

NEWS FROM OUR PASTOR

It's called the "Sunday Scaries." No, it's not about a long or boring sermon by the Pastor.

I heard about it on an actual national newscast – not a fluff piece on a morning TV show, but reported on the network evening news. I found advice on how to cope with the Sunday Scaries on the Cleveland Clinic website, a serious health organization.

If you haven't heard about Sunday Scaries, it is a feeling of anxiety or dread that comes upon a person as they realize that the weekend of relaxation is coming to an end and they begin to prepare themselves, mentally and emotionally, to return to work on Monday. For most, they attack in the late afternoon or evening. For some, they begin as soon as they get up on Sunday morning. They can manifest as a racing heartbeat, sweating, difficulty breathing, trembling, upset stomach, trouble sleeping and headache. In extreme cases they can cause depression or a heart attack.

There is no cure. Except maybe unemployment.

Or better employment?

I don't mean a different job. I mean a better vocation, a sense of mission and purpose and hope in life. Something that does more than just produce a paycheck, something that can get you up on Monday morning and give meaning to all the days that come after.

It fascinates me that the workweek has become the bad thing we have to get through in order to earn or deserve the good thing that comes after. Work is a necessity, leisure is the reward. Or perhaps work is penalty and rest is merely a conditional release. On the one hand we claim to value hard work. "All play and no work makes Jack a dumb jerk." We expect hard work from everybody else. The worst thing you can be in this world is someone who does not earn their keep, someone who is lazy, living on handouts. But in truth we hate work, and we all secretly yearn for that winning lottery ticket that will set us free.

And isn't the most amazing thing that we have created a world that rewards the hardest working people least, while those few who actually live a life of leisure didn't actually work for it at all. What an upside down way to exist! If that isn't scary, I do not know what it is.

What if we could turn it all upside down?

I don't think the problem is work. I think work is good, I think we were made for work. But we were made for good work. Not just for good jobs or good careers but gifted and equipped by the Holy Spirit of God to do Work That Actually Matters. Faith is work, in fact it's very hard work. Doing the right thing, not giving into despair, letting the love of God flow through us in everything we say and do takes intent and focus and energy.

Inside this issue:

Pastor's Message	1 & 2
Notes, Dates, & Reminders	2, 3, 4, 5, 6, & 10
Children's Ministries	7
Youth News	8
Social Concerns	9

Communion Update:

Thank you for helping with this accommodation for Pastor Glen: because it is difficult for Pastor to bring communion to members in the pews, if you find it physically difficult to come forward during communion, we invite you to pick up the communion elements as you come into the Sanctuary and receive them during the communion liturgy when the Pastor indicates.

We are now livestreaming our worship services on Facebook Live.

Please join www.facebook.com/flcblair to be alerted whenever a live video begins. This is a real-time, virtual worship experience, and we invite you to join us if you can't be with us in person. Each live video will begin as the regularly scheduled worship time.

(Continued from Page 1)

Discipleship is about specific works, but even these are just manifestations of the constant work of commending the spirit within us. The acts of discipleship - worship, prayer, study, serving, giving, encouraging, inviting - flow from a heart-set that is founded in and daily embraces the gift of God's grace. And if that heart is right, then what flows from it is not work. What flows from it is life.

Sometimes I wonder if we don't have Saturdays Scaries, dreading our weekly church requirement and everything that comes with that. No question that we have over the years made church more of a responsibility than an opportunity. There is a kind of quietism rampant through Christian communities. We are good at declaring our allegiance. We would just rather not have to do anything for it. There is nothing so frightening as the call from the Pastor asking us to do something at church.

That is by no means what Luther meant when he said we are saved by grace. The reformers believed that faith should produce good works - organically, expectantly, daily. Not as a job, but as a vocation, a purpose, a life.

The true joy of faith is not that we have it. The true joy of faith is the work it empowers us to do. Hi ho, hi ho, so off to work we go!

-Pastor Glen

New Christ in Our Homes are here

Christ in Our Homes-If you would like a Christ in Our Homes daily devotional they are available at the Welcome Center in the Narthex and also on the usher table outside of the LIFE Center for April, May, and June. The Christ in Our Homes is a book that has a daily devotional to read and pray. Please stop by and pick one up if you would like or if you need one delivered please call the church office at (402) 426-4073.

NOTES ♦ DATES ♦ REMINDERS



June 18, 2023

Faith Chests

The men's group of First Lutheran has in the past built faith chests to give to individuals baptized at First Lutheran church to use in their faith journey. When the Covid pandemic started we were no longer able to build those chests. Several people have asked if we are going to resume building faith chests, to that end we are looking for members who would be interested in helping make faith chests again.

We have all of the equipment and components necessary and need helping hands to build, sand, stain, and attach hardware and finish the chests. We normally work 1 night a week for a couple hours, if enough interest is shown we could have 2 groups on different nights.

No previous experience building faith chests necessary, we have a few men who have experience building chests but we need more to continue with this wonderful project.

This group is very informal and is not limited to men, we would welcome ladies interested in working with wood, or helping assemble, sand, stain, etc. If interested contact Dawn in the church office 402-426-4073 or Rick Ruhge @ rickruhge@gmail.com or 402-802-5898.

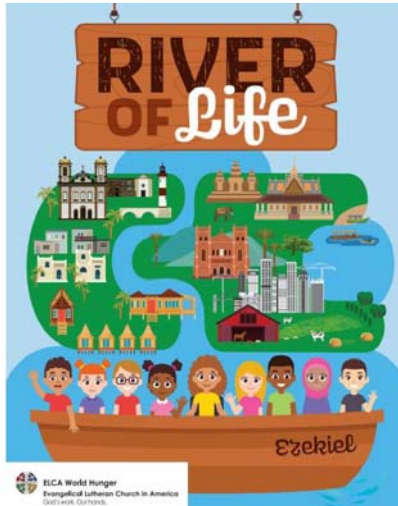


**WE REMEMBER IN
OUR PRAYERS-Please keep these
people in your
thoughts and prayers**

- ✝ Family of Jeff Gunderson
- ✝ Family of Jimmy Shaw
- ✝ Family of Tim Jensen
- ✝ Family of Jerry Kobs
- ✝ Wanda Ruhge
- ✝ Alisa McClusky - healing (daughter of Marjorie Richendifer)
- ✝ Olivia Baker
- ✝ Tim Grinbergs
- ✝ Betty Wolsmann - evaluation & healing
- ✝ Wayne (father of Deb Henson) - prayers for healing
- ✝ Ruth Ann Persson - healing
- ✝ Gordon Soderberg - healing
- ✝ Marian Ward - healing
- ✝ Irene Thorsen
- ✝ Jo Royuk (mother of Anne Chrans) - healing
- ✝ Russ Sonderup - prayers
- ✝ Meredith Dickerson - Alpha Gal Syndrome
- ✝ Zach - cancer healing
- ✝ Misty - healing and pain relief
- ✝ Marilyn Svendgard
- ✝ Sue Marsh - healing
- ✝ John Powell (boyfriend of Molly Dibben) - Leukemia - healing
- ✝ Merriebeth Ferguson (sister-in-law of Merriellen Bourn) - cancer - healing
- ✝ Chris Kesling - healing
- ✝ Alex - surgery & healing
- ✝ June Jenson - prayers & healing
- ✝ Frank Korshoj - healing
- ✝ Mary LaScala
- ✝ Debbie Kempcke - cancer - healing
- ✝ Kenny Truhlsen
- ✝ Clark Jenson - prayers and healing
- ✝ Martin Kuhr - prayers and healing
- ✝ Nicole Schmidt - prayers and healing
- ✝ Riley
- ✝ Georgia (great niece of Debbie Katt) - prayers & healing
- ✝ Kyler Reed - healing
- ✝ Scott & Katie Abrams - prayers & healing
- ✝ Kay Melby (Angela Ulven and Kari Hernandez's mother) - healing
- ✝ Mr. S. Akot - healing
- ✝ Patrick McKinnis - continued healing
- ✝ Stacy Thompson Green (daughter of Marcy Bottorff) - prayers & healing
- ✝ Lisa Garcia - strength & healing
- ✝ Larry Kastrup - healing
- ✝ Leo Aguilar-Hicks - healing for Leukemia
- ✝ Lekura Parish
- ✝ Oaks Indian Mission and all those we name in our hearts.

NOTES ♦ DATES ♦ REMINDERS

VBS 2023!!



And, we need YOUR help!!

- Teachers
- Station Leaders (Outdoor Games, Art, and Storytelling)
- Classroom and Station Helpers
- Donate Art and Snack Supplies
- Decorating team to prepare for the week
- Behind the scenes work prior to VBS
- Kitchen Staff—Snacks & Lunch

Please consider being a part of our exciting week!

JULY 17—21

Mark your calendars now!!

VBS "Peace Bag" Supplies Needed!!

The VBS kids will be creating "Peace Bags" to give our neighbors in need. If you would like to donate to this project, please place any of the following items inside the VBS Tub under the Confirmation Table before July 10th.

- | | |
|-----------------------|-----------------------------|
| • Mini Hand Sanitizer | • Band-aids |
| • Dried Fruit Packets | • Gallon size Ziploc Bags |
| • Toothbrush | • Pocket Tissues |
| • Toothpaste | • Granola Bars (no peanuts) |
| • Bottles of Water | • Peanut Butter Crackers |
| • Chapstick | • Mini Notebook with Pen |
| • Socks | • Gum |

THANK YOU for helping us help our neighbors!!

The Christian Growth Board would like to remind members of FLC to consider including the Christian Growth Fund in your estate planning.



NOTES ♦ DATES ♦ REMINDERS



We're still taking donations!!

You may drop any donations off at church

Monday—Friday, 8am—3pm

If you need to drop off at another time, please contact Erika to find out when is a good time.

Support FLC Youth
ELCA Youth Gathering-New Orleans
2024



DATES & TIMES

June 22nd—24th!!

It's time for the FLC Youth Garage Sale!!

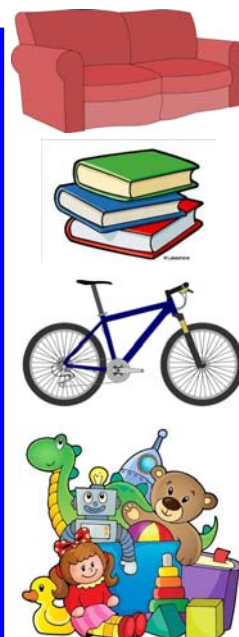
Thursday, 6/22 @ 8am—6pm

Friday, 6/23 @ 8am—6pm

Saturday, 6/24 @ 8am—12pm

Funds support FLC Youth attending the ELCA Youth Gathering in July, 2024—New Orleans!!

Come find some treasures, & bring your friends!!



Please see the Summer Worship Schedule:

Saturday @ 5pm in Sanctuary

Sunday @ 8:15am in Sanctuary

Sunday @ 10:15am in LIFE Center

**Sunday @ 7pm in Prayer Garden -
Starts on Sunday, June 4th**

Mission & Evangelism Committee

The Mission & Evangelism Committee is looking for new members.

We help with great events like the Senior Citizen Worship and Lunch which is 2 times a year. We also do other great activities around the church.

If you would like to join this great committee please call Ann Grinbergs to sign up at (402) 426-3517 or the church office at (402) 426-4073.

NOTES ♦ DATES ♦ REMINDERS

W.O.W. Meal is over for the summer!

Starting on Wednesday, May 3rd you are welcome to order meals for delivery or pick up with MWM since the W.O.W. meal will be over for the summer. Please reach out to Erika and or the church office to place your order! W.O.W. meal will resume when the fall Wednesday services start back up.

Martha Sorensen
Tracy Gross

MWM

MID WEEK MEAL



Pickup or Delivery

Pickup in the east parking lot
2146 Wright St.

Wednesdays 5:30-6:30pm

For Planning

Text # of meals to 402-533-0918
NOT REQUIRED

For Delivery

Text name & address & # of meals
402-533-0918

DONATE COOKIES!!

Call Erika or click this link to donate 3 dozen cookies this summer.

<https://signup.com/go/hfewWuF>

Reminder: Pastor Glen will be preaching at Good Shepherd Home on the 1st Sunday of each month. Please let your friends and family that are at Good Shepherd Home know. If you have any questions please call the church office at (402) 426-4073.

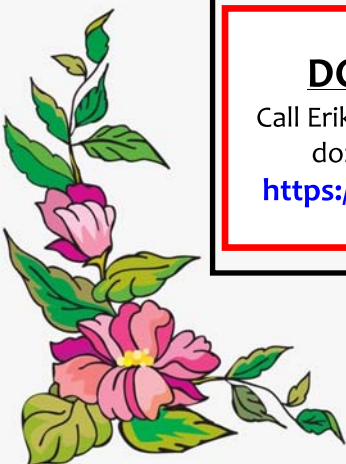
CREATED TO BE

ELCA Youth Gathering
New Orleans, LA!!

July 15-22, 2024

For all current 8th—11th graders!
FLC Membership NOT REQUIRED!!

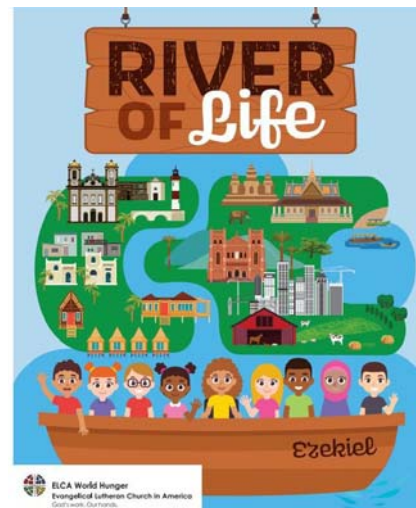
To sign up, contact Erika
Get signed up NOW!!





VBS 2023

Alongside 1st united
Methodist!!



July 17-21

Go to www.firstlutheranblair.org
to register on our Google Form!!

Please register your kids as soon as possible
to help us plan.

Summer worship

Saturday @ 5pm in Sanctuary

Sunday @ 8:15am in Sanctuary

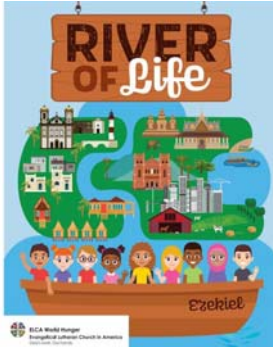
Sunday @ 10:15am in LIFE Center

Sunday @ 7pm in Prayer Garden

****A new worship opportunity with live
music, a message & Holy Communion****







VBS 2023

**Do you love little kids?
Be a VBS Helper!**

**July 17th-21st
9am—12pm
Contact Erika!!**

6th - 12th Youth!!

**Watch your texts for
summer events!!**

Text Erika at 402-533-0918 if you
do NOT receive Remind Texts
about Youth Activities!!

**CREATED
TO BE**

New Orleans Prep!!

June 4th @ 5:30pm

Ice Cream Sundaes
Gathering 2024 Plans
What Comes Next?

**REQUIRED for participants AND
parents!!**


Summer worship

Saturday @ 5pm in Sanctuary
Sunday @ 8:15am in Sanctuary
Sunday @ 10:15am in LIFE Center
Sunday @ 7pm in Prayer Garden

****A new worship opportunity with live
music, a message & Holy Communion****

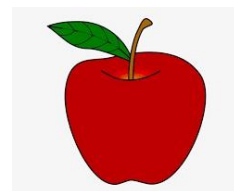
Do justice, love
kindness, and
walk humbly with
your God.

Micah 6:8




To Serve As Jesus Served... *projects and events of the church, the community, and the world reported monthly by the FLC Social Concerns Committee.*

**FLC AMBASSADOR
SOCIAL CONCERNS COMMITTEE
June 2023**



UPDATE on LENTEN INGATHERING for OAKS INDIAN MISSION indicates that we can now track an additional **\$87.19** which was added to the cost of merchandise ordered by congregation members and received by **OAKS INDIAN MISSION** from Amazon, making a total of **\$591.09** plus **\$580** cash received in the church office, bringing the total value of our emphasis to **\$1,171.09**. We sincerely **thank all of you** who contributed to this emphasis in any way, and pass on the deep appreciation of **OAKS INDIAN MISSION** to you!

Our BREAD for the WORLD OFFERING OF LETTERS of advocacy to our Senators Pete Ricketts, Deb Fischer, and Representative Adam Smith took place on **April 26, 29, and 30**, and yielded **136** signed letters sent, equally divided between our three national legislators. The purpose was to advocate for expanded nutrition for those in need, both in this country and abroad, since these issues are treated in the **Farm Bill** which will be reauthorized by Congress during this calendar year. These figures represent the letters which were signed by congregation members during or after worship services on the above noted dates or returned to the church in the week following. A total of **114 letter packets** (containing letters to all three legislators) were passed out to congregation members. It is unknown how many letters might have been signed, stamped, and mailed by congregation members from home. A **big THANK YOU to ALL** who participated in this endeavor to carry out our Lord's command "to feed the hungry" by advocating for building healthy, equitable, and sustainable food systems for all.

Our MOTHERS' DAY INGATHERING for THE BRIDGE CRISIS CENTER will continue through **MAY 31**, after which the items collected in the tubs located in the narthex and the cash gifts turned in to the church office will be transferred to our local **Bridge** office located in Memorial Community Hospital and utilized as warranted by mothers and children in need. **THANK YOU** for your compassion to those who have responded to this ingathering which helps mothers and children who are in situations of great need in Washington, Burt, Dodge, Cuming, and Saunders Counties.

The BLESSING OF THE FIRST FRUITS CEREMONY and the OPENING OF OUR SUMMER GARDEN MARKET will take place on **June 17 and 18 at all four services**. You are invited to share your excess garden produce, your flowers, and your baked goods! Proceeds will go to **ELCA WORLD HUNGER**. Produce may be brought to the church and placed on the Garden Cart any time when the church is open--preferably prior to 3:00 P.M. on Fridays and between 4:00 P.M. and 7:00 P.M. on Saturdays.

FLC SOCIAL CONCERNS COMMITTEE is seeking new members! Come join a busy team that works to help others in the community and around the globe and who truly desire to "Serve as Jesus Served." If that sounds like you, please contact Lynette Jennings (402-278-0164), John Mark Nielsen (402-427-4443), Jim Peterson (402-216), Eric Filows (402-739-0978), or Trudy Hutton (402-426-4358) for more information. Our next meeting will be held on Monday, June 12, at 7:00 P.M. in the church library.



NOTES◆DATES◆REMINDERS**Christian Growth Board Update**

The Christian Growth Board reviewed scholarship applications from the following students for the 2023 Scholarships:

Tyler Thompson - '23	Wesley Gunderson - '21
Dane Larsen - '23	Kendra Loseke - '21
Mallory Stirek - '23	Emma Cada - '21
Ted Lueders - '23	Dexter Larsen - '21
Chase Olson - '23	Morgan Rump - '21
Kip Tupa - '22	Rachel Parks - '21
Tyler Andersen - '22	Sam Lueders - '20
Kolton Hammer - '22	Sydney Chance - '20
McKenna Schlueter - '21	Thomas Thompson - '20

We are pleased to announce that each applicant will receive a \$500 scholarship.



FIRST LUTHERAN CHURCH
2146 WRIGHT STREET
BLAIR, NE 68008
June 2023