



THE MESSENGER

NOVEMBER 2026



First Lutheran Church

New Office Hours:

Monday – Thursday
10:00 a.m. to 4:00 p.m.
Fridays—Closed

107 2nd Street Southeast

Aitkin, MN 56431

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<http://www.flc-aitkin.com>



facebook.com/flcaitkin

***"Each of you should give whatever gift you have received to serve others, as faithful stewards of God's Grace."
1 Peter 4:10***



Dear First Lutheran,

November is a month of reflection, so I will reflect on both upcoming events and events underway. The above Bible verse says something about you as a church and what you are doing with your part of God's Kingdom

1. 4 talented members have stepped up to write the Ministry Site Profile: Paige Holmgren, Linda Delaney, Dave Benson and Chancy Nordick. We met twice in October, the first time with Deacon Susan Williams from NE MN Synod. The group will be gathering information about the church in a variety of ways, including hearing from you!
2. Community meals have restarted and they are serving greater and greater numbers each week. 160 meals as of mid-October. Great job helping and hosting!
3. Wednesday evening Faith Formation is increasing in students, participation, and our Wednesday meals and worship currently are at 60+ members. Worship is short and interactive so folks of all ages gather together to talk about theology and the Bible. Half hour devotional study on Psalms after at 6:30 pm. Come and have fun! (No Faith Formation, meal or worship Thanksgiving week)
4. I had a wonderful time with the confirmation/affirmation class learning about all the projects the students had been involved with to help others. Affirmation on October 25 was wonderful!
5. November 1 was All Saints Day - Often one of the most meaningful services of the year.
6. Blessing of the Animals after church is on November 8 in the parking lot, and the service before will have the flavor of St. Francis, who was patron saint of animals. Bring your pet to be blessed!
7. Consecration Sunday is November 22. Please bring your Estimate of Giving Cards and Time and Talent sheets (both will be mailed in early November). Speakers nearly every week will talk about their love of the church and the meaning of stewardship.

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8. Aitkin Churches Together will be having a Gratitude Gathering worship service and pie social on November 23rd at Aitkin UMC 6 pm. It is good to celebrate the blessings of this community and its faith centers

9 Advent starts November 29th. From then it is 3 ½ weeks until Christmas. How can it be possible?

Keep the faith. Well done, Good and Faithful Servants

Blessings in Reflection, Pastor Glen

STEWARDSHIP REPORT FOR NOVEMBER 2026

The **Parish Nurses and the Mission Endowment Fund Committee** sponsored a workshop on "Transition Thinking/Lifetime Planning" on Monday, October 5th. Rebecca May shared information on health care directives, palliative care, hospice and spiritual care in later life situations. Doug Larson led a discussion on what funeral homes have to offer in times of death and the various ways that funeral directors provide invaluable help to families. There was a good discussion by the participants on this issue. Lowell Larson shared information about how we can leave a legacy with financial assets. In the process, he helped the group think about making an inventory of their assets and having that as a resource in their information. The Mission Endowment Fund has been the recipient of people planning what they want as a legacy in charitable giving. Christine Bright spoke on the legal aspects of lifetime planning and shared information on wills, power of attorney, trusts and LLCs. Overall it was a very helpful workshop and one that helps flesh out our wishes for the future.

"**Freely Given-Freely Give**" is the theme of the Annual Appeal campaign this fall based on the verse from 1 Peter 4:10 "Each of you should give whatever gift you have received to serve others, as faithful stewards of God's Grace." An initial letter went out in early October and a second one will go out in November with a card to return by November 22nd. In the meantime, there will be four or five special talks from members of the congregation leading up to Consecration Sunday. Pastor Glen has been leading the program this fall with MaryBeth Woodrow, Stephanie Perrine, Loren Rachev and Doug Larson as committee members.

Creation Care continues to be a sometimes silent but important ministry in light of the Solar Energy Panels that were placed on the sanctuary roof last year. Dave Dickey keeps us informed with the amount of kilowatts generated and the amount of money saved by the panels. Look for the display in the narthex area.

"Time and Talents" – that is where we become the hands, feet, eyes, mouth and ears of Jesus as we live out our response to a needy world. It has been fun to see some of the youth taking ushering duties and singing in the Praise Band. We see the hands of Jesus as people show up to help with the Food Pantry and the newly reconstituted Community Meals. We see people using God's talents in the Wednesday evening meals, the worship team and the leaders of the Affirmation of Faith teams, plus the Coffee House sessions. Are we missing some of the uses of our talents in this description? Yes, and you are probably doing some of those, thank you for your time and talents!

Douglas Larson, Stewardship Ministry Chair





Overactive Bladder (OAB)

Overactive bladder (OAB) can mean you are running to the bathroom many times throughout the day and night-may be up to eight or more times throughout 24 hours and your bladder may not even be full. Urgency is the main symptom; it is a strong need to urinate that cannot be ignored. Usually there is no pain involved and pain could indicate an infection may be present. Sometimes incontinence (leaking urine with the need to go) will also be present.

OAB affects millions of men and women and is not a normal part of aging although growing older can be a factor. Women who have gone through menopause and men who have had prostate problems are more likely to have OAB. People who have diseases that affect the brain or spinal cord and multiple sclerosis are more likely to have OAB.

OAB can last many years if not treated. There are several things you can do to manage OAB:

1. Change in lifestyle-limit foods and drinks like coffee or other caffeinated beverages, alcohol, certain citrus fruits, tomato-based foods, chocolate, and some spicy foods.
2. Keep a bladder diary-write how often you urinate and if symptoms are worse after eating or drinking certain foods or drinks.
3. Void twice-after urinating, wait a few seconds and then try to urinate again.
4. Delay urinating-wait a few minutes before you urinate even if you have to go; increase the delay time and you may be able to wait up to 2-3 hours in the future. This may not be helpful or encouraged for all people.
5. Keep a bathroom schedule and go at set times of the day.
6. Exercises can strengthen pelvic floor muscles (Kegel exercises).

There are several treatment options which include: prescription medications to help relax bladder muscle; Botox injections into the bladder can keep the bladder from squeezing too much and can last 6-12 months. Other options are nerve stimulation like percutaneous tibial nerve stimulation (PTNS) and sacral neuromodulation (SNM):

In PTNS, a small electrode is placed in the lower leg near the ankle and pulses are sent to the tibial nerve that help to control signals that are not working right. Treatments will usually consist of twelve treatments.

With SNM, a bladder pacemaker is used to control signals to stop the OAB symptoms; usually a trial process takes place first by using a wire under the skin into the low back and a handheld pacemaker will send pulses to the sacral nerve. If this helps, the second part of the process involves placing a permanent pacemaker. There are newer implantable devices and wearable devices also available, and it is recommended to talk with your urologist or practitioner about your options.

All information from the Urology Care Foundation website; Submitted by Marcy Mateyka

November Sunday Worship Services

All Sundays in November

Worship: 9:00 am

Coffee Fellowship
immediately following
9:00 am service

Brief Worship Service: 10:40 am



Psalm BIBLE Study

Learn about the Psalms
Wednesdays 6:30-7pm
No book required

You are welcome for a family meal at 5:15pm
and brief Worship Service at 6pm too!

Only meeting when other
Wednesday activities are
in session

Gratitude Gathering

November 23rd 6:00 p.m.

United Methodist Church

Pie Fellowship Following Service

*Need 2-3 pies
from FLC for
this event*



Tote Bag Drive

"Our food shelf is looking for donations of clean, reusable shopping/tote bags to reduce dependence on paper grocery sacks. Please place grocery bag size (or larger) tote bags in the food shelf donation boxes in the Fellowship Hall or in the room by the east entrance.



Wednesday Night Worship and Meal News!

Wednesday evening Faith Formation is increasing in students, participation, and our Wednesday meals and worship currently are at 60+ members. Worship is short and interactive so folks of all ages gather together to talk about theology and the Bible. Half hour devotional study on Psalms after at 6:30 pm.

Come and have fun!

**November schedule includes the 11th & 18th
(No activities November 4th or 25th due to school breaks)**

Ministry Site Profile Update

A big thank you to the four talented members who have stepped up to write the Ministry Site Profile:

Paige Holmgren, Linda Delaney, Dave Benson, Chancy Nordick and Pastor Glen Bickford.

We met twice in October, the first time with Deacon Susan Williams from NE MN Synod. This group will be gathering information about our church in a variety of ways, including hearing from you!

GIRLS MATTER. PERIOD



**Next workshop will be:
Monday, November 9th
9:00am**



PRAYER SHAWL MINISTRY

**NEXT MEETING:
November 19th
1 pm**



October 1, 2026 Financial Report

(Totals through September 2026)

	2025	2026
General Operating Income - YTD	255,397	238,493
September Budget Expectations-YTD (Historical Average)	281,497	293,267
Variance to Budget Expectations - YTD	(26,100)	(54,774)
Actual Expenditures - YTD	288,434	300,257
Percentage of dollars received for period to dollars pledged	94%	97%
Unpledged Dollars Rec'd – YTD (Regular Offering)	69,885	85,277
Building Fund Income - YTD	22,840	21,448
Building Fund Expenditure - YTD	31,343	26,343
Campership Balance	9,997	10,317

In comparing General Fund income with **actual** expenses, you will see a shortfall of \$61,765. This compares to last month when the shortfall was \$54,855.

Regular offering was \$57,047 under budget expectations through September, and less than 2025 by \$15,306.

General Fund offering for September was \$23,887. Historically, September results in 6.64% of general fund giving. This amount would be \$29,252.

Submitted by Barb Bendson 10/06/2026

November Extra Mile Mission Focus



If you would like to donate,
please go to our website:
www.flc-aitkin.com
or send a check to the
church

ATTENDANCE

Week of	10/4	10/11	10/18	10/25
Sunday 9:00 am (In-person)	76	84	82	136
Sunday 10:40 am (In-person)	12	8	10	No service
Wednesday (prior) 6:00 pm (In-person)	60	60	No service	30
YouTube	81	50	58	45

All YouTube attendance is based on YouTube views as of October 26.
A view may be more than one person per view.



STAFF

Pastor Glen Bickford
(Interim Pastor)
glen@flc-aitkin.com

Jill Jameson
(Office Manager)
office@flc-aitkin.com

Barb Bendson
(Accountant)
barb@flc-aitkin.com

Justine Nordick
(Sunday School Coordinator)
justinenordick@gmail.com

Pete Erickson
(Youth Coordinator)
youth@flc-aitkin.com

Mike Purdy (Custodian)

Rebecca May (Organist)

Sarah Grovogel
(Nursery Facilitator)

Aaron Perrine (Choir Director)



Quilters Are Back!



Quilters have resumed their work and are meeting every Friday at 9:00 AM.

We need people who would like to tie quilts, cut squares, sew bindings, prepare packets for sewing and any other aspects of quilting. You can work at home or at church. No education required. We are a happy group that shares stories, time together and deep friendships and some tasty snacks too!

**Call Linda Delaney with questions:
218-820-6777.**

Can you find a word or theme for each letter of the alphabet based in the Christmas story?

The Advent by Candlelight Committee thinks they can!

All ladies and daughters are invited to join our "Advent Alphabet" on Sunday, November 29 at 2:00 p.m. Feel free to invite a friend.

Sign-up begins November 8 in the narthex or by calling the church office. Sign-up is suggested so the dessert order can be adequate.

WELCA is proud to sponsor this event for the fifth time.



NOVEMBER 80 PLUS BIRTHDAYS

Nanci Sauerbrei - 11/7

David Scott - 11/9

Roland Anderson - 11/10

Mary Peterson - 11/12

Don Matthias - 11/13

Sari Olsen - 11/16

John Olsen - 11/26

Dave Dickey - 11/28

Arnold Lueck - 11/30

Happy Birthday



Community Meal Report

About 160 meals served each
Monday
as of mid-October

Meals served every Monday
5-5:30pm in the parking lot.



Advent begins November 29th!

Pet Blessing

Sunday Nov. 8th - 10:30am



Animal orientated service at 9am – bring animals
back to parking lot at 10:30am for a special blessing.



Ministry Opportunities at First Lutheran

If you would like to participate in worship services, call any of the following people and volunteer. Training provided.

Lector (Reading scriptures & the prayers of the Church), **Communion assistant**, **Usher**, **Children's sermon**, **Sound Technician**, **Power Point Technician**— Contact the office (218-927-2028)

Video Technician: Dave Sadlowsky (952-221-3861)

Worship Committee: Rebecca May (927-3481)

Contemporary worship song leaders/musicians: Pat Perrine (218-428-1884)

Hymn selections: Linda Delaney (927-6237)

Altar Guild: Mary Peterson (927-6820)

WELCA: Mary Peterson (927-6820)

Dinner at your Door: Carla Hakes (320-333-1876)

Choir: Aaron Perrine ((651)428-9005)

New Option: We have a new scheduling program – Ministry Scheduling Pro. Very easy to use and to volunteer for many positions. Contact the office to get signed up.

Support Groups

1. **Rides for Health** (Aitkin Co CARE) 927-4077
2. **Memory Loss/Caregivers** (Aitkin Co CARE)- 1st Wed 1230 pm 927-1383
3. **Doughnuts with Dawn** (previously memory lane cafe) – Maryhill Manor every Wed 1000-1200 pm
4. **HOPE** (healing, opportunity, provided equally) (previously AADA)- domestic violence- Wed 800-900 am for women, Thurs 400-500 pm for teens
5. **Sexual Violence Resource Center/Support Within Reach**- 927-6226- Mon and Wed 800 am-500 pm
6. **Aitkin Co Child Abuse Prevention Council** 927-6226
7. **Diabetes Resources**- Riverwood Health Care Center 927-5152
8. **Suicide Prevention**- Aitkin Co Public Health – 927-7272
9. **Crisis Line** 1-800-462-5525

What is

Mutual Ministry?

The purpose of the

Mutual Ministry Committee

is to support and strengthen the partnership between the pastor(s) and congregation as they work together to advance the mission and ministry of the congregation.

For the pastor(s): The committee provides a confidential, supportive space for pastors to reflect on their ministry, discuss challenges, and seek guidance when facing difficult decisions.

For the congregation: The committee also serves the congregation by offering a respectful channel for sharing feedback, concerns, and affirmations, helping pastors understand how their ministry is experienced.

Members of the committee are trustworthy, discreet, compassionate, and grounded in the Christian faith and the mission of the ELCA. They will be visible and approachable within the congregation and able to communicate honestly, thoughtfully, and objectively while maintaining care and respect for all involved.

If you have a specific need, concern, suggestion or affirmation that you would like to share, please feel free to contact any member of the Mutual Ministry Committee listed below. There will also be a locked box in the narthex to drop a note to the committee.

To promote healthy and constructive communication, the committee is unable to consider or respond to anonymous comments.

Contact a member of the committee:

**Dave Benson, John Buisman,
Karen Newton, Sheri Sanbeck**

More information coming soon!

Live Stream/Recording of every 9:00 a.m. Sunday Service

Can't make it to church? Watch it live.

Missed last week? Catch up by watching the recording.

Want to see it again? Or pass it on....

Go to YouTube – enter First Lutheran Church in Aitkin

Scroll thru and search for the date you are looking for.

Click on play. It's that simple.

How do I turn on subtitles/closed captioning on YouTube?

Steps

1. Open a YouTube video.
2. Click the gear icon in the bottom-right corner of the video player to display the video player settings.
3. Expand the combo box next to Subtitles/CC.
4. Click the desired subtitle language to begin displaying subtitles.

9:00 a.m.
Worship Service
is livestreamed
on YouTube at
First Lutheran
Church of
Aitkin and
broadcast at
10:00 a.m. on
KKIN 94.3 FM

Mission Statement

With God's love we embrace one another, our neighbors, and all creation.

Vision Statement

Doing God's Work with Our Hands by Providing:

Spiritual Growth for All; Opportunities for Living Out Our Christian Faith; Support of our Mission and Ministries

Church Values

TRUST and LOVE in Jesus Christ; COMMIT to living God's Word; PRACTICE hospitality with welcoming and kindness; RESPECT and CARE for all people; SERVE our community; LIVE as generous stewards

PLEASE NOTE: The church is charged 75 cents for undeliverable mailings. If you do not want to continue receiving this mailing, please request that your name be removed from our list by returning the attached label to First Lutheran Church, 107 2nd St., SE, Aitkin MN 56431, or by emailing the church at office@ffc-aitkin.com



ADDRESS SERVICE REQUESTED



FIRST LUTHERAN CHURCH
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