

Let's do a thought experiment. Think for a bit on what you do everyday of the week. From the moment you wake up until the moment you fall asleep, what are you doing? Imagine a one-week calendar and fill it in with everything you do each day. Be honest. Your days will vary a little and you might not remember everything you do, but what does it look like? How full is it? Are there any empty slots? Did you put down the time you spend scrolling on your phone? Take some time and get as much of it as you can. I'll wait.

Michael Zigarelli, a professor of leadership and strategy at Messiah University, surveyed over 20,000 people from all over the world in a five-year study that ended in 2007. I know that was several years ago but I believe the data is even more relevant now. He wanted to know what obstacles got in the way of living a life with God. Can you guess what gets in the way the most?

Busyness. For men and women, all professions, and all countries, the answer was consistently busyness. Zigarelli writes,

In particular, it may be the case that (1) Christians are assimilating to a culture of busyness, hurry and overload, which leads to (2) God becoming more marginalized in the Christians' lives, which leads to (3) a deteriorating relationship with God, which leads to (4) Christians becoming even more vulnerable to adopting secular assumptions about how to live, which leads to (5) more conformity to a culture of busyness, hurry and overload. And then the cycle begins again.¹

What do you think? Is Zigarelli right? Is this what you see in the people around you? Does this ring true in your life? How much time with God did you put into the calendar you created in your head a few minutes ago?

No one can serve two masters, for a slave will either hate the one and love the other or be devoted to the one and despise the other. (Matthew 6:24a)

Let's try that thought experiment again, but this time be mindful of what overloads your time, what makes you hurry through your days, and what keeps you busy. What does this say about your priorities? What does this say about your commitment to God? Are you good with the results?

Six days shall work be done, but the seventh day is a Sabbath of complete rest, a holy convocation; you shall do no work: it is a Sabbath to the LORD throughout your settlements. (Leviticus 23:3)

Maybe it's time to remember the Sabbath and be intentional about taking a break from our busyness. God said it should be for a whole day each week. When is the last time you had a completely free day? When is the last time you had even 30 minutes to spend with God?

Maybe the way to break Zigarelli's cycle is to purposefully schedule God time each day. Can you do that? Can you make God a part of your busyness? It's a good place to start, and, who knows, maybe this is a seed that will grow into something more.

But you won't know if you don't plant the seed.

Pastor Greg

¹ Michael Zigarelli, *Distracted from God: A Five-Year, Worldwide Study*, 2007



WORSHIP

Sunday Worship each week at 8:30am & 10:15am

Holy Communion served during both
worship services each week.

We hope to see you in person at worship. However, we know there are times that won't work. FLC livestreams the Sunday 8:30am service. Watch it live or whenever you have time from our Facebook page or go to our website www.flcfremont.org and click on the *Worship With Us* button for more viewing options.

Wednesday "Pray-lude" Worship at 6:15 pm

Join us for a mid-week worship service; including a devotion and prayer prompts based on a current contemporary worship song, the hearing of the upcoming Sunday's scripture, a short meditation, a few songs, and the Celebration of Holy Communion each week.



Prayers of thanksgiving for our silver senior friends who have so faithfully shared their time, resources, & friendship with our FLC family.

This month, we honor:

Jeanette Hanen turning 94 on July 23

Kay Klevemann turning 90 on July 25

James Hanson turning 90 on July 29



Don't forget to document all the adventures Jesus takes you on!

Send pictures & descriptions to the Church Office and mark your travels on the map as you walk in for worship service!



Make people feel at home here at FLC!

- Greeters -
- Ushers -
- Communion Servers -

Sign up online,
scan the QR code
or call the office.



REMEMBERING IN PRAYER

Remember to let the church office know if you are facing a health concern or will be in the hospital so someone can be in contact with you. If you request, the prayer chain will also be activated. It is also helpful to our FirstCare ministry if you let us know about someone who could use a caring call.



Prayers of healing for Janie Baugh, Lorna Knudsen, Lyn Robart, Dennis, Pam Spevak, Ron Pronske, Alan Doll, Karen McPherran, Bill Miller, Jan Larsen, Shirley Brandert (*Amy Spies' mother*), Cheryl Larsen, Rex Kuntzelman, Lyman Niebaum, John Mayo (*Andrew Olson's friend*), Gail Nielsen, Wendy Olson, Joan Scott, Steve Schmidt, and Lorna Berkland

Prayers of peace for the family and friends of Lonnie Reker; for Brett & Heidi Richmond and their family on the unexpected loss of Brett's younger brother, Jay

June Pastoral Acts: 6-18-25 Lonnie Reker Funeral

DISCIPLESHIP

SEASON 5: THE CHOSEN!



Join Rick Strong on Mondays at Noon or 6pm to watch and discuss Season 5 of The Chosen. The group will begin on **Monday, August 4** and

will go for 8 weeks. Each study session will be 90 minutes long. We will be watching the video and discussing it and how it uses scripture. Scan the QR code, go to our website (flcfremont.org/events), or call the Church Office to get signed up.



NEW GRIEF SUPPORT GROUP!

Join Rick Strong for a Grief Support Group starting on **Tuesday, August 5** at 6:30pm. There will be 13 - 90 minute sessions. The first half of each meeting will be a discussion based on the aspects of grief with a video. The second half of each meeting will be left open for group sharing. Scan the QR code, go to our website (flcfremont.org/events), or call the Church Office to get signed up!

Group Meeting Schedule: August 8, 12, 19, 26; September 2, 16, 30; October 7, 21; November 4, 18; December 2, 16



FLC Women of the ELCA

FLC First Monday Bible Study will meet at the home of Judy Jorgensen, 1320 Ruth Avenue, on **Monday, July 7**, at 10:00am. The group will study Chapter 11 of *Just Like Jesus* by Max Lucado. Janet Porter will serve as co-hostess. All FLC women are welcome!

Chick Flicks will meet on Tuesday, July 1 at 6:30pm in the FLY Room.

WOW (Women of the Word)

Bible Study will meet on Wednesday, July 9 at 9:30am in the Heritage Room. We will continue our study of Max Lucado's book, *Anxious for Nothing*. Our discussion will be on chapter 9, "Think about what you think about!" Pam Spevak will lead the lesson. New members are welcome!



Men's Bible Study will be studying the Gospel of John in July. The group meets every Saturday at 8:30am in Room 122. All men are invited to join this study.

Sunday Study with Kris Lindgren will continue, "Give Up Something Bad" on Sunday mornings between services. All are welcome to join in on discussions in the Heritage Room.

Rix Study Group meets Sunday mornings between services in the Conference Room. Everyone is welcome to join in the discussion of Max Lucado's book, *Unshakable Hope*.



TLC meets every 2nd and 4th Tuesdays, at 6:30pm in the Youth Room. If you know someone who has battled or

is currently battling cancer as well as those whose lives have been touched by this disease, please take a postcard from the Welcome Center and invite them to join. Whether you've dealt with this disease in the past or are experiencing it for the first time, all are welcome to join at any time! For more information, reach out to Gina at ginad@flcfremont.org.



Join the OWLs for a tour of the Tri-Faith Community Campus in Omaha on Thursday, July 24. We will leave FLC at 11:00am, have lunch at Culver's (on your own) and then enjoy the 90 minute tour at 1:00pm. Please let Gina know if you need walking assistance for the tour. A \$10 donation suggested by the Tri-Faith Community. Sign up at the Ministry Center.

Faith Circle will meet on Thursday, **July 10**, at

6:30pm for a salad supper. Bev McKinney, our lesson leader, has invited us to her home at Valley Shores, 28012 Heron Circle, Valley NE. Please note the time change and bring a salad to share.



First Lutheran Women are hosting a **FREE** concert by the North Bend Community Band on Sunday, July 6, at 2:00pm in the FLC Mission Center.

Invite your friends to join us for an hour of marches, patriotic selections, Broadway tunes, and more! There are several First Lutheran members who play in the 50 member band. Ice cream and cookies will follow the performance.

The quilting room is open EVERY Wednesday at 1:00pm for those interested in helping with this ministry. The 3rd

Wednesday of each month will remain as the "official quilt tying day." Other Wednesdays will provide opportunities for people to cut backs, iron quilt tops, prep quilts for tying and more. All are welcome!



MISSION & OUTREACH

HELP FLC SERVE
250+ FREE MEALS

FLC MOBILE BANQUET



Extra Item: Sunscreen

Sign up at www.flcfremont.org/events
or call the office at 402-721-2959



FLC Mobile Banquet: The FLC Mobile Banquet will be delivering 250+ meals to Linden Elementary, LifeHouse, and ASPIRE on Thursday, July 10, from 5:30-6:30pm. Please consider helping to make this possible with your donations of food items, money or time. It's easy, sign up online or call the office to offer your help! Please have your donations to the church kitchen by NOON on Wednesday, July 9. **We are collecting sunscreen as our extra item for this month's Mobile Banquet.**

SUMMER MINISTRY PARTNER!

Fremont Area
United Way

UNITED IS THE WAY TO A BETTER FUTURE!

From strengthening local resilience to advancing health, youth opportunity, and financial support, the Fremont Area United Way is working to bring people and resources together to address all challenges!

Watch for events to support the United Way later this summer!



SCAN TO SUPPORT! ➔



Summer Ministry Partner—United Way: Our Summer Ministry Partner is United Way! United Way is a global nonprofit that mobilizes communities to action so all can thrive. From strengthening local resilience to advancing health, youth opportunity, and financial security, the Fremont Area United Way is working to bring people and resources together to address all challenges. You can support United Way by making a monetary donation online by scanning the QR code or on our website, www.flcfremont.org/events. Envelopes are also available in the chair backs for cash/check donations. Watch for events to support the United Way later this summer!



LUTHERAN
WORLD RELIEF

KITS

FLC Women are sponsoring kits for LWR! These Kits are specifically designed to help people coping with poverty, disaster, conflict and more.

SCHOOL

LWR School Kits contain essential supplies to help children (& some adults) continue learning in the face of serious obstacles.

PERSONAL

LWR Personal Kits provide much needed self-care, critical germ fighting, & the chance to regain dignity amidst situations of fear & uncertainty.

BABY

LWR Baby Kits provide the basics a family needs to care for their newest members and introduce them to the world with pride!



SCAN
ME!

OFFER COMFORT & CARE TO THOSE WHO NEED IT MOST!

Making LWR Kits is a simple way to offer comfort to those suffering & express love to our neighbors in need. A detailed list of supplies for each LWR Kit can be found at the Ministry Center or just scan the QR Code to download the PDF!

CHILDREN AND YOUTH

Trek with us on the ultimate Alaskan adventure!

Cost: FREE!



VBS 2025

July 27-30
5:30-8:15pm

July 31, 6:30pm
Wrap Up Event

Pre-K to
6th Grade

T-Shirt | 4 days of Activities | Crafts
Fun | Bible Learning | Supper

Contact Gina DeBoer with questions:
ginad@flcfremont.org

REGISTER



VBS DONATIONS: Watch for the True North Grizzly!

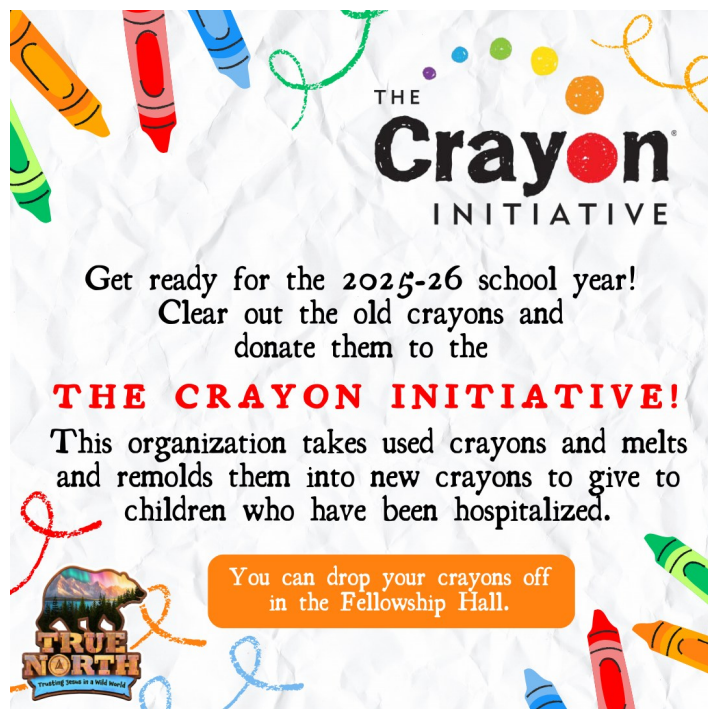
Be on the lookout for new VBS donation opportunities throughout the month of July! In the Fellowship Hall, the True North grizzly bear has caught some fish (donation tags for pool noodles, play dough, plasticware, etc) and will be sure to catch more before VBS begins! VBS is going to be a great week trekking through the great north mountains with Jesus, seeing the northern lights, and growing a forest of God sightings throughout the week. Thank you for supporting this important children's ministry.



Spoudazo NextGen camp will be happening July 7-11, from 10am-3pm here at FLC. Please pray for this group of youth as they strengthen their faith, grow together, and prepare the show, "Praise." The group will take the show on tour July 16-20. They will conclude the Spoudazo NextGen 2025 season with a home concert on Sunday, July 20 at 7:00pm at FLC. Please come to hear the message and support these youth in sharing the gospel through skits and songs.



Parents of pre-school through high school students; if you have not met with Gina yet this summer, to discuss children & youth ministries, please email Gina DeBoer at ginad@flcfremont.org to get on her calendar soon! Your thoughts and ideas matter and she wants to hear from you before kicking off the next school year of programming. Many thanks in advance for your time and commitment to raising up the next generation to know and love Jesus!



Get ready for the 2025-26 school year!
Clear out the old crayons and
donate them to the

THE CRAYON INITIATIVE!

This organization takes used crayons and melts
and remolds them into new crayons to give to
children who have been hospitalized.

You can drop your crayons off
in the Fellowship Hall.



Students who just completed 5th-8th grades are traveling to Omaha to volunteer at the Food Bank for the Heartland and have lunch together on Wednesday, July 23. We will leave the church at 8am and return at 1:30pm. You must register for this event on-line. Contact Gina(ginad@flcfremont.org) by Sunday, July 20 for the registration link.

EARLY LEARNING CENTER



Happy 4th of July! We plan to "Celebrate America" as we learn about some of the important American symbols of our great country. Although our themes are fun, there is no less learning going on. We are still learning about letters, counting, praying, and about our God. We will also be focusing on following directions, building social skills, and positive relationships.

We were busy this past month serving our Lord in so many ways; we explored the theme of summer and nature. The children enjoyed learning about plants, insects, and the changing weather through hands-on activities, stories, and outdoor play. We even planted seeds and watched them begin to sprout — a wonderful lesson in patience and care.

Our Preschool Summer Camp offered many hands-on activities, such as a cooking class, making our own fairy garden, and enjoying the outside with a day of water!

We also celebrated Father's Day with heartfelt crafts and messages. The children worked hard creating cards and artwork to show appreciation for the special people in their lives.

The ELC is beyond excited to announce that we have been voted Best of Fremont Preschool and runner up for Best of Fremont Childcare! Thank you from the bottom of our hearts for trusting us to be part of your child's early learning journey.



CHILDCARE OPENINGS!

ENGAGING YOUR CHILD IN
MIND, BODY, & SPIRIT

IF YOU'RE LOOKING FOR A NURTURING, ENGAGING,
& FUN LEARNING ENVIRONMENT FOR YOUR
LITTLE ONE, THIS IS THE PERFECT OPPORTUNITY.
TAKE A CLOSER LOOK AT WHAT FIRST LUTHERAN
HAS TO OFFER GOD'S PRECIOUS CHILDREN IN
THEIR EDUCATIONAL & SPIRITUAL GROWTH!

CONTACT MINDY TODAY FOR MORE
INFORMATION OR TO SCHEDULE A TOUR!
SPOTS ARE LIMITED!

 402-721-2959

 MINDYO@FLCFREMONT.ORG



VOTED BEST PRESCHOOL! & 2ND BEST DAYCARE!

THANK YOU FREMONT!

Thank you, Fremont, for
your support and voting
us Best Preschool and
2nd Best Daycare!
Come take a closer look
at what First Lutheran
has to offer God's
precious children in
their educational and
spiritual growth!





ENROLL TODAY!

3 Year Olds	✓
Tues/Thurs, 9:00-11:30am	
4 Year Olds	✓
Mon/Wed/Fri, 9:00-11:30am	
4 & 5 Year Olds (Pre-K)	✓
Mon-Fri, 12:30-3:00pm	

CONTACT MINDY OLSON

402-721-2959 

mindyo@flcfremont.org 



COUNCIL HIGHLIGHTS – June

June FLC Council Highlights

- Rick Strong will be leading a Grief Support Group in the fall for those who have lost a loved one
- Spoudazo Tour is scheduled for July 16-20
- Synod Assembly went well with fruitful discussions about the church

Respectfully Submitted by Derek Fey, FLC Council Secretary

***Please reach out to the Church Office if you would like a copy of the Council meeting minutes.*

Monthly Financial Report

	April Actual	April Budget	YTD Budget	YTD Actual	Prior YTD
Pledged Giving	\$ 59,872.33	\$ 60,000.00	\$ 660,000.00	\$ 725,801.26	\$ 645,854.70
General Income	\$ 64,662.76	\$ 64,360.00	\$ 708,390.00	\$ 806,824.37	\$ 702,882.62
Mission Income	\$ 8,053.41	\$ 4,004.16	\$ 43,037.52	\$ 52,798.69	\$ 83,811.92
Expenses	\$ 84,143.53	\$ 77,469.34	\$ 733,670.98	\$ 738,885.49	\$ 681,407.45
Net Profit/(Loss)	\$ (11,427.36)	\$ (9,105.18)	\$ 17,756.54	\$ 120,737.57	\$ 105,287.09
Building Fund Contributions	\$ 1,930.00			\$ 34,651.98	\$ 31,987.67
Build Fund Balance	52,534.05				

Pledged giving was on budget for May and it remains over budget YTD and over last year. Historically, summer months will use some of these reserves but FLC should end the fiscal year on 8/31 with a positive bottom line which is much better than the negative budgeted amount. As noted last month, there have been some significant building expenses this year so it's wonderful to still have a positive bottom line. In May, we also paid out \$4,275 to Lutheran Disaster Response for the Lenten Offering and Meals. In July the roofing and skylight replacement project should begin. We were fortunate to earn some extra income on the insurance check to help offset the expenses. The next fiscal year starts 9/1 which means the Meeting is near. Mark your calendars for September 21st! Stay cool!

~ Wendy Grosse, Administrator



Targeted Giving... (as of 5/31/25) We want to give people of FLC the opportunity to give in a *targeted* way around their particular interests and passion, as well as the needs of our mission and ministry. The following categories have primarily existed in our Memorial and Special Gift Account, but we want you to be aware of these different funds on an on-going basis. Your financial support in these *targeted* areas will bring critical support to the ministry of our congregation! Thank you for the many ways that you give!

Worship/Music	\$9,574.50	Bible Camp Scholarship	\$3,043.38	Spoudazo	\$6,420.62
Technology	\$2,814.66	Good Samaritan	\$2,515.46	ELC Tuition Assistance	\$2,130.17
Church Home	\$3,445.44	Prayer Shawl	\$1,571.97	Banquet Mobile Meal	\$5,839.06
Building Maint.	\$52,534.05	Quilt Ministry	\$3,744.07	Youth Trips	\$233.20
First Lutheran Youth	\$5,005.61	Children's WAM	\$3,597.16	VBS	\$649.60

FAMILY NIGHT WITH THE



**FRIDAY
JULY 11
7:05PM**

**\$17
TICKET**

TICKETS INCLUDE:
RESERVED SEATS & MEAL
-SIGN UP AT THE WELCOME DESK-

MOLLER FIELD | 750 S. BROAD STREET | FREMONT



37th Annual Carol Joy Holling Quilt Auction

**Saturday, July 26
9:00-4:00pm**

FREE Admission!

27416 Ranch Rd | Ashland, NE 68003

Enjoy a family fun day in the sun while supporting NLOM. Along with the chance to bid on the beautiful handmade quilts, you can enjoy some time swimming & boating. Hayrack rides & food will be available as well!

FLC BRANSON TRIP November 10-13, 2025

**Private Bus for FLC Members
Daily Devotional by Pastor Greg
David Live on Stage
The Texas Tenors
The Grand Country Jubilee
AND MUCH MORE!**

**DEADLINE:
AUGUST 1st**

**FIRST COME, FIRST SERVE!
SAVE YOUR SEAT TODAY!**

**\$899
per person**

Contact Gina at
ginad@flcfremont.org



The trip interest survey had an overwhelming response. Branson is the place to be during Christmas time! We will see David at Sight & Sound Theatre, The Texas Tenors, The Grand Country Jubilee, Clay Cooper's Country Express, the College of the Ozarks, and more! FLC will have our own bus and Pastor Greg will lead a short devotional each day. The dates of the trip are November 10-13, 2025. Cost is \$899. This trip is first come, first serve so contact ginad@flcfremont.org with any questions or to save your seat today!



FOOD TRUCK festival

FREE ADMISSION!

**PLUS +
SHOW & SHINE
CAR SHOW!**

PEOPLE'S CHOICE & EXHIBITOR'S CHOICE WINNERS SELECTED!

THURSDAY, JULY 31, 5-7 PM

FIRST LUTHERAN CHURCH, 3200 E. MILITARY AVE.
A PERCENTAGE OF FOOD TRUCK PROCEEDS BENEFIT THE FREMONT AREA UNITED WAY

LIST OF FOOD TRUCK VENDORS:

BROWNIE BAR	RING OF FIRE
KONA ICE	SABOR CASTENO
NICK'S STREET EATS	SALT & PEPPER BBQ

**LIVE MUSIC
BY MIKE
SPIES!**

FESTIVAL QUESTIONS: HEIDIR@FLCFREMONT.ORG - CAR SHOW QUESTIONS: RON SCHULTZ 402.720.1193

The Church Office and ELC will be closed on Friday, July 4, 2025 for Independence Day

Silver Senior, Thank You!

Thank you all for the thoughts and recognition of the Silver Seniors here at FLC! It truly means the world to be remembered and honored.

-LaVonne Nelsen