



# TRF FREE CHURCH NEWSLETTER

February 2012

211 Arnold Avenue North  
Thief River Falls, MN 56701

Phone: 1-218-681-3855  
Fax: 1-218-681-3955  
E-Mail: [trfetc@wiktel.com](mailto:trfetc@wiktel.com)  
Website: [www.trfetc.org](http://www.trfetc.org)

## Check out the TRF Free Church Website!

Looking for calendar updates?  
Miss a sermon?

Check out our website at [www.trfetc.org](http://www.trfetc.org).  
You can find out what's happening at church by viewing the monthly newsletter or checking out the calendar. You can also listen to sermons online!



## Prayer Requests

Call the church office at 218.681.3855  
or email [trfetc@wiktel.com](mailto:trfetc@wiktel.com)  
with your prayer requests.

## Address, Phone and E-mail Corrections

TRF Free Church maintains a database of all its members, regular attendees, and visitors. If you have had any changes to your address, phone number, etc. please contact the church office with your name, phone number and the changes that need to be made.

## NEWSLETTER and BULLETIN DEADLINES

Items for the March Newsletter must be turned in by: **February 15**  
The Weekly Bulletin Deadline is:  
**Noon on Wednesdays**

Contact the church secretary at 681-3855  
or email her at [trfetc@wiktel.com](mailto:trfetc@wiktel.com)



***"For you were called to freedom, brothers, only do not use your freedom as an opportunity for the flesh, but through love serve one another." Galatians 5:13***

### Love in Action...

is a ministry intended to use our abilities, talents and resources to come alongside those that have a need; whether someone is sick, hospitalized, moving, welcoming a new baby through birth or adoption, or just has a need which the church can tangibly help.

### Love in Action...

seeks to meet those needs. Please search your heart and prayerfully consider your role in this important ministry. Contact: Kim Rosendahl at 681-3424 or Kim Lovejoy in the church office at 681-3855.

Please fill out this survey and place it in the offering or drop it off in the church office. Thank you!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_ I would be willing to make & deliver a meal.

\_\_\_\_ I would be willing to provide child care

\_\_\_\_ I would be willing to help with house cleaning

\_\_\_\_ I would be willing to do repairs or home maintenance

# ANNOUNCEMENTS, NEWS, and INFORMATION



## Pastor Bruce, Stacy Barnhart & Jenelle Espe are going to Liberia!

Pastor Bruce will be guiding church leaders through a unique study in James. Stacy and Jenelle will be working alongside two nurses in Liberia helping with school screenings for children. Prayer support for this trip is greatly appreciated. The team will fly out of Minneapolis February 18 and return on February 27. If you would like to help financially with this trip, please designate your gift to the short term missions fund.



## Follow Mariah Steenerson's adventures in Australia with **Youth with a Mission** (YWAM)

<http://heart-of-a-sojuner.blogspot.com/>

### Prayer Requests

- ◆ Safety while in Australia doing her schooling and in Asia with her missions
- ◆ Spiritual Growth
- ◆ Good health
- ◆ To be able to take a lot from DTS (Discipleship Training School) and apply what she learns to effectively share the gospel
- ◆ To be open to change; to not only look at YWAM as an opportunity to make a difference but to be made different.
- ◆ Understanding for schooling after YWAM

### Send a Word of Encouragement

Stop at the table in the Narthex and write a quick note to Mariah. Cards are provided and the church secretary will mail them.



## SINGLES' NIGHT "SUPER BOWL PARTY"

**SUNDAY, FEBRUARY 5, AT 5:30 PM**

Pastor Bruce and Cilla host a fun-filled evening of fellowship and food, for career-age singles, at their home. Potluck - bring a dish to share! Fischers will provide hot dogs. Call 681-2646 for directions.



## Southern Style & Traditional

**Sunday, February 12  
6:00 p.m. at Church**

Everyone is invited for a special night of Gospel music. Please bring bars or cookies to share!

## Estate Planning and Planned Giving Seminar

**Date:** Sunday, February 19, 2012

**Time:** 2:00 PM - 4:00 PM

**Location:** Thief River Falls Evangelical Free Church

**Address:** 211 Arnold Ave. N  
Thief River Falls, MN 56701

**Description:** A Legacy Wealth Planning Seminar on Estate Planning Myths: Why Most Estate Planning Fails and What to Do About It.

**Register online at [raygerman.com](http://raygerman.com)**

## REMINDER: FREE CHURCH POLICY\*

The Discipleship Commission is NOT responsible for planning bridal showers, baby showers, or benefits. These are to be planned by family members and/or friends of the intended person. If you would like to host an event, be sure to contact the church office for an available date and to fill out a Building Use Request Form. \*It is assumed these events will conform with the Building Usage Policy.

## Kids & Youth News



### T & T Handbook Sections Challenge

February 1 - 22  
Prizes awarded on February 29

Clubbers, each Wednesday when you pass a section you will receive a "section certificate" that will be displayed on the "Sections Challenge" bulletin board. At the end of the contest, all the certificates will be collected and put into a hat for drawings for individual prizes. The more sections you pass, the more certificates you have in the hat and the better your chances of winning.

If the total number of sections passed by all clubbers is:

- 50 or more = everyone gets a **pat-on-the-back**.
- 100 or more = everyone gets a pat-on-the-back and a **lollipop**.
- 150 or more = everyone gets a pat-on-the-back, a lollipop and a **can of pop**.
- 200 or more = everyone gets a pat-on-the-back, a lollipop, a can of pop, **popcorn** and a **powerful picture show**.

**Are you up to the  
Challenge?**

## CHRIS TOMLIN CONCERT

Thursday, March 15th 7pm  
The Sanford Center  
in Bemidji



Tiffany Edwards has a limited amount of tickets. 1st come, 1st serve basis.

**For those caravanning from church....**

We will be leaving no later than 4pm and we are bringing our own dinner to eat on the way (there will be no stops). We plan on being back to church around 11:30 or 12am. If you wish to go ahead of time or drive separately, connect with Tiffany Edwards to get your tickets.



### February 19 is Camp Sunday

Herb Bloomquist, from Camp Shamineau, will be speaking for the church service and to the Jr./Sr. High Students during the Sunday school hour.

### Wednesday, March 14 is AWANA Camp Information Night

Parents are welcome to attend from 7:30-8:00  
for information on Camp Shamineau.

The church will again be offering some wonderful scholarships to assist kids who want to attend Camp Shamineau:

#### 3rd through 8th graders

Child's 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> years of camp:

Scholarship pays 50% of the general camp fee.

#### Grades other than 3-8

will be offered a \$50.00 scholarship to help with camp expenses.

**To receive a \$20 discount, please register for camp  
prior April 1, 2012.**

If you will be participating in our scholarships please turn your camp registration form and signed Scholarship Program form into Thane & Jenelle Espe. You can reach them @ 681-2975.

If you would like information on Camp Shamineau you can visit their website at [www.shamineau.org](http://www.shamineau.org).

# MEN'S MINISTRIES

*"As iron sharpens iron, so one person sharpens another."  
Proverbs 27:17*

## saturday men's group

All men are invited each Saturday morning.  
Held at the TRF Free Church (Sr. High Room).  
Discussion format will be from the weekly  
topics in the Men of Integrity booklet.

Questions?  
Contact Paul Gregor at #686-4122.



## Men's Ministry Event "What is Courage?"

Please join the men's ministry team for a weekend retreat  
at Blue Water Bible Camp in Grand Rapids on  
**February 10th-12th.**

Snowmobiling is planned depending on snow conditions. If snowmobiling is not possible, several other activities are possible like ice fishing, broom ball and four-wheeling. There will also be times set aside for discussion and study Regarding the topic of courage in our lives as men. Cost will be \$50 per person.

**If you are interested or have questions,  
contact Thane Espe (681-2975) or Jason Simoneau (218-416-2168)  
by Sunday January 29th.**



# WOMEN'S MINISTRIES

*"What does the Lord your God ask of you but to fear the Lord your God, to walk in all his ways, to love him, to SERVE the Lord your God with all your heart and with all your soul." Deuteronomy 10:12*



**Women's  
Ministry Meeting**  
**Thursday, Feb. 9 at 7:00 pm**

## IN THE CORNER with Elise Row

### "Good to Not Be God"

I had the chance to teach English in Taiwan after college. Since I know zero Chinese, church was interesting. I could not understand a single word of the services, so I would hum along to the songs and dive into my Bible on my own during the sermons. I discovered the last few chapters of Job and have felt at home in them ever since.

Job had a tumultuous life—worse than anyone I have met. We read through dozens of chapters as his sad life unfolds and his wife and friends give bad advice. Then, in chapter 38, God reveals Himself. I love God's responses to Job's why-ing. Wait—go grab a Bible and read some for yourself before you continue. I'll wait...

Amazing, huh? God never directly says to Job, "Here is My plan for your life, son," nor does He offer an explanation, "Well, the devil showed up and we made this deal..." God spends five chapters saying Who He is and reminding Job who he is not.

I often wonder what God's plan for my life is and why He doesn't discuss it with me more often. Really, though, I should be glad not to shoulder the responsibility.

I would mess up stars. I would give the wrong orders to the morning, I think. I would have no idea where to put the storehouses of snow. If I could create Leviathan, I would be scared of it.

Truth be told, I can barely take care of myself. I am happy to let Him do it. If He really counts the days until the mountain goat gives birth, surely He pays attention to the details of my life, too.

**Job 38: 2** "Who is this that obscures my plans with words without knowledge?"



**White Cross will meet Thursday, February 9th at 10 a.m.** with a potluck noon meal & fellowship. We will be working on quilts and bandages. Any questions, please call Jan Trontvet @ 689-7578. Hope to see you there!



## Funeral Meals

As announced at the Annual Meeting, it was decided that we are going to ask 2 ladies to sign up for each month of the year to be in charge of calling for help for funerals. They will ask others to help serve, make something, or pay money. The two in charge of calling will not have to be the ones making the food or serving. Everyone that considers the TRF Free Church their church home will be called on to help serve at funerals in some capacity.

## Money Shower for the McCauley's

There is a kettle in the church foyer for donations for Eric & Christy McCauley's family. They will be coming home from Austria on February 19th and staying in TRF for a few months.



## Help Needed with Women's Ministry!



We are looking for new ladies to come on the Women's leadership board! 3 ladies are stepping down - a couple who have served on this committee for over 10 years. It is time for new blood and new ideas! Please attend the next Women's Ministry Meeting on Thursday, February 9th at 7pm.

## 10th Annual Area-Wide Women's Conference featuring Carol Kent



**When God  
Writes Your Story**  
**Luke 22:42** "not my will, but Yours be done."

April 14, 2012

9am - 3pm

Roseau High School Gym

Cost is \$25 per person.

Registration information is available in the church office.

## Letters from former Pastor's wives that were read at the Christmas Banquet....

Dear Friends,

Thanks for the invitation to join you this way at your Christmas Banquet. I know the food was delicious and fellowship great. When I started to jot down some notes on what keeps me especially busy here in Helena at the church, it looked like a list you might recognize from our time there.

Four years ago Jim and I started a Sunday School class for young adults here as we did there when we began the Challenger class in TRF. It gives us a great chance to get to know these young people and be part of their lives. I do admire the respect they give this gray-getting white-haired old lady as their teacher. I also lead the discussion at our small group that meets for soup after church on Sundays every other week. That is also a repeat.

Since Jim is not preaching that often we get to take our turn in the nursery. We find this great fun - Jim is great with the toddlers. If he pulls out his harmonica almost any little one stops crying to investigate.

I serve on the Fellowship committee which does the planning of social events. With some new younger moms on the committee, we have had some great events. They are out-growing my home which is great. Jim and I do lots of visiting—that's his job description. We both enjoy that. And I am part of a great Tuesday morning Bible Study in a group where everyone comes well-prepared and shares so well. Even though this is a college town (Carroll College—a very fine Catholic school) we have not reached out to the college kids here. But that is not my calling this time around. We still do what we call the "waffle ministry" an easy way to invite people over for Sunday night supper.

Here's a big surprise—even to me. In a few weeks three of us are going to play some Christmas music together. I am taking the cello part. That is my new undertaking, lessons and all. I really enjoy doing it in my home but am scared to death to perform in public. We have a guest room and would love to have anyone stop by on your way west.

~Joyce Howard

**Upcoming Events** March 26  
7pm Game Night @ EFC

May 12  
10 am Women's Day @ EFC Gym

Watch bulletin and monthly newsletters for specific details about these events.

Dear Ladies of the E.F. Church,

Thank you for your interest in what we are doing in these retirement years. We haven't been involved in an interim ministry assignment since 2007 and 8 when we were in Bismarck, ND. We so enjoyed those months.

After Curtis had his heart surgery in 2008, we have stayed closer to home. Curtis helps with projects and repairs at our son-in-laws veterinary clinic and I have also helped with some things there. We do our own yard work, home repairs, etc. Curtis loves to study and does a lot of that.

The Evangelical Free Church hasn't done well in Atlanta and several have closed. We turned over the one we attended to the District in October. We are now attending a small, conservative Presbyterian church. We can agree with basic doctrines so we will continue to attend there for now. It has less than 100 people, but they are young families so we have lots of children and teens. The people are really wonderful and a blessing to us.

Cindy is still teaching High School English and also tutors a number of young people, so she keeps busy. Richard keeps busy with the clinic and Nick is a Junior at Auburn University.

Jim, Julie and boys still live in Bloomington, Illinois where he is a jewelry designer. Julie is a graphic artist. Ryan is 13 and in 8th grade. Tate is 9 and in 4th grade. We were there for Grandparent's Day in October and had a great time.

We wish you all a very blessed and meaningful Christmas Season. We keep you in our prayers each week as you continue to serve our Lord there in Thief River Falls.

~ With our love and prayers, Curtis and Lorraine

### Thank You!

Dear Ladies,

Thanks so much for your beautiful, sweet Christmas greetings! It was so fun to hear from so many of you. We're so grateful for your prayers, your friendship, (even after almost 30 years since we lived there!), your support and love. You're a blessing to us! Happy New Year!

~Darwin & Darlis Anderson

Dear Ladies,

Norah and I would like to say a huge THANK YOU to all the ladies who attended Norah's baby shower and also to those who gave us such adorable gifts! A special thanks to Michelle, Laura, Karen, and Geno for all the work you did to put together such a beautiful shower. Norah and I are truly blessed and grateful to have such wonderful women in our lives. With love, Norah and Sarah Dahlin



# Weekend of R&R "Renew & Refresh" Romans 12:1,2 February 24-25, 2012

The TRF Free Church is hosting a weekend of R & R for women of all ages. Come be renewed and refreshed by spending time in God's Word, enjoying some 'girl time', indulging in a bit of yummy food and coffee treats...maybe even getting a short massage and/or doing a little crafting!

## Workshops:

- ◆ God's Word on marriage.
- ◆ You can 'talk the talk' but do you 'walk the walk'?
- ◆ What does God's Word say about raising kids?
- ◆ Honoring God in caring for our aging parents.
- ◆ God's Word on being peacemakers.
- ◆ What does God's Word say about finances?

## Fun Shops!

- ◆ Simple Sewing- Make a simple runner for your table or counter. Cost: \$5.00
- ◆ Scrapbooking- Find out what its all about, get some ideas for heritage books or graduations, and do a make and take. Cost: \$1.00
- ◆ Stamping Up!- Make a set of 4 handmade cards. Cost: \$7.00
- ◆ Movie and Munchies - Free!
- ◆ Mini Massages- There will be a suggested donation for these.
- ◆ Book Store - A variety of Christian books available to purchase.

## Weekend Schedule:

### **Friday Night:**

6:00- 7:00 p.m. Registration/Coffee Bar Open  
7:00 Worship  
7:30 Main Session 1  
8:30 Funshops and Coffee Bar

### **Saturday:**

8:30 - 9:00 a.m. Registration/Coffee Bar  
9:00 - 9:20 Worship  
9:20 Main Session 2  
10:10- 11:00 Workshops 1 & 2  
11:10-12:00 Workshops 3 & 4  
12:00- 1:00 LUNCH  
1:00 - 1:50 Workshops 5 & 6  
2:00- 2:30 Worship  
2:30- 4:00 Funshops and Coffee Bar

**A Prayer Room will be Available at All Times.**

## Registration:

Registration is \$20.00 if registered by Feb. 1, 2012. Cost after Feb. 1<sup>st</sup> will be \$25.00

Please send registration to :  
Evangelical Free Church  
Attention: Women's Retreat  
211 Arnold Ave. North  
Thief River Falls, MN 56701

Your registration fee includes a gift bag and lunch on Saturday. If you have special dietary needs for lunch, please make note on your registration. Please note the coffee shop will be a free will donation.

Only those pre-registered by Feb. 1<sup>st</sup> are guaranteed the gift bag. After that it will be first come, first serve.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

Cost: \$20 -before Feb. 1, \$25 after  
Please make checks payable to EFC with "Women's Retreat"  
in the memo line.  
Special Needs or Comments: \_\_\_\_\_

# FEBRUARY



**February 2**  
Joan Abercrombie  
Callie Fagerstrom  
Kindra Poissant  
Phyllis Sletten  
Paul Wold

**February 3**  
Robin Bach  
Ester Hanson

**February 4**  
Jon Edwards  
Trandon Lehrer

**February 5**  
Lauretta Blomker  
Val Hutton  
Allison Okeson  
Bree Poissant  
Brittney Wightman  
**Steve & Tracy Mosloff**

**February 6**  
Lynn Ekman  
Maria Nordhagen  
Kailee Larson

**February 7**  
David Bray  
Arlyce Twistol

**February 9**  
Brody Bengtson  
Connor Hutton  
Howard Rokke

**February 10**  
Dale Penner

**February 11**  
Shane Heinle  
Tracy Mosloff

**February 13**  
Nona Hultgren

**February 14**  
Becky Bengtson  
**Trent & Becky Mattson**

**February 15**  
Gena Gunderson

**February 16**  
**Lowell & Lona Trochmann**

**February 17**  
Jessie Clark  
Karter Trontvet  
**Kent & Peggy Hanson**

**February 20**  
Tucker Skime

**February 21**  
Toni Anderson

**February 22**  
*\*Athlee Bowman*  
George Sodon

**February 23**  
Elena Edwards

**February 24**  
*\*Steve Austvold*  
Chad Conneran

**February 26**  
Kathy Langness  
**Terry & Tammy Vant Hof**

**February 28**  
Mark Hanson  
Sharon Leister

*\*Missionaries*





**Anniversaries in bold**

**Attention:** If your birthday or anniversary is not listed, or is incorrect, please notify the church office at 681-3855.

## SERVING in FEBRUARY

	February 5	February 12	February 19	February 26
<b>Children's Church</b>	Kjell & Jessica Hanson	Kim & Sara Rosendahl	Jay & Heather DeBoer	Joaquin & Michelle Westerman
<b>Worship Service Greeters</b>	Kevin & Bonnie Barth Greg & Cindy Bengtson Christine Bjornstad	Mike & Stacy Barnhart DeeJay & Cay Donlin Gene & Loreen Hanson	Kathy Erickson Earl & Jan Hanson Kent & Peggy Hanson	Arvid & Jan Lee Ruby Schroeder Chris & Val Shulstad
<b>9:15 Nursery</b>	Dan & Jan Trontvet	Morris & LaDonna Grosz	Morris & LaDonna Grosz	Rob & Mary Almquist
<b>10:30 Nursery</b>	Jon & Tiffany Edwards	Mandy Okeson	Pete & Brandi Grosz David & Sarah Bray	Kevin & Bonnie Barth Kim & Sara Rosendahl
<b>Sound Tech</b>	Bob Hultgren	Chris Shulstad	Adam Barth	Mark Trochmann
<b>Visual Tech</b>	Josh Anderson	Cory Helm	Jeff & Aaron Fagerstrom	Shane Zutz
<b>Ushers</b>	Rob Almquist, Randy Barth, Earl Hanson			

**Reminder:** If you are unable to fill your scheduled spot, please find a replacement for yourself by calling someone else on the schedule that was given you. Then, you can call the church office and let the secretary know who is filling in for you. Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 10 AM Release Time 6:30 PM Awana; Jr. Hi. Jam; Ladies Bible Study 7 PM Sr. Hi. Reblution; Prayer Gathering in Chapel	<b>2</b> <b>Knowledge Bowl</b> 7 AM Ladies Exercise	<b>3</b>	<b>4</b> 8 AM 
<b>5</b> 9:15 AM Christian Ed 10:30 AM Worship - <b>Communion</b> 5:30 PM Singles Super Bowl Party @ Fischer's	<b>6</b> 7 AM Ladies Exercise 1:30 PM Staff Mtg 6:30 PM Outreach Comm. Meeting 6:30 PM Facilities Comm. Meeting	<b>7</b> 7 AM Ladies Exercise 6 PM Worship Comm. Meeting	<b>8</b> <b>Knowledge Bowl</b> 10 AM Release Time 6:30 PM College-Age Bible Study; Awana; Jr. Hi. Jam; Ladies Bible Study 7 PM Sr. Hi. Reblution; Prayer Gathering in Chapel	<b>9</b> 7 AM Ladies Exercise 10 AM  7 PM Women's Ministry Meeting	<b>10</b>  <b>MEN'S RETREAT BLUEWATER</b>	<b>11</b> 8 AM Men's Group
<b>12</b> 9:15 AM Christian Ed 10:30 AM Worship 6 PM Gospel Music Special	<b>13</b> 7 AM Ladies Exercise 1:30 PM Staff Mtg 6 PM Nurture and Discipleship Comm. Meetings 7 PM Finance Comm. Meeting 7:30 PM Elder Board Meeting	<b>14</b> 7 AM Ladies Exercise	<b>15</b>  10 AM Release Time 6:30 PM College-Age Bible Study; Awana; Jr. Hi. Jam; Ladies Bible Study 7 PM Sr. Hi. Reblution; Prayer Gathering in Chapel	<b>16</b> 7 AM Ladies Exercise	<b>17</b>	<b>18</b> 8 AM Men's Group  Liberia Mission Trip Feb. 18-27
<b>19</b> <b>Camp Shamineau Sunday</b> 9:15 AM Christian Ed 10:30 AM Worship 2 PM Estate Planning Seminar	<b>20</b> 7 AM Ladies Exercise	<b>21</b> Liberia Mission 7 AM Ladies Exercise	<b>22</b> <b>Knowledge Bowl</b> 10 AM Release Time 6:30 PM College-Age Bible Study; Awana; Jr. Hi. Jam; Ladies Bible Study 7 PM Sr. Hi. Reblution; Prayer Gathering in Chapel	<b>23</b> 7 AM Ladies Exercise	<b>24</b> 6 AM Xtreme 12:2 Game Night @ Hanson's 	<b>25</b> 8 AM Men's Group
<b>26</b> Liberia Mission 9:15 AM Christian Ed 10:30 AM Worship	<b>27</b> 7 AM Ladies Exercise	<b>28</b> <b>Knowledge Bowl</b> 7 AM Ladies Exercise 1:30 PM Staff Mtg	<b>29</b> 10 AM Release Time 6:30 PM College-Age Bible Study; Awana; Jr. Hi. Jam; Ladies Bible Study 7 PM Sr. Hi. Reblution; Prayer Gathering in Chapel			