker

Sunday, March 15th

9AM— Martin & Kim Anderson

11AM— Tim & Lila Hiedeman

Sunday, March 22nd

9AM— Ken & Marjan Schuetze

11AM— Jerry & Donna Hendel

Sunday, March 29th—Palm Sunday

10AM— Mark & Tanya Sundberg
and Darren & Erin Smith



****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.

Condolences to...

- ✦ Friends and family of Cindy Dean.
- ✦ Vivian Whipple on the death of her cousin, Kelly Peterson.

Thank you to...

- ☺ Thank you to everyone who came to celebrate my 90th birthday with me!
- Mary Anderson

March Birthdays

Char Zielin 03/01
Douglas Becker 03/02
Lisa Becker 03/02
Brian Rodning 03/02
Benjamin Nuss 03/02
Grace Saurer-Olson 03/02
Gabe Dean 03/06
Matthew Orcutt 03/06
Mark Anderson 03/08
M. Emilia Griego, Jr. 03/10
Jim Behrends 03/11
Karen Anderson 03/12

Jordan Schiefert 03/12
Carol Andstrom 03/14
Robert Flom 03/15
Ross Stone 03/17
Cindy Holte 03/17
David Whipple 03/18
Kayla Dean 03/18
Marian Wasvick 03/19
Martin Anderson 03/19
Willow Sundheim 03/19
Betty Larson 03/20
Cayden Hendrickson 03/20

A cluster of colorful balloons in shades of green, yellow, blue, orange, and red, tied together with black strings. There are small star-like confetti pieces around them.

Bonita Stock 03/23
Karen Bush 03/23
Madalyn Dent 03/25
Skip Zielin 03/26
Terri Skretvedt 03/26
Cleo Langseth 03/27
Vanessa Whipple 03/28
Ryan Truax 03/28
Robert Hansen 03/29
Tanner Johnson 03/29
Dolores Duncan 03/30
MacKenzie Meis 03/31

We apologize if we missed your birthday! Please email your birthday information to church@federatedff.org!

Ministry Nite!

March 10th is Ministry Nite. Committees meet at 6:30PM in the fellowship hall. Please email your minutes to church@federatedff.org. If you are unable to attend, 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.



First Sundays - Pastor Doug Dent

First Sunday Bible Studies are designed to be one-time, one-topic programs. We gather after worship for a light lunch and discussion. Each spring, members of the bible study choose the topics; then Pastor Doug spends time researching and preparing. Here is the lineup for 2014-2015:

Mar. 1st Simplicity as Spiritual Discipline

Apr. 12th The Book of Revelation (Date changed due to Easter!)

May 3rd James, the Brother of Jesus



Sunday Morning Bible Study - Pastor Doug Dent

Sunday Morning Bible Study, led by Pastor Doug, meets in the Parlor on Sunday mornings at 10AM. All are welcome!

Jan. 4th – April 26th Daniel: A Christ Centered Approach (12 weeks) (No class on Jan. 25th, Feb 8th or 22nd, Mar. 29th or Apr. 5th)

Men of the church!

Join us Mondays at noon for prayer and bible study in the church parlor. All are welcome. We are currently reading and discussing the book *Pray for Me: The Power in Praying for Others* by Kenneth H. Carter Jr.



Women of the church!

Join us Thursday mornings at 10:30AM for prayer and bible study in the church parlor. All are welcome. We are currently reading and discussing the book *Pray for Me: The Power in Praying for Others* by Kenneth H. Carter Jr.



Fergus Falls Community Food Shelf Annual Report

Each household gets an average between 65-100 pounds of food, depending on their family size. It is meant to be a 3-day emergency supply of food, but because of generous donations from organizations, businesses and individuals, what they receive lasts them twice that long.

In 2014, we saw an average number of 355 families per month came to the Food Shelf. We have seen that number increase steadily each year.

In 2014, we had 858 NEW people come to the Food Shelf seeking help. In January 2015, we saw 1,118 people, 116 of them NEW to us! We hear many stories of hardship and heartache. There are many people who are disabled, don't have money for groceries after paying for a new tire, their furnace broke down or their hours were cut at work.

There is no paid staff at the Food Shelf; we are 100% volunteer based! In 2014, our volunteers logged 4,658 hours working at the Food Shelf. The main supply of volunteers is from the area churches. We have several other groups that come from organizations, businesses and two groups that come in to satisfy a classroom requirement.

Our biggest push for donations is normally in March, but with the increasing needs of area families, it's imperative that we see donations continue throughout the year.

We are incredibly blessed with food donations, but would like to share that with every dollar of cash donated, we are able to purchase 5 TIMES the amount of food than if you or I were to walk into the local grocery store. We purchase from North Country Food Bank in Crookston, as well as locally.

Thank you to our congregation for your tremendous support through volunteers and donations! I would like to give a HUGE thank you to those from our congregation that volunteer during the year: Jan & Gary Nelson, Kathy & Del Zimmerman, Randy Wasvick, Wayne Link, The Federated Youth Group, Ingrid Morgan, and Char Zielin. Again, thank you all!

Mike Shol
Board Member
Fergus Falls Community Food Shelf

Parish Nursing Notes – Connie Seltz, Parish Nurse Coordinator

My dentist, Dr. Mark Murphy, told me during my recent oral exam that “dry mouth” resulting from medication side effects can cause cavities in as little as 6 months. Prescription drugs come with extensive literature that most of us read with interest so that we are alert to the unwanted effects. However, over-the-counter (OTC) purchases sometimes are not used with as much care and concern. For example, antihistamines used regularly should be a concern. Dr. Murphy’s advice comes in a hand-out “Xylitol Directions” posted on the Parish Nursing bulletin board. Warning: Xylitol is toxic to dogs! Here’s a summary of that posting:

Strive for Five

- Chew 5 pieces of gum 5 times a day for five minutes
- Use immediately after meals to reduce acid in the mouth
- Chew no more than 5 minutes or until flavor is gone.

Benefits of Xylitol

- Will increase production of saliva by 10X
- Reduces cavities from 60-80%
- Reduces bacterial plaque by 50%
- Is safe for diabetics
- Reduces acid in the mouth

Xylitol products Dr. Murphy recommends:

- Ice Breaker-Ice Cubes –Sugar Free gum
- Spry Xylitol Gum
- Glee Gum Sugar Free 100% Xylitol
- ACT Dry Mouth Lozenge
- Other products can be found online



Prayer Partners

studies show that one of the keys to quality youth development is for young people to receive support from at least three non-parent adults in their lives. Would you like to invest in the life of one of our youth by being a Prayer Partner? Youth K-12 will be creating a short bio to hang up in the Narthex along with a photo. If you are interested in being a Prayer Partner with any of the youth, please fill out the short bio form and submit it, along with a photo, to the church office. It will be hung up in the Narthex next to the youth you are partnered with.

Softball Pancake Fundraiser

Patty Shol is making her home-made pancakes (or maybe it's Betty Crocker!), so don't miss the pancake fundraiser for the softball team. The best pancakes in town! Served from 9:30 to 11:00 AM. on Sunday, Mar. 15. Come enjoy!!



Stewardship Report

General Fund Report—as of January 31, 2015

Revenue—\$30,575

Expenditures—\$28,911

Year to Date Pledge Offering

Budgeted —\$28,088

Actual received—\$28,116



Thank you for your continued generosity with the Local Mission Fund! Funds go out as quickly as they come in! There is much need in our community. Donations can be put in the offering plate with *Local Mission Fund* in the memo line or dropped off in the church office.

Local Mission Fund Report

January
38 families or
individuals helped
with \$2,550.00
towards food, rent or
utilities

As of Feb. 23rd
1 Family helped
with \$100
towards food, rent
or utilities



HOP INTO SPRING

The Federated Church Salad Luncheon & Baked Goods Sale

ALL YOU CAN EAT - \$6

Thursday, April 9th, 2015 – 11AM to 1PM

There will be a meeting to finalize details for this year's salad luncheon and bake sale **Thursday, March 19th at 11AM** in the church fellowship hall.

If you are interested in contributing to the luncheon, please contact the following:

To donate a salad: Jan Nelson (736.7324) or Arlene Worner (739-9467)

To donate rolls or bread: Bonnie Bergerud (736-5723)

To donate baked goods for bake sale: Carol or Deb Rose (739-9582)

To volunteer time or have questions: Janet Knapp (736-5711)

In past years, Debbie Rose has baked at least half of the baked goods for our bake sale. This year, due to her health, she may be unable to do any baking, so "Let's Do It For Debbie!" – bake cookies, a small pan of bars, doughnuts or bread. With a little effort by all of us, we can again have a successful bake sale. Use a label or sticker to mark what your items are. Baked items need to be brought to the church by Thurs., April 9th at 10AM

Decorations this year will be **RABBITS**. If you have any rabbit decorations we could use, please mark the rabbits with your name and leave on the shelves in the hallway by the choir room. Rabbits need to be at the church by Tues., April 7th at 10AM. Please pick up your rabbit décor following the luncheon.

The money for this event will be going to The Federated Church's on-going mission work in the Fergus Falls area.

Start spreading the news! Call and invite your relatives, neighbors and friends to join you.

Thank you for your help!

Share your bread with the hungry and give shelter to the homeless.
Give clothes to those who need them. Isaiah 58:7



Welcome to New Member, Jolene Beck!

Jolene Beck writes: I was born in Jud, ND, on Nov. 27th, 1941. I had two brothers: Dennis, who was older and who passed away three years ago, and my younger brother Harvey – yes, I'm that middle child!

My Mom & Dad were farmers out around Edgeley, ND. In the year 1945, one hot summer night, there was a fire and eleven buildings burned on the farm. They lost livestock, machinery shed, all of the buildings. Several days later, they found several empty gas cans out in the field. That's when we moved to Fergus Falls and they bought a small farm out at Broken Down Dam, which is where we stayed.

When I was 18 years old, I wanted to go into nursing. Money was tight, so I went into the army and to medic school. There, I met my husband-to-be, but I got shipped off to Okinawa for 18 months. I worked in recovery and surgery. My time was served and on my way to get discharged from the army and a week earlier, they sent my husband-to-be, Paul, to Turkey for two years. We wrote every day and never saw each other for almost four years. When he came back, we got married. Paul decided to stay in the military until he retired. We became parents to three daughters and traveled all over the world with three little ones. We went to Germany, Tiawan, back to Okinawa, and all over the USA. We retired in 1976 and came back to Fergus Falls. The reason I say we is because I worked awful hard for his money.

I worked at the Regional Treatment Center for 29 years and retired in 2004. My husband passed away in 2010 – he was the love of my life. We had a wonderful life together and so many great memories. Life has been good to me.

The Rev. Karen Anderson-Dent hired as Interim Director of Christian Education

At their meeting on Thursday, February 19th, 2015, the Deacons & Elders appointed The Rev. Karen Anderson-Dent as Interim Director of Christian Education for The Federated Church. Karen is an ordained pastor in the Presbyterian Church (USA) and a graduate of Princeton Theological Seminary (Master of Divinity, 1999). For the past eight years, Karen served as the Parish Associate for The Federated Church of Fergus Falls, MN teaching confirmation, assisting in worship, and working with the Christian Education & Youth committee. Karen's previous experience includes service as the Parish Associate for Children & Family Ministry at the First Presbyterian Church of Dutch Neck, NJ (2001-2003), as a chaplain and counselor at *Womanspace*, a shelter for the victims of domestic abuse (1999-2002), as a seminary intern at the First Presbyterian Church of Newtown, PA (1997), as the Director of United Campus Ministries at the University of North Dakota (1996-1997), and as a volunteer youth leader at her home church, The First Presbyterian Church of Grand Forks, ND (1989-1996). Karen is a graduate of the University of North Dakota, earning degrees in Psychology (B.S., 1994), Religious Studies (B.A., 1994), and Counseling Psychology (Masters, 1996). Karen is married to the Rev. Douglas Dent and the other of Madalyn and Jonathan. She likes cooking, gardening, reading, and homeschooling her children.

