

WORDS OF HOPE

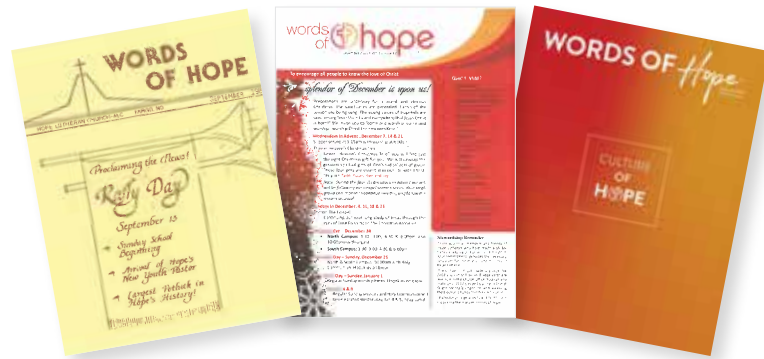


"Rebar Jesus" Sculpture by Justin Morken

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WORDS OF HOPE REDESIGN

¹³May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 (NIV)

Romans 15:13 is the inspiration of Hope's 5-year Vision to Overflow with Hope. This new redesign of the full-color, printed Words of Hope moved from a monthly event-focused newsletter to a quarterly article and story-based newsletter is meant to inspire and equip you to reach out, root deep, and love one another. Below are a few questions our Communication Team has received:

How can I continue to get a monthly update of the events happening at Hope?

1. Subscribe to receive our monthly Words of Hope email on our website at fargohope.org/about
2. Or pick up a printed black and white Words of Hope monthly event calendar from the slat wall at each campus beginning February 1. These will come out just prior to the first of every month (with June and July combined in late May.) A PDF file of this printable monthly calendar will also be available on our website at fargohope.org/about for you to print from home if you prefer.

What if I only received the Words of Hope by email?

If you receive the Words of Hope email, you will still also receive access to both the printable PDF of the monthly calendar and an interactive digital version of the quarterly newsletter. In fact, the digital version of the quarterly newsletter will be available at fargohope.org/about for easy access wherever you are.

If you have not yet done so, please visit fargohope.org/about to sign up for the monthly Words of Hope email, or to download the printable monthly events calendar.

Would you like to share your Hope Story with us? Please email communication@fargohope.org.

WHAT IS LENT?

by Pastor Steven Dunkel

“Jesus was led by the Spirit into the wilderness...fasting forty days and forty nights.”

(Matthew 4:1-2)

Lent is a forty-day* journey from Ash Wednesday to Easter Sunday, paralleling Jesus' forty-day fast in the wilderness and preparing our hearts for Jesus' victory over sin and death. During Lent, many Christians focus on the spiritual disciplines of giving, praying, and fasting. These are invitations, not expectations.

“When you give...”

(Matthew 6:1-4)

Lent is a season to give charitably. This Lent, Hope has a goal to raise \$70,000 for Fix It Forward Ministry for our Targeted Giving. Fix It Forward Ministry is a local 501(c)(3) not-for-profit charity providing free car repairs and repairing donated vehicles to give away to those in need. Will you give this Lent?

“When you pray...”

(Matthew 6:5-15)

Lent is a season to refresh your

prayer practices. Maybe you want to start each day with the Lord's Prayer. Maybe you want to turn off the car radio and talk to God—like you would talk to a friend. Will you pray this Lent?

“When you fast...”

(Matthew 6:16-18)

Lent is a season to fast with Jesus. Traditionally, Christians fast by eating pescatarian (no meat except fish), vegetarian (no meat), or vegan (no meat or dairy) on Mondays through Saturdays during Lent, with Sundays as feast days. Lenten staples

include spaghetti marinara with breadsticks, black bean burgers with fries, and vegetable omelets with blueberry pancakes. That said, fasting from foods isn't for everyone. Modern variations include fasting from social media, alcohol, or even coffee on Monday through Saturday. Fasting isn't a one-size-fits-all. Will you fast this Lent?

**(Ash Wednesday to Easter Sunday is technically forty-seven days. That's because Sundays are excluded, with Easter Sunday being the seventh Sunday.)*

by Pastor Steven Dunkel

2/14

ASH WEDNESDAY



”...FOR DUST YOU ARE AND TO DUST YOU WILL RETURN.” (GENESIS 3:19)

In the beginning, God made us and gave us a choice: life with God forever, or knowledge of good and evil. We chose knowledge, and evil entered the world. Sin and death entered the world. Throughout the Old Testament, God’s people waited for a Savior to rescue them from sin and death. On Ash Wednesday, Christians receive the mark of the cross from last year’s palm ashes and the words, “Remember you are dust and to dust you shall return”—reminding us of our mortality and our need for a Savior.

3/24

PALM SUNDAY

“THEY TOOK BRANCHES OF PALM TREES AND WENT OUT TO MEET HIM, CRYING OUT, “HOSANNA! BLESSED IS HE WHO COMES IN THE NAME OF THE LORD!” (JOHN 12:13)

The Sunday before Easter, Jesus triumphantly entered Jerusalem on a donkey’s back, proclaiming Himself to be the promised Savior of the Old Testament. Crowds waved palm fronds and shouted, “Hosanna! Blessed is he who comes in the name of the Lord!” Christians wave palm fronds and sing “Hosanna!” (meaning “Save us!”) to kick-start Holy Week—the week of Jesus’ last supper, death, and resurrection.



3/28

MAUNDY THURSDAY



“I thought having my first Communion was really fun. All my grandparents came and we celebrated. It felt very special to me because I felt like I was getting closer and closer to God.”

– Micah (pictured above)

“A NEW COMMAND I GIVE YOU: LOVE ONE ANOTHER. AS I HAVE LOVED YOU, SO YOU MUST LOVE ONE ANOTHER.” (JOHN 13:34)

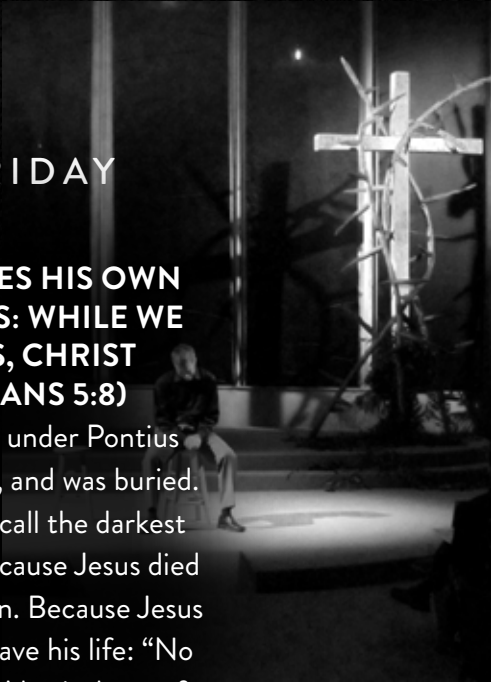
On Thursday, Jesus shared one last supper with His disciples. He broke bread, saying, “This is my body,” and passed wine, saying, “This is my blood”—instituting the sacrament of Holy Communion. Afterward, He gave us a new mandate (Maundy means “mandate”): “Love one another.” Here at Hope, our fifth graders take their First Communion on Maundy Thursday.

3/29

GOOD FRIDAY

“GOD DEMONSTRATES HIS OWN LOVE FOR US IN THIS: WHILE WE WERE STILL SINNERS, CHRIST DIED FOR US.” (ROMANS 5:8)

On Friday, Jesus suffered under Pontius Pilate, was crucified, died, and was buried. God died. Why would we call the darkest day in history “good?” Because Jesus died for us and for our salvation. Because Jesus died for our good. Jesus gave his life: “No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again.” (John 10:18). Traditionally, Christians dress for Good Friday like they would dress for a funeral.



3/31

EASTER SUNDAY



“HE IS NOT HERE; HE HAS RISEN!” (LUKE 24:6)

Death wasn’t the end for Jesus. On Sunday, Jesus rose from the dead, proving His power over sin and death. Jesus said, “I am the resurrection and the life. The one who believes in me will live, even though they die” (John 11:25). Because of Easter Sunday, death isn’t the end for Christians. The Risen Jesus resurrects all believers to enjoy eternal life with Him. Christians often wear bright colors, throw family feasts, and greet each other with “Christ is risen!” and “He is risen indeed!”

THE SWEET SEASON OF LENT:

An example of a set of spiritual practices for you to try

by Bob Schwandt

Every year on Easter a close friend sends me a text that reads, “Happy New Year!!!” He has risen! He has risen indeed! A new year, a new life! I love receiving that text. I look forward to receiving that text. Lent is a time of looking forward to Easter. Traditionally, Lent involves fasting, donations, and prayer. This year, others and I are doing something a bit differently. If you’d like to join, the following is what Lent will look like for us.



Mornings

Mornings we are walking through Scripture. Pick a book that appeals to you- we’ve picked one of the Gospels- and read a chunk. A chapter is often just about right. A bit more, a bit less...whatever. It’s all good! Then, engage with the Scripture through an old practice called Lectio Divina (Latin for Divine Reading). There are four steps, which are pretty easy to remember if you like candy.

The first step: read the wrapper - or, in this case, the Scripture. Read it a couple of times and make a mental note of anything that stands out or draws your attention. That’s it. Step one complete.

The next step: chew on it. Taste it. Savor it. Note how it makes you feel. Note any questions you have. Dig a little. Google a bit. Read a commentary on a verse that stood out. Think about what’s in the candy bar... I mean, Scripture. Maybe make a note of something to talk with someone about later.

Third step: proclaim, “That was delicious! Thank You God for Milky Way bars...oops, I mean, Thank You God for Your holy and wonderful Word!” Offer a prayer- doesn’t have to be fancy, just thanking Him for anything He may have opened up for you. And if nothing really stood out, thank Him for the ability to have a Bible, the ability to read, the comfort of wherever you are as you’re reading, your health, your life, etc., etc., etc.

Finally, fourth step: sit back and digest. In this step, you don’t do anything but be still and know that He is God. Relax in His loving embrace. Simply be.



Evenings

Evenings we are engaging in an Examination of Conscience, or a daily Examen. For shorthand I call this my “3x5.” First, I look back on the day and bring to mind, in His presence, five things I’ve done wrong. (If you’re feeling really deep, use Luther’s Large Catechism and walk through his writings on each of the Commandments as you’re reflecting on these first five- you’ll have no problem coming up with five places you fell short during the day if you’re reading Luther’s commentary.)

Second, walk through your day and bring to mind five things where everything was going right. Five places where you were in lockstep with Him, when everything was in sync, and all was right with the world!

Finally, five things coming up in the future. What do you need help with? What do you need to pray about? What things coming up tomorrow can you, with His help, move from the first “5” (where you’ve fallen) to the second “5” (where you’re walking on Son-shine!) Ask God for help. Ask God for the courage to ask others for help (allowing them to be His hands and feet

for you.) Reflect on what’s to come, what reality you’re going to be a part of bringing into being.

And if you want a change of pace some days, there’s an app for that! The one I use is Reimagining the Ignatian Examen.



Nights

Night, to close out this beautiful day of Lent, we’re going to re-engage in the fourth step of the Lectio Divina, Contemplatio (Latin for contemplation. Simply rest, focus on your breathing for a minute or two, then simply be. Just be. That’s it. Rest in Him. Drift off being still in Him. With Him. Just be.

And that’s our walk-through Lent this year. Join if you’d like! Bear in mind, this is all about Him, and He is all about grace! We’re doing this on most days- perhaps not every day. If we miss a day, we lean on grace and re-engage the next day, or the day after that! We find hope in His gift of grace- His call to us to have a relationship with Him, unmerited, undeserved, unearned... An eternity of real life, real love, real peace, joy, hope, and all the rest, by grace through faith. Grace on the cross, grace via Christ risen on Easter! Praise God! Enjoy the journey!

GROW IN YOUR RELATIONSHIP WITH GOD AT THE ADULT SILENT RETREAT

By Idette Graham

For several years I considered attending Hope’s Adult Silent Retreat, having been invited by friends and fellow Bible study participants, but I just never got around to it until last year. Finally, in 2023, after having been invited by Karen Moore for years, I made a point to set time aside to go.

I felt like I needed more in my faith journey. I have been a member of Hope since 2009 and have participated in many Bible studies. I am also a Wednesday night communion server and am part of the Women’s Ministry team, so I am fairly active in the church. But I felt like I needed to do something different in my daily walk, and Karen thought the retreat would help me grow in my faith. So, I wanted to give it a try. My only real hesitation was that I wasn’t completely sure I could be quiet that long, as I love to talk.

For those of you who have never attended a silent retreat, it is an opportunity to take quiet time to spend with God reflecting on specific scriptures and pouring out your heart in prayer. It was amazing to me that an entire room full of people can hear the same scripture and it can mean something different and deeply personal to each one of them.

“...it is an opportunity to take quiet time to spend with God reflecting on specific scriptures and pouring out your heart in prayer.”

There is also an opportunity to connect with a spiritual director that I found to be a real God send. I found that my conversation with her was more than mere coincidence, but an actual answer to the very prayer that had been heavy in my heart that day. It was an incredible experience!

“I found that my conversation with her was more than mere coincidence, but an actual answer to the very prayer that had been heavy in my heart that day.”

Now I know what you are thinking, “I am too busy, and just don’t have time.” I thought that too. In fact, my years of hesitation in attending reminded me of the story of Mary and Martha, where even though they were both very busy Mary took the time to spend time with Jesus and it was the right choice.

If you are feeling too busy, I’d like to encourage you to ask yourself this question, do you really spend much time in conversation with Jesus? If not, and you want to grow in your faith, this retreat is for you!

If you do attend, I believe that you, like me, will grow in your prayer life and in your relationship with God. I have done Bible studies, and do a daily devotional, but before attending the silent retreat

I wasn’t very good about making time to spending talking to God regularly. I used to feel like I needed to be doing something, like reading the Bible, to be truly talking with the Lord. I now know I can talk to Him any time through my quiet time, which has helped me grow in my faith.

If you are planning to attend the silent retreat, and I hope that you will, here are a few tips to help you get the most out of the experience. First, don’t forget to bring your Bible and a journal to jot down the things that come to your mind during your quiet time. These supplies will be provided for use if you don’t have them, but you might like to bring your own. Second, spend a little time before you come thinking about what you would like to talk to God about, what questions you have for Him. Maybe write them down if you think that will help you to keep from being too distracted during your times of silent reflection. Last, spend a few moments quieting your mind down, if you are able to do so. This will help you jump into your silent reflection with focus on speaking to the Lord and hearing what He has for you.

I really hope I will see you there March 15-16 at South Campus! Sign up to attend at fargohope.org/adults.

Adult Silent Retreat

Following Jesus

“The Lord gives me my strength.” Habakkuk 3:19

March 15-16 • South Campus, 3636 25th St S

Day 1: 7:00-9:00pm | Day 2: 9:00am-3:00pm | Cost: \$50

REGISTER AT [FARGOHOPE.ORG/ADULTS](https://fargohope.org/adults)

LENT TARGETED GIVING: FEBRUARY 14–MARCH 31, 2024

FIX IT FORWARD MINISTRY: MORE IN 2024



Fix It Forward Ministry has a vision to do More in 2024 and Hope Lutheran Church would like to help them achieve their goals!

Through our Targeted Giving during Lent, Hope has a goal to raise \$70,000 to help Fix it Forward to double the number of vehicle donations and repairs they can do this year. We will also offer specific opportunities for people of Hope to volunteer at Fix it Forward Ministries doing everything from turning a wrench in the shop, to cleaning cars, or even helping with office duties such as writing thank you notes.

Financial donations can be made beginning February 14 through the Targeted Giving Envelopes available at the Giving Kiosks, by texting the amount and “Target” to 701.404.8325, or by giving online at fargohope.org/giving. For more information on upcoming opportunities to volunteer watch fargohope.org/adults. (More details will be coming soon!)



Fix It Forward Ministry is a 501(c)(3) not-for-profit charity. Their goal is to remove the transportation barrier for members of our community in need, thus helping enable them to be independent and self-sufficient. This is accomplished in two ways. First by providing free car repairs to individuals in need, to help keep their vehicles on the road and safe. Second by repairing donated vehicles and giving them to members in our community most in need, who do not have a vehicle or whose vehicle is beyond repair. They utilize volunteer labor, discounted parts, and charitable donations to cover the costs of repairs.

All work is performed at Fix It Forward Auto Care, the business side of the charity, after business hours and on weekends. The same faces you see every day at Fix It Forward Auto Care are the same faces that run the Ministry. Some serve on the Board of Directors, while others provide leadership, guidance, and technical assistance to our teams of volunteers who work on cars.

One misconception is that Fix It Forward Auto Care and Fix It Forward Ministry are the same entity. They are separate with the Auto Care functioning as a for-profit, public facing auto repair facility operating Monday through Friday offering repair services to the general public and Fix It Forward Ministry (formerly Higher Power Automotive Ministries) as a 501(c)(3) is a not-for-profit charity. Their goal is to remove the transportation barrier for the most in need members of our community thus helping enable them to be independent and self-sufficient.

Fix It Forward Ministry’s yearly fundraising is earmarked primarily towards purchasing parts. They can keep their overhead very low by utilizing Fix It Forward Auto Care, and its four auto repair shops to provide the space, large equipment, insurance, utilities, and other costs at no charge.



Additionally, they have no labor cost as most repairs are completed by volunteer teams after hours and on weekends at Fix It Forward Auto Care.

Due to overwhelming need in our community, Fix It Forward Ministry is unable to take direct requests for people needing repairs or cars. All of the repairs and vehicle donations they give are completed based on referrals from assistance organizations in our community. They currently work with over 40 different organizations in the Fargo-Moorhead area. These partnerships with assistance organizations in our community allow Fix It Forward to plug-in to existing case managers who are able to meet with potential clients to assess needs, work through options, and assist with people’s



situations holistically. This partnership not only lowers the ministry’s overhead costs, so Fix it Forward Ministry can focus on fixing cars, but it also ensures that those who are receiving help from them are getting necessary help in other areas of their lives as well.

Since 2015, Fix It Forward has donated over 450 vehicles and completed 950 free car repairs for people in need in Fargo-Moorhead. Thousands of lives have been impacted and hundreds of thousands of dollars in economic impact has gone back into the local economy.

Fix It Forward Ministry, unfortunately, must turn down approximately 50% of requests for donated vehicles and repair services. This is due to a lack of resources, both human and financial. They want to do more! On average Fix It Forward Ministry gives away 70 donated vehicles a year with an average parts cost of \$500. That equates to \$35,000 per year. Additionally, the cost of parts for repaired vehicles would conservatively be at another 70 vehicles/\$35,000 per year. For Fix It Forward to meet the ever-increasing need, a \$70,000 gift and the assistance of more volunteers would help them donate more vehicles and complete more free car repairs for those in need.



TESTIMONIALS

- “The amount of happiness my family has for finally having a reliable car is indescribable. We appreciate all the time and hard work everyone put into this to make this happen for us!! This is truly a blessing!”
- “I am really honored and just really excited to start driving. I think it will take a lot of stress off of with basic life things I haven’t been able to accomplish.”
- “I knew my brakes on my car were bad but I had a tough choice to make. Do I fix my car or do I feed my kids?”

ABOUT FIX IT FORWARD MINISTRY

Without reliable transportation, it is difficult to get or maintain a job, and without a job, it is hard to maintain your independence and dignity. As one might imagine, transportation issues are huge in our community and the need is overwhelming. Unlike many bigger cities, people often can’t just take a bus to work, school, or appointments because our public transit system has limited hours and locations. Additionally, utilizing public transportation can take hours. This creates challenges when trying to get kids to daycare and get to work. It is especially challenging for single parents.

Empty Tomb Rolls Recipe



These rolls are a fun recipe to illustrate the Easter story! The marshmallow represents Jesus. The dough represents the tomb where Jesus was laid.

INGREDIENTS:

- 1 (12oz) cans of refrigerated crescent dough
- 8 large marshmallows
- 1/4 cup of sugar
- 2 Tbs cinnamon
- 1/2 cup butter, melted

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Line a cookie sheet with parchment paper or grease a muffin tin and set aside.
3. Melt butter in a small bowl. Mix together cinnamon and sugar in a separate small bowl. Unroll and separate crescent rolls into triangles.
4. Dip marshmallow into butter and roll in the cinnamon sugar. Placing the marshmallow on the wide end of the triangle, roll the dough around the marshmallow making sure to seal each end up tightly. Brush each roll with butter and dip in the cinnamon sugar mixture.
5. Place the roll on the parchment paper lined cookie sheet or into a section of the greased muffin tin. Repeat steps until all rolls are made.
6. Bake for approximately 8-10 minutes. Allow each roll to cool before opening.

MILESTONES

November 7-January 12

Baptisms

Isabella Mae, daughter of Michael Casper III & Melissa Casper
Liam Paul and Ledger Ryan, sons of Ryan & Courtney Sinclair
Ruby Annalee, daughter of Benjamin & Emily Baukol
Grant Theodore, son of Justin & Stacy Riendeau
Madden John, son of MJ & Amanda Stumpf
Carson Anthony, son of Jason & Krystal Nitschke
Sage Lynn, daughter of Austyn & Kelsey Raftenvold
Aiden John, son of Anthony & Mara Sommerfeld
Remi Rae, daughter of Ryder & Sarah Neva
Barrett Tyler, son of Tyler & Briana Boeckel
Everleigh Grace, daughter of Brandon & Jennifer Marthaller
Briggs Louis, son of Brian & Kate Tulibaski
Della Luella Taylor, daughter of Benjamin Taylor & Noel Kangas
Ryder Dean, son of Tyler & Megan Henson
Freya Mae Womack, daughter of Tristan Womack & Lindsay Fredrickson
Isabelle Joyce, daughter of Beau & Kayla Billadeau
Asher Martin, son of Aaron & Miranda Bergdahl
Otto Tyler, son of Benjain & Shantae Schumacher
Coco Mirielle, daughter of Ryan & Alyssa Nitschke
Kyler Troy, son of Tyler & Kameryn Kruit
Maivyn Grace, daughter of Corey & Maria Flaa
Oliver James, son of Benjamin & Kylee Klimpke
Palmer Abigail, daughter of Kasey &



Molly Naumann
Tucker Alan, son of Nathan & Jenica Adams
Lakelyn Joy LaRocque, daughter of Justin LaRocque & Jenica Adams
Gage Lawrence Eiler, son of Bryan & Stephanie Warner
Teagan Rae, daughter of Jeremy & Paige Koepplin
Peyton Rose, daughter of Brandon & Kayla Yurczyk

Marriages

Jessica Klein & Jason Korinek
11/11/2023

Chelsea Adams & Christopher Hubrig
12/8/2023

Heather Gilbert & Erik Langerud
12/9/2023

Ruth Olson & Evan Johnson
12/14/2023

Emily Card & Charles Johnson
12/16/2023

Shari Gustafson & Reed Cockrell
12/22/2023

Jessica Halvorson & Zach Scherer
12/20/2023

Deaths

Corrine Nygaard 11/4/2023

Doyle Markman 11/11/2023

Kathleen Silkey 11/14/2023

Erik Kiesz 11/17/2023

Mark Carlson 11/18/2023

James Lien 11/26/2023

Gregory Larson 12/2/2024

Marva Kruft 12/3/2023

NEW MEMBERS

November 1, 2023



Jenica & Nathan Adams
Mark Anderson
Brendan & Taylor Edner
Grace Farmer
Melissa & Tim Hudson
Bradley Hurajt
Ashlyn Jones
Janis Kirsch
Grayce Larson
Sherry & Scott Linnerooth
Pam & Robert Miller
Mandy Naumann
Laura & Mike Nikolich
Bruce & Cathy Piatt
Karen Rasmussen
Krissy Ritter
Rosalie Schilling
Abby & Bob Taylor
Hallie & Ryan Tiffany
Dave & Sharon Tranby
Delorse Tschider
Cassandra Twedt & Nick Wettstein
Sam Vadnais
Madison & Zack Waln
Lexi Welken
Suzanne Werre
Alma Werth
Alyssa Wolfe
Jack & Rylee Yakowicz

WORSHIP TIMES



SOUTH CAMPUS

Wednesday:

6:00pm Contemporary

Sunday: 8:30am Traditional (South Campus in Chapel)

9:30am Contemporary

10:45am Contemporary

NORTH CAMPUS

Wednesday:

6:00pm Contemporary

Sunday: 8:30am Traditional (South Campus in Chapel)

9:45am Contemporary

10:45am Contemporary

WEST CAMPUS

Wednesday: 6:00pm Contemporary

Sunday: 9:30am Contemporary

10:45am Contemporary



WORSHIP ONLINE

If you are unable to attend in-person, we invite you to worship with us online! You can watch live or find the play-back on our website at fargohope.org/watch. You can also watch on Facebook and YouTube: search for Fargo Hope.

FACEBOOK & YOUTUBE

Wednesday 6:00pm

Sunday 8:30am Traditional, 10:45am Contemporary

A podcast of sermon audio is available the Monday following worship at fargohope.org/listen or on the iTunes store.



LOCATIONS

SOUTH CAMPUS

3636 25th St. S, Fargo

NORTH CAMPUS

2900 Broadway N, Fargo

WEST CAMPUS

2633 55th St S, Fargo

FARGOHOPE.ORG

CHURCH OFFICE 701.235.6629

HOPE LUTHERAN

PASTORS



Paul Nynas
Senior Pastor



Michael Toomey
Executive Pastor



Steven Dunkel
Executive Pastor



Sarah Seibold



Ben Jacobson



Ben Sullivan



Stefanie Jordheim



Andria Messelt
Pastoral Intern



Kevan Smith
Visitation Pastor



Bill Ahlfeldt
Visitation Pastor



STAFF

For full list of Hope's staff please visit fargohope.org/whoweare



Membership that Matters

Sign up at fargohope.org and a pastor will contact you to visit and welcome you to Hope's family. It's that easy. Questions? Email welcome@fargohope.org.

Words of Hope
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DEEPLY ROOTED BIBLE STUDY



PODCAST

Dive deeper into God's Word by listening to our weekly Bible study podcast led by Hope's pastors. You can find our podcast at fargohope.org/adults or on Apple, Amazon, Google Play or Spotify.