

WORDS OF *Hope*

March 2023
Vol. 23 Issue 2



This year's Lent Targeted Giving will benefit Valley Christian Counseling Center.

VALLEY CHRISTIAN COUNSELING CENTER

1 Kings 18-19 tells us about the prophet Elijah, who takes on the ruthless tyrant named Jezebel after she has had all God’s other prophets killed.

Elijah knows God and relies on God as he challenges 450 prophets of Baal and 400 prophets of Asherah. God guides Elijah to defeat the false prophets. Jezebel, hearing of this defeat, commands Elijah be killed. Even though he has just witnessed God’s presence and great power Elijah flees into the wilderness, sits under a tree, and prays for God to take his life.

An angel of the Lord appears to him, provides food and water, and instructs him to go to Mount Horeb. While there, Elijah, again filled with fear and despair, asks God to end his life but, God shows him compassion. He reminds Elijah that he is always with him, so he is never alone.

Elijah became depressed. He lost hope. Biblically, Elijah is only one example of people who struggled with depression. David, Job, Moses, Jeremiah and others experienced overwhelming and great despair.

Depression is a difficult topic. Challenges with mental health are often seen as a character flaw or lack of personal strength. We hide how we feel so others don’t perceive us as weak. Anxiety, depression, addictions, and other mental health conditions are not character faults to be hidden or feared but imbalances and illnesses that can be treated.

Valley Christian Counseling Center is a great partner to Hope Lutheran in caring for people. Established in 1991 by Dr. David Todd and local pastors Valley Christian Counseling Center has grown to 35 providers serving almost 2,000 people annually in our community. The National Alliance of Mental Illness reports that over 108,000 people in North Dakota battle a mental health condition. 28.8% of North Dakotans in 2021 reported feeling anxious and depressed and 19.4% of them were unable to get needed counseling or therapy. Especially notable is the rapid rise in rates of mental health concerns in our children and teens.

Psalms 34:18 reminds us, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Valley Christian Counseling Center offers counseling which integrates biblical truths with the healing process to make lasting life changes. A large portion of their annual budget is raised by donations and gifts, which support the expansion of services and assisting with counseling for those whose insurance does not adequately cover the cost of counseling. This Lent we will take an offering to support the mission and ministry of Valley Christian Counseling Center so that they can work to help keep individuals and families healthy and whole in Jesus’ name.



Paul Nynas
Senior Pastor



Lent Targeted Giving Feb. 22–Apr. 9

Ways to give:



Targeted giving envelopes available at the giving kiosks.



Text “TARGET” and amount to 701.404.8325



Give online at fargohope.org/giving

EASTER & HOLY WEEK

We invite you to worship with us for Holy Week and Easter. Let’s contemplate and celebrate this hope we have in Jesus Christ together.

Palm Wednesday and Sunday • March 29 & April 2
During regular Wednesday and Sunday worship times

Maundy Thursday • April 6

North Campus	South Campus	West Campus
5:30pm ^t	12:00pm	7:00pm ^o
7:00pm ^o	5:30pm ^{o*}	
	7:00pm ^o	

^o1st Communion

Good Friday • April 7

North Campus	South Campus	West Campus
7:00pm	7:00pm* (Cantata)	7:00pm

Easter Saturday • April 8

North Campus	South Campus
6:00pm	6:00pm

Easter Sunday • April 9

North Campus	South Campus	South Campus (chapel)	West Campus
8:00am ^{*t}	8:00am	8:00am ^t	9:00am
9:00am	9:00am	9:00am ^t	10:10am
10:10am	10:10am [*]	10:10am ^t	11:15am
11:15am	11:15am		

^ttraditional

^{*}Livestream



NORTH CAMPUS WORSHIP TIME CHANGE

Beginning Sunday, June 4, North Campus worship times on Sundays will be 8:30am (Traditional), 9:45am and 10:45am. Summer outdoor worship will be during 9:45am worship. This change will be for North Campus only and will continue in fall.

This worship time change will impact the Sunday Hopekids times for fall 2023 registration.

More announcements will take place throughout May.



ADULT SILENT RETREAT

JESUS SPEAKS:
QUESTIONS JESUS ASKED THAT HE IS STILL ASKING TODAY
SPEAKER: KAREN MOORE, SPIRITUAL DIRECTOR

MARCH 24-25 • SOUTH CAMPUS, 3636 25TH ST S
Day 1: 7:00-9:00pm | Day 2: 9:00am-3:00pm | Cost: \$35

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

Why did Jesus ask the questions He did and why does it matter to us today? Come find out! There will also be time to spend with Jesus, quietly contemplating what He has to tell you about these questions for your life now. You'll come away having had the opportunity to listen to both your heart and Jesus, helping you to grow closer to Him!

Be still before the LORD and wait patiently for Him. Psalm 37:7



IF:2023

March 3-4 | West Campus

This is a simulcast that will run March 3 from 6:00pm-9:30pm and March 4 from 9:00am-4:00pm. Snacks and beverages will be provided. College students can attend free. Tickets are \$19

✦ For more information and to register go to [FARGOHOPE.ORG/WOMEN](https://fargohope.org/women) ✦

If: Gathering exists to equip women with gospel-centered resources, events and community, so that they may learn about who God is, and disciple other women right where they are. Let's watch God move. Join us for worship and be reminded that God is who we need. Our God will provide!



DEEPLY ROOTED BIBLE STUDY

Sundays Nights
6:30-7:30pm | South Campus

All Adults Welcome • Join Anytime
This will be led by Hope's pastors.

ALPHA MARRIAGE COURSE

Thursdays, April 13-May 25
South Campus | 6:00-8:00pm | Cost: \$20

The Alpha Marriage Course is a series of seven sessions, designed to help couples invest in and strengthen their relationship. Enjoy a weekly date night with dinner provided!

► Visit fargohope.org/adults

WOMENS MINISTRY

Read N Relate

***The Midnight Library* by Matt Haig**

Tuesday, March 7 | 7:00pm | North Campus Fellowship Center
Monday, March 13 | 11:00am | South Campus Library



Card ministry

Tuesday, March 21 | 6:30-8:30pm
Cards with beautiful, heartfelt designs and a monthly reflection are made for HopeCare ministries. Projects are preplanned, and all supplies are provided. Registration required at fargohope.org/women.



MOPS/MOMSnexT

March 11 | 9:00-11:00am | South Campus
RSVP for Daycare Feb 25
Make blankets for Ignite Light
Please join our Facebook page to stay up to date: Hope Lutheran MOPS/MOMSnexT
If you would like to become a member, you can register at: www.MOPS.org/join



KAMS (Kids and Moms) North Campus

Thursdays | 9:00-11:00am | North Campus
For Bible Study, guest speakers, and helpful discussion to support and encourage one another as moms. RSVP for childcare to adults@fargohope.org.



Needleworks:

March 6 & 20 | 7:00pm | North Campus



Save the date for Fresh Grounded Faith with Jennifer Rothschild

October 27-28, 2023 | South Campus
Featuring Margaret Feinberg, Author and Bible Teacher; Michael O'Brien, Recording Artist and Worship Leader

SMALL GROUPS

JOIN A SMALL GROUP TODAY!

These groups are a powerful way to do your Soul Business with God. Now is the time to start praying and thinking about small group ministry for your journey of faith. Joining an existing group or starting a new group is simple. Just visit fargohope.org/adults and click "Find a Small Group" or "Start a Small Group."

33 THE SERIES

Wednesdays | South Campus | 6:30am

Come hear about God's design for men and connect with other men of Hope. ALL MEN WELCOME!

ALL YOUTH MINISTRY

- ▶ **Youth Programming on Break** | March 15 & March 19
- ▶ **Youth Registration Opens** | March 29
We encourage all families to register online at fargohope.org/youth.



- ▶ **Hopekids Sing in Church**
March 29 (Palm Wednesday) & April 2 (Palm Sunday)
NC & SC during Hopekids Hour | WC: Wed during Hopekids Hour, Sun at 9:30am
- ▶ **VBX Registration**
June 5-8 South Campus am & pm sessions, June 12-15 WC am & NC pm, March 29 at fargohope.org/vbx.
- ▶ **Hopekids will be on Break April 5 & 9.**
We encourage families to worship together during Easter Week. See website for worship times.

▶ **5TH GRADE 1ST COMMUNION INSTRUCTION CLASS & WORSHIP SERVICE:**

At Hope Lutheran Church it is our desire to partner with parents to fulfill the promises they made to their children during baptism. One of those promises is, “to provide for their instruction in the Christian faith.”

First Communion Instruction & Worship Service will be celebrated on Sunday, March 5, from 1:00-3:00pm at our South Campus. Fifth graders and their families from all campuses are encouraged to attend the instruction at this central location. This service is meant to celebrate fifth graders on this special occasion and provide them with hands-on instruction prior to receiving their first communion on Maundy Thursday, April 6.

Online Instruction Option:
For those unable to attend the Instruction & Worship Service, an online option will be available on our website: fargohope.org/children. Please review the instruction booklet along with the accompanying videos with your child.

Printed packets may be picked up at any church office. Completed packets do not need to be returned to the church.

First Communion will be presented on Maundy Thursday, April 6. Fifth graders will receive Communion during the Maundy Thursday worship service. All three campuses have service times and options listed below.

- North & West Campus | 7:00pm
- South Campus | 5:30pm & 7:00pm

SC: Wednesday families are encouraged to attend 5:30pm service & Sunday families are encouraged to attend 7:00pm service

A special reception for fifth graders and their families will also follow each service in our gathering spaces (NC Fellowship, SC Discovery Center, WC Room 103), where students will be presented with a special olive cup to commemorate this special occasion. Cake and ice cream will be served.

If your family is unable to attend one of our Maundy Thursday services (and your child has completed the first communion instruction noted above), your child may receive their first communion at the next worship service they attend where communion is presented. Hope offers the Sacrament of Communion on the first Sunday of the month (and preceding Wednesday) at all three campuses. Our South Campus, Sunday Traditional service in the Chapel at 8:30am serves communion weekly.



Spring Message Series
In the Old Testament, God commanded Moses to write down a list of His Top Ten Commandments that would help guide His people, as well as help them to see their need for a Savior. In this series we are calling “Top Ten,” we will be diving into each of the Ten Commandments in depth to see how we are to live our lives in ways that honor God.

- ▶ **9th grade affirmation of baptism services and photos**
Mark your calendar for May 21. Confirmation services will be held at all three campuses. Students and group leaders will be assigned to a specific service time. Best of Times will be taking pictures for our students again. Times for both of these will be communicated shortly.
- ▶ **Summer Camp Opportunities**
There are many wonderful camping opportunities offered through Inspiration Point this summer. Camp dates and other info can be found at ipoint.org.





Brimson, MN | July 30-August 3
Current 9th-12th graders | Cost: \$350
Join us at the “best place on earth;” Camp House! Located on a small private lake an hour north of Duluth, MN, Camp house is a great place to see God in a whole new way, without the distractions of your daily life.

...

REGISTER AT
fargohope.org/highschool



JAMAICA

MISSION JAMAICA 2023

I am very happy to report that our 2023 Mission Jamaica trip was an outstanding success. We had a fantastic, hardworking group of people participating again this year. There were about 30 of us total, half for the first week in Montego Bay, January 21-28, and the other half doing both Montego Bay and the following week in Kingston, January 28-February 4. We were joined by additional people from other churches both weeks, so our group was around 50 in Montego Bay and 30 in Kingston. Many of these people we have worked with before, so it's always a happy reunion seeing each other in Jamaica again.

For those of you who were wondering about the fact that there was a State of Emergency called in Jamaica again, be assured that this did not affect us in any way. We have been in Jamaica before when this has been in place, and the most we have ever experienced is being delayed if there is a checkpoint set up on the roads. This year we didn't even have that.

During our two weeks in Jamaica we built two Jabode houses in Montego Bay and one in Kingston. We build these houses in just three days, and our teams are just amazing. One of the best parts is that we get to meet the families that we are building the houses for and get to experience their joy and excitement as they watch the walls go up and the building take shape. Neighbors and friends will also come to help us and to watch our progress. Usually there are a few tears along the way on both sides. Before we paint all the walls inside we write prayers and bible verses on the walls so they become a permanent part of the building. On the final day with full hearts we lay our hands on the walls of the house, pray over the family and bless the house. What an amazing feeling this is.

While in Montego Bay we also have people going to Westhaven Childrens Home up in the hills outside of Montego Bay. This is a home for physically and mentally challenged children and young adults. Some of our people assist with the care of the children, others play and sing with them, and others either paint or work on construction projects. We do lots of painting in Jamaica due to termites and carpenter ants, but it also really brightens everything up. The kids really enjoy watching us go about our work, too. Our week in Kingston starts with church service at Arlene Gardens Church on Sunday, then we re-paint the stripes on

the running track at Hope Valley Experimental School Sunday afternoon. The kids are always excited to see the track on Monday with bright paint and all cleaned up. The next few days we finished construction on a new classroom, plus did painting on railings and walls. It was great seeing the kids in school again, since last year they were kept home while we were there. They were also excited to see us back again.

We also worked on projects at Callaloo Mews Basic School. This is a school for Pre-school through Kindergarten children. The school is in a very poor part of Kingston. Without this school many of these children would not be able to attend school at all since most of the students cannot afford the cost of the uniforms and supplies let alone the cost of transportation to another school. Due to the support of Mission Jamaica this school is still available to children of this area. Without an education they would have very little hope of getting out of the poverty they exist in.

At Callaloo Mews we started construction on a new Playground Structure for the kids, plus addressed some maintenance issues, and also painted the exterior walls of the building and surrounding walls. The building walls are a very bumpy popcorn texture, which is really hard to paint, so we were very excited to be able to acquire a paint sprayer.

Traveling to Jamaica and interacting with the people always makes me realize once again how very blessed we all are and to be reminded of how grateful I am to God to be able to reach out to others and share this blessing. As the Bible says in 1 Peter 4:10: "God has given each of you a gift. Use them well to serve one another."

Joanne Steidl
Mission Jamaica
Hope Lutheran Church



HOSPITALITY

Wikipedia defines Hospitality as "the way people treat others, that is, the service of welcoming and receiving guests". Chevalier Louis de Jaucourt defined it better in Encyclopédie; an 18th century French encyclopedia, as "the virtue of a great soul that cares for the whole universe through the ties of humanity". **How do you define it?**

Our Hospitality Mission here at Hope is to disciple volunteers and staff so that guests and members experience Jesus in our welcome. We encourage you to take some time today to reflect on how you show hospitality to the people around you, in your church, in your community and in your lives. **Do you help others experience Jesus?**

One of the best ways to show Hospitality at Hope is by being a Greeter. Often the first impression at Hope, greeters welcome everyone with a smiling face, a kind word and an open door. What a fantastic way to show the love of Jesus to people around us! **Can you help?**



Everywhere you look, there are opportunities to share God's love through service. Let us help you find an opportunity that matches your interests! You can sign up on our website at fargohope.org/volunteer, emailing hopevolunteer@fargohope.org or calling the church office at 701-235-6629.

stephen
MINISTRY.

MONEY... BILLS... DEBT...

These three words can express so much heartache. A Stephen Minister can be a caring listener to those experiencing financial problems. A Stephen Minister won't give advice or make judgments – he or she will be there to care.

A BROKEN HEART...

Have you lost a loved one? Are you separated or recently divorced? A Stephen Minister can be with you to listen and support you while your heart heals.

FAILING HEALTH...

The words from the doctor hit you like a bucket of ice water. This can't be! A Stephen Minister can help you process the news and support you through the progression of you or your loved one's illness.

For more information, please contact a Hope Pastor or Kim Youngquist at 701-235-6629, email hopecare@fargohope.org or go to fargohope.org/hopecare to find out more.



MEMORIALS
January 11–February 7, 2023

Memorials Given to Hope Lutheran Church

- Ruth Haugen
Maryann Schoenheit
- John Anderson
Maryann Schoenheit
- Bertha Anderson
Maryann Schoenheit

Memorials Given to Hope Lutheran Foundation

- Bev Quamme
Erva Moilanen
- Hollis and Bev Quamme
Vince and Myla Alsaker
- Donald Tillisch
Larry and Shirley Solberg

MEMBERS AND Milestones
January 11–February 7, 2023

BAPTISMS

- Norah Nancy Slotten, daughter of
Lukas Slotten & Amber Tendeland
- Porter Gregory, son of Peter & Abby
Pranke
- Cayprey Ella-Grace, daughter of Tim &
Lane Kuhn
- Easton Allan Fuchs, son of Derek Fuchs
& Carey Christopher
- Thaddeus James, son of Isaac &
Katherine Olson
- Clifford James, son of Nicholas &
Kristin Boll
- Liam James, son of Tyler & McKinsey
Seehusen

NEW MEMBERS

- Julie Ann Benz
- Ken & Lee Elvrum
- Kristi Erdman
- Diane & Richard Greutman
- Sam Ihringer & Dylan
Timmerman
- Denise Johnson
- Lindsy Larson
Aubrie
- Katie & Mike Love
Bradyn, Beckett
- Shelby & Justin Meche
- Alexandra Mitchell
- Ashley & Nick Murray
- Lexi Opheim & Jesse Vega
- Brandie & Dan Sandbeck
- Maris Thompson

MARRIAGES

- Alexis Middlestead and Benjamin Dickson
1/6/2023
- Allie Hoernemann & Brandt Haskell 1/14/2023

DEATHS

- James “Jim” Kruft 1/12/2023
- Beverly Horne 1/25/2023
- Kathy Meland 2/4/2023

MARCH PREACHING SCHEDULE
SERMON SERIES: “THE 10
COMMANDMENTS”

Wednesdays
“Honor Your Mom & Dad”
Deuteronomy 5:16; Matthew 15:1-11
North: March 1 Pastor Mike Toomey
South: March 8 Pastor Mike Toomey
West: March 15 Pastor Mike Toomey

“Do Not Murder”
Deuteronomy 5:17; Matthew 5:21-22
North: March 15 Pastoral Intern Stef
Jordheim
South: March 1 Pastoral Intern Stef
Jordheim
West: March 8 Pastoral Intern Stef
Jordheim

“Do Not Commit Adultery”
Deuteronomy 5:18; Matthew 5:27-28
North: March 8 Pastor Paul Nynas
South: March 15 Pastor Paul Nynas
West: March 1 Paul Nynas

“Do Not Bear False Witness”
Deuteronomy 5:20; John 10:44-47
North: March 22 Pastor Paul Nynas

“Palm Wednesday”
Luke 19:28-38
North: March 29 Pastor Paul Nynas
South: March 29 Pastor Sarah Seibold
West: March 29 Pastor Ben Jacobson

Sundays
“Sabbath Keeping”
Deuteronomy 5:12-15; Mark 2:24-28
North: March 5 Pastor Sarah Seibold
South: March 12 Pastor Sarah Seibold

“No Other Gods”
Deuteronomy 5:7-10; Matthew 19:16-26
South: March 5: 7-10 Pastor Paul Nynas
West: March 12 Pastor Paul Nynas

“Keep His Name Holy”
Deuteronomy 5:11; Romans 10:9-13
North: March 12 Pastor Ben Jacobson
West: March 5 Pastor Ben Jacobson

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.

WORSHIP TIMES
NORTH AND SOUTH CAMPUS
Wednesday:
6:00pm Contemporary

Sunday:
8:30am Traditional (South Campus in
Chapel)
9:30am Contemporary
10:45am Contemporary

WEST CAMPUS
Wednesday: 6:00pm Contemporary
Sunday: 9:30am Contemporary

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
Pastoral Intern/
Youth Director
Kevan Smith
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
Hope Lutheran Church
2900 Broadway N
Fargo, ND 58102

Non-profit Org.
US Postage
PAID
Fargo, ND
Permit No. 975

Stay informed by signing up to receive Pastor Paul's email notifications at
FARGOHOPE.ORG/ABOUT



SUMMER SCHOOL AGE PROGRAM

Summer is just around the corner and we are pleased to offer weekly themed day camps for children who have completed Kindergarten – 5th grade. We are excited to offer a wide variety of opportunities for school age children to grow their faith as they learn more about themselves and the world around them all while having a great time with their friends. You may register for one week or as many weeks as you need.

Registration forms will be available at fargohope.org or in the Church Office after March 1.

Questions? Contact Jackie, 701.235.2269, x226 or jberndt@fargohope.org.