

August Worship

AUGUST 6 10 a.m. Worship	COMMUNION SUNDAY
Jonah: Submit to God's Providence <i>Pastor Doug Dent</i>	Jonah 4 <i>Celebration of the Lord's Supper</i>
AUGUST 13 10 a.m. Worship	
Jonah: Reflect God's Compassion <i>Pastor Doug Dent</i>	Jonah 4
AUGUST 20 10 a.m. Worship	
Jonah: Rejoice in God's Salvation <i>Pastor Doug Dent</i>	Jonah 4
AUGUST 27 10 a.m. Worship	Worship In The Park
TBA <i>Pastor Doug Dent</i>	<i>Blessing of the Animals</i>



Dates to Remember

MONDAY, AUG 1

5:30pm Stephen Ministers Meeting

SATURDAY, AUG 5

Emma Runnigen and Joseph Hall's Wedding

TUESDAY, AUG 8

6:30pm Ministry Nite

THURSDAY, AUG 10

9:00am Jr/Sr High Volunteer at Community Garden

SUNDAY, AUG 13

10:00am Heart O The Lakes Harmony at Federated Church

WEDNESDAY, AUG 16

3:00pm Jr/Sr high Pool Party at Skretvedts

THURSDAY, AUG 17

6:30pm Concert In The Park-Roosevelt
The Dixieland Band

WEDNESDAY, AUG 23

6:00pm Jr/Sr high at the Dent's for End of Summer Party

THURSDAY, AUG 24

5:00pm Gloria Ronning's Piano Salon

SUNDAY, AUG 27

10:00am **Worship In The Park**- Roosevelt



Every summer my parents took us to the coast of Maine for vacation. I loved wading and exploring the sea life in the tide pools. There is one, little sea creature called *Notoacmaea testudinalis*. It is a little gastropod animal having arched, non-spiraling shells with broad ventral openings. These little things are all over the world. They cling tenaciously to rocks and submerged timber. By the way, they are better known as Limpets.

What they do is scrape out a place on a rock and cling to it. They occasionally leave the rock to forage for food, but always return. The only danger they face in life is when they are not clinging to the rock.

Charles Haddon Spurgeon made use of the limpet in the following illustration.

"Our little friend the limpet does not know much, but he clings. He cannot tell us much about what he is clinging to, is not acquainted with the geological formation of the rock, but he clings! He has found something to cling to; and with his little bit of knowledge, he uses it to cling to the rock of his salvation; it is the limpet's life to cling. Thousands of God's people have no more faith than this; they know to cling to Jesus with all their heart and soul and this suffices. Jesus Christ is to them a Savior strong and mighty, and they cleave to him as to a rock unmovable and immutable."

The Bible often speaks of God as a rock to which we should cling. "In God is my salvation and my glory: the rock of my strength, and my refuge, is in God" (Psa. 62:7).

"I cannot comprehend the nature of God, but I believe" (Job. 9:10). God is beyond my comprehension. Where my feeble understanding fails, faith takes over. I need no deep and complicated explanation of my God in heaven in order to have a faith that keeps me in the cleft of the Rock of Ages. "From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I" (Psa. 61:2).

Frank Marion Davis wrote a hymn entitled "O Rock in the Desert" which begins:

*O Rock in the desert, I fly unto thee,
When tempest and storms sweep the sky.
I hide in the cleft that was riven for me,
For safety on Thee I rely.*

God is our rock and our redeemer, our safety in life's troubles. The Moral of this story? Be a spiritual Limpet!

Enjoy your summer.

Pastor Doug



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. 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 June, we were unable to help any families or individuals from the local mission fund used for food, household goods, rent or utilities. As of July 24, we have helped **5** families or individuals with **\$216.96** 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.





Parish Nursing Notes

Connie Seltz
Parish Nurse Coordinator

“Healthy Years: Helping older adults lead happier, healthier lives” June 2017 Volume 15-Number 6 has some suggestions for those who are feeling stressed. Anyone not feeling stressed? The helpful suggestions are available to all who breathe! That would make the technique free too. It is called “Coherent Breathing.”

Here’s how it is done:

- Sit comfortably upright. Take a few breaths allowing your belly to balloon outwards.
- Exhale to the count of 6.
- Take several normal breaths, and then again focus on exhaling to the count of 6.
- Let the breaths be smooth, and feel the body relaxing.
- Switch your focus by inhaling to the count of 6.

- Again, allow your body to breathe in and out naturally several times. Focus on six-count inhalation every few breaths.
- Combine these by inhaling for six and exhaling for six. It is not necessary for every breath in and out to be a six-count. The idea is be relaxed and focused, but not forced. Conscious deep breathing can improve your well-being.

Multigenerational Learning and Fellowship Committee

The Federated Church Canoe Trip lead by Paul Shol was a great success. We had a great time! All canoes stayed upright, everyone was safe, and a lot of laughs and good fellowship was made. Adventures had good devo/quiet times and deep conversations around the fire. Great stuff!



Remind Text Alerts

The Federated Church is now using Remind, a text alert system to send out cancellations, reminders, schedule updates, and other time-sensitive announcements. If you would like to receive text updates from Federated Church, please **text the message @federated to the number 81010**. You will receive a confirmation text, followed by a text asking if you are a parent, student, or teacher. There’s no need to respond to this text. You’ll receive another text tell you about the ap available to use with Remind. You can use the ap, but it is not essential to have the ap in order to receive text alerts. Feel free to contact the church office with any questions!





Vacation Bible School

During the week of July 10-14th thirty kids, six adult and nine older youth on-site volunteers, many snack and meal providers, and three AWESOME counselors spent each day together learning about making connections through Jesus in God's Word, songs, crafts, and games! By all accounts it was a successful week with great energy and friendship-building. On Tuesday afternoon we visited Molly Stoddard at the Prairie Wetlands Learning Center to see God's hand at work in creation. Wednesday and Friday we spent time at a nearby park playing games and having water balloon fun. Thursday the kids had the opportunity to play a camp favorite—Mighty Mighty. All along we heard stories from the Bible of the ways that God's people made connections with each other and how Jesus made it possible for us to have an eternal connection to God. The children memorized Romans 8:38-39: "For I am convinced that neither death nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord." They all did a great job learning the verse and had it down by the end of the week. All in all, it was a wonderful time for everyone. It especially warmed my heart to see the older youth as well as older elementary students reaching out and making the younger kids feel welcome and included. There were several "random acts of kindness" witnessed throughout the week! We have a pretty impressive crew of kids growing up here at Federated Church! Thank you to everyone who helped make this week so special for everyone!

Youth Groups

This summer has been busy one for our youth group members, with school and family trips; work; theatre productions; drivers' training; team sports; church, language, and sport camps; and (hopefully!) some time for fun and rest. Many of our youth helped out at Vacation Bible School all week, and some just dropped by during workdays to say HI. We plan to get together for a lake day at Michelle Loomer's on Sunday, August 6th in the afternoon. On Thursday, August 10th we will be helping out with the Community Garden from 9-12. A pool party is set for Wednesday, August 16th at the Skretvedts from 3-7. Also during the month of August we plan to get together for a canoe day-trip with Paul Shol. Watch

for texts, Facebook announcements, and the Monday Memo for specifics on that event, as Paul and I are working out details and the date!

Confirmation

Plans are underway for the upcoming confirmation year. The classes will be held on Wednesdays after school for the 7th and 8th graders, beginning with snack at 3:30, followed by games, class, and a short fellowship time until 5:30. The ninth graders will meet at 6:30 for class and are invited to stay for senior high youth group at 7:30.

We are happy to announce that there will be an all-confirmation retreat at Presbyterian Clearwater Forest on the weekend of October 6-8. More details will follow in a letter to all confirmands and their families.

Sunday School

Mark your calendars for September 10th—it's time for Rally Day! Each year we look forward to the kick-off of fall and winter events with a Sunday of fun and fellowship! Sunday School will start the following Sunday, on September 17th. We are happy to announce the re-formation of a middle school/high school Sunday school class under the direction of Sadie Carter! All other ages will continue to have great teachers and classes—from early childhood through 6th grade, as well as adult Sunday school. Watch for more details in our September newsletter!

Operation Christmas Child

With back-to-school shopping and clearance underway, it is a good time to collect items for our upcoming Operation Christmas Child drive! Items that are always welcome include: pencils, pens, toothbrushes, crayons, colored pencils, pencil sharpeners, toy cars, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries), markers, notebooks, paper, solar calculators, coloring and picture books. Other ideas include: bar soap, combs, and washcloths. T-shirts, socks, hats, sunglasses, hair clips, jewelry, watches, flashlights (with extra batteries); or make-your-own items such as hair bows, finger puppets, and friendship bracelets are also great gift ideas. We will begin collecting items in September. Our Operation Christmas Child gift assembly night is set for Wednesday, November 8th at 5:30 pm, after Kids Club! Everyone is invited!



Bible studies and discussion groups

Women's Bible Study

THURSDAYS 10:30 a.m.

Women's Bible Study will not meet again until September. The group has chosen the Gospel of John for our study. All women are invited. Friends of Federated are invited, too!



Men's Bible Study

MONDAYS 12 p.m.

Men's Bible Study meets on Mondays at noon for one hour. All men are invited to join us! Men's Bible Study will not meet again until September. All men are invited! Friends of Federated are invited, too!

Church News



Ada Erlandson is excited to join the Federated Church family as the new Administrative Assistant. She is a recent communications graduate from MSU- Moorhead. However, she is native to the Fergus Falls area. Her passions include writing, nature and composing music in her spare time. Throughout her life, Ada's favorite verse has been Jeremiah 29:11: "For I know the plans I have for you, declares the Lord. Plans to prosper you and not to harm you. Plans to give you a hope and a future." It has been a constant reminder of God's plan for her life and for those around her.



Hi! I'm Sadie Carter, the new Church Activities Coordinator. I'm excited to be apart of this wonderful church community. In these past few weeks you all have welcomed me with open arms and have been so gracious. I already feel so connected to you all. So...a little bit about myself. I grew up in Wadena, MN. After graduating high school in 2006, I attended Minnesota State University Moorhead, graduating with my Bachelors of Science in Earth Science Education. I was able to have the opportunity to student teach in Fergus Falls. My parents had moved to Fergus during my time in college and so it was a great chance to establish myself in a new school district. After 7 years, I consider Fergus Falls as my home. My passion is working with kids. Teenagers in general. I have been able to work within the Fergus Falls School District in many different roles. Giving me great, all round experiences with kids. Some of my favorite things to do are: getting lost in a good book, taking pictures, spending time with my family and friends, singing, and collecting rocks and magnets. I'm beyond ecstatic to have the privilege of being apart of The Federated Church. Thank you!

Thank you!

Dear Federated Family,

Thank you so much for your words of encouragement, your prayers, and your blessings during my time as secretary and now as I go. It has been an honor and a blessing to me to be a part of the staff at Federated and serve as the secretary. I am grateful to all of you for encouraging me, for your appreciation, and for welcoming me in so many ways. Thank you, too, for the gift you gave as I go. The gardening tools and belt will serve me well during my internship! Thank you for your kindness. – Elizabeth Hatling

Thank you for all of the prayers, cards and visits during and after my heart surgery in Fargo. Thank you comes from the bottom of my heart!
-Dennis Bergerud





Community News

Share Your Home, Change the World

Host a YFU Exchange Student!

Hosting a YFU exchange student is an enriching experience for the entire family. Students from 60+ countries around the globe are eager to become a member of an American family and our congregation for the 2017-2018 school year.

Your family can share its unique traditions and provide the opportunity of a lifetime to an open-minded, brave teenager from another country.

YFU welcomes families of all shapes and sizes to host. Explore this global adventure at home

and apply online at yfuusa.org/host or contact Suzanne at 763-280-9963, or ssevlie@yfu.org. International study abroad programs for American students and volunteer opportunities with YFU are also available.

"All I can say is that hosting a student - even an arrival student - changed our family's lives and it was one of the best decisions I could of ever made. Thank you YFU for giving me and my family the chance to share our lives and getting a chance to gain a friendship that will last forever."

Youth For Understanding USA is a registered nonprofit 501(c)3 organization.

The Academy

JULY 2017 - AUGUST 2019

Would you like to grow in your faith and knowledge? Or grow as a leader? Would you like to have more opportunities to serve God as needed in your area? The Presbytery of MN Valleys, Presbytery of North Central Iowa, Presbytery of Prospect Hill and Synod of Lakes and Prairies are excited to be offering The Academy, an 11 course series starting July 2017 and ending August 2019. This series is designed to develop well-equipped, thoughtful people to better serve in a variety of capacities. More information is available in the church office or at <http://presbynciowa.org/wp-content/uploads/sites/3/2016/09/The-Academy-Brochure.pdf>.



Committees

Mission Committee

PEG KALAR

The Mission Committee is designating Habitat for Humanity as our Mission Initiative for 2017. The Federated Church is the first congregation in Fergus Falls to become a Covenant Partner with Habitat, which means we will support Habitat ministry with volunteers and funds. We appreciate Habitat's new plan to renovate homes in Fergus Falls, raising the standard of living for more of our residents, rather than always building new homes. Stay tuned for more information and opportunities about how you can get involved...



Business as usual

Service Groups

AUGUST SERVICE GROUP

GROUP #1

Mark and Tami Anderson
 Jim and Robin Andrews
 Erik Anthonisen and Marna Brown
 Dennis and Bonnie Bergerud
 J. Pat and Tami Collins
 Jeff and Jo Kohlhase
 Norma Loomer
 John and Eunice MacFarlane
 Nick and Erika Mariotti
 Jay and Cindy McDougall
 Chad and Elizabeth Nelson
 Roger and Jane Nelson
 Jerry and Jodie Nuss
 Clayton and Terri Skretvedt
 Doug Sperling

SEPTEMBER SERVICE GROUP

GROUP #2

Kim and Martin Anderson
 Doug and Barb Becker
 Jerry and Nancy Bogen
 Kim Dean
 Jacob and Karoline Gustafson
 Jerry and Donna Hendel
 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

Greeters and Coffee Hosts

AUGUST 2017

Sunday, August 6

10am Mark and Tami Anderson
 Chad and Elizabeth Nelson

Sunday, August 13

10am Jim and Robin Andrews
 John and Eunice MacFarlane

Sunday, August 20

10 am Erik Anthonisen and Marna Brown
 Jeff and Jo Kohlhase

Sunday, August 27

10 am Mission Committee

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.

Ministry Nite: August 8 - 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	\$26,555.00
Expenditures	\$43,360.00

Year to Date Pledge Offering

Budgeted	\$170,030.00
Actual Received	\$176,279.00

Grocery Receipts

THE GROCERY RECEIPTS FOR JUNE/JULY

Sunmart

June/July	\$1013
Total as of 7/1/17	\$74,431.00

Service Food

June/July	\$2,616.00
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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 to church office. Also contact us for pastoral care or parish nursing needs. Please call 218-739-3227 or email church@federatedff.org

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.





Federated CHURCH

224 North Union Avenue
Fergus Falls, MN 56537

ADDRESS SERVICE REQUESTED

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

Time sensitive information
Please deliver by July 31

Condolences

- Karen Anderson on the death of Karen's dad, Sidney.
- The Shol family on the death of Patty's brother-in-law.
- Friends and family of Gene Mjelde
- Lee Syverson and family on the death of Art.
- Lucille Sheldon and family on the death of Perrie
- Janet Knapp and family on the death of Jim.

Congratulations

We left off one name on our graduating seniors! (we apologize!) Congratulations to Christopher Anderson on his high school graduation.

Walter & Bonnie Gondrez on the birth of their grandson, Maxwell John

Clayton & Terri Skretvedt on the birth of their grandson, Jonathan Alexander

Pasquale and Kristen Zappa on the birth of their son Theodore Jon Martin Zappa (Theo) congratulations to great grandparents Dennis and Bonnie Bergerud, and grandparents Phil and Lori Kugler

August Birthdays

08/01	Rosemary Rundquist	08/16	Rachel Westra
08/03	Phyllis Behrends	08/17	Kathy Gilbert
08/03	Joel Dulski	08/18	Amanda Bopp
08/05	Barb Meder	08/18	Alexis Griego
08/05	Ashley Lien	08/20	Tyson Sperling
08/08	Jerry Hendel	08/20	Paul Shol
08/09	Vern Youngren	08/20	Darren Smith
08/10	Arthur Schlepp	08/20	Darren Smith
08/11	William Kalar	08/22	Benjamin Kugler
08/12	Mary Pauline Haukos	08/23	Beverly Richter
08/12	Roger Nelson	08/23	Jane Nelson
08/12	Clayton Skretvedt	08/26	Jen Jensen
08/12	Bonnie Gondrez	08/26	Austin Barry
08/12	Gail Childs	08/27	Lynn Oxley
08/12	Mallory Skogen	08/27	Xyola Macheel
08/12	Taylor Thompson-Eckhoff	08/27	Easton Eckhoff
08/13	Joan Ebbighausen	08/28	Lisa Shol
08/13	Emma Runningen	08/28	Connor Youngren
08/13	Michael Styve	08/29	Connie Seltz
08/14	Kim Dean	08/29	Tessa Schierer
08/15	Kyle Garrahan	08/30	Renee Larsen
08/16	Virginia Adams	08/30	Kelsey Nygaard
		08/31	Emma Barry



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

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