

So...what do you have planned this summer? Vacation? Stay-cation? Did you set a goal of how many miles you'd like to walk? Maybe you want to set a record for consecutive days sitting on the porch with an ice-cold refreshment.

Maybe summertime is your busy time. Golfing, boating, biking, and taking in ball games might be your thing. Personally, a day on the golf course is not as relaxing as it should be, but the price I pay per stroke is remarkably low.

Our upcoming summer theme is **Rest in Jesus: Restoring Your Mind, Body, and Soul**. It feels like life is just getting faster and faster, we're busier and busier, and we leave resting for the lazy.

Except...rest is required. We make infants and toddlers take naps. We expect the elderly to nap. We often feel better after some rest (or a nap). Our minds are clearer after a break (or a nap). We feel our anxiety leaving us after listening to some relaxing music (or a nap).

Our tight-strung, high-stress culture is not healthy. Research shows that our distrust of media leads to a mistrust of data which leads to poorer mental and physical health which leads to higher mortality rates. Who or what are we to believe?

I think the Bible is a good place to start. I have way more confidence in the Bible than anything any politician or news source has to say – as it should be. On page 2 of the Bible, God says, "It's time to rest." Page 2 and its already time to rest! In fact, scripture lays out rhythm for rest.

- Daily Rest – check out the Gospels for Jesus' examples
- Weekly Rest – Genesis 2:2-3, Exodus 20:8-10, Mark 2:27
- Seasonal Rest – Every 7th year, Leviticus 25:4
- Generational Rest – The Year of Jubilee, every 49th year, Leviticus 25:8-12

Into this pattern of rest is woven a thread of hope, one that allows us to put everything else aside for a period of time, trusting God to take care of the world while we take it easy.

Imagine how you'd feel if you would give up one stressor even for a little bit. Can you understand that the world didn't fall apart because you fell asleep? Can you trust God to run things while you're taking a break?

That might sound a little weird to put it that way, but how can you truly rest if you're carrying the weight of the world?

Jesus tells us, doesn't ask us, tells us to come to him when (not if) we're weary, when (not if) our burdens are weighing us down, when (not if) we just can't go on anymore.

It sounds to me like God isn't suggesting we should rest. God's not asking us to rest. God is telling us to rest for our sake, not God's, because we really need it. Your relationships need it. Your soul could use a little recalibration. Your perspective is getting a little too narrow. And your capacity to love is...well...full. Take a break. A nap. A pause. A rest. A seventh-inning-stretch. A breather. A deep breath. An escape. A whatever-you-want-to-call-it. Just take it and see how it feels.

You know, I'm pretty sure God is right about this. (but I might just need to do a little more research)

Pastor Greg



WORSHIP

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

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 6:15pm

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.

Holy Communion is served during all worship services each week.

UPCOMING WORSHIP SERIES



Join us for our Summer Worship Series, **"Rest In Jesus: Restoring Your Mind, Body, & Soul,"** starting **Sunday, June 7!** In a world of hurry, stress, and burnout, Jesus invites us into a different rhythm of true rest that restores our mind, body, and soul.

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28



Celebrate the incredible dads and father figures in our lives with a morning full of Dad Jokes & Donuts on Father's Day, Sunday, June 21! Join us for inspiring worship at either 8:30am or 10:15am, and be sure to hang around between the services from 9:40am to 10:10am for a special time of fellowship. We'll have plenty of fresh coffee, delicious donuts, and undoubtedly a few gloriously cheesy dad jokes to share. Bring the whole family—we can't wait to celebrate with you!



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

This month, we honor:

Diane Morris turning 90 on June 20

Bernard Heese turning 91 on June 27

LaVonne Nelson turning 94 on June 29

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 Lyn Robart, Dennis, Bill Miller, Jan Larsen, Shirley Brandert (Amy Spies' mother), John Clopper, Joy Horn, Gayle Paschall, Virginia Gard, Ron Pronske, Butch Scott, Jeff Glosser, Steve Hall, Ray Meister, Gail Nielsen, Marge Sperling, Jerry Schelling, Ted Pratt, Elton & Donna DeBoer, & Marlin Hultgren (Lori Wells' brother).

Prayers of peace for Dave Beattie & family on the loss of Dave's dad.

Baptisms: Rory James Madsen (5/24), Alvin VanWyk (5/24)

DISCIPLESHIP

thrivent

SUPPORT THAT DOESN'T COST YOU A DIME!

USE YOUR thrivent RESOURCES TO BENEFIT FLC!

thrivent ACTION TEAMS

Members can apply for a \$250 Community Impact Card to use towards a project at FLC. Contact Gina DeBoer to see where you can help & receive application assistance.

thrivent CHOICE DOLLARS

Members can select FLC & direct Thrivent grant funding through "Choice Dollars." Contact the Church Office for assistance.

MENARDS REBATES!

Did You Know? FLC CAN USE YOUR MENARDS REBATE RECEIPTS!

DON'T WANT TO MAIL YOUR REBATE RECEIPTS YOURSELF? DROP THEM OFF AT THE CHURCH OFFICE AND WE'LL SEND THEM IN FOR YOU!!

First Lutheran Women will be hosting the **North Bend Community Band** for a concert on Sunday, July 19 at 2:00pm in the FLC Mission Center. This is a **FREE** event for First Lutheran members and the community. The fifty member band includes a handful of First Lutheran members as well as others from the Fremont area. Their repertoire includes marches and patriotic and Broadway selections. Ice cream will be served after the performance.



TLC is the second Tuesday each month and designed to provide emotional & spiritual support to all those who have been touched by cancer. This is a no cost, no commitment group that is completely safe & confidential with new topics each month. All materials are provided. Facilitators are Nan Merz & Jill Norenberg. **Questions?** Contact the Church Office.

Next Session: Tuesday, June 9, 6:30-7:30pm at FLC

Whether you're a seasoned pro or have never even threaded a needle, we'd love to have you join our quilting group! **We meet every Wednesday at 1:00 PM in the Quilting Room (Rm 141) for an afternoon of creativity and conversation.** Don't worry if you don't know how to sew—we are more than happy to teach you the ropes. There are plenty of ways to help out while you learn (cut, color match, tie knots, and more!). Come grab a seat, meet some friendly neighbors, and help us piece together something beautiful! All are welcome to come help. Contact Gina (ginad@flcfremont.org) with questions.



FLC Women

Faith Focused (previously: *First Monday Morning Bible Study*) will meet on **Tuesday, June 2**, at 10:00am at the home of Judy Jorgensen, 1320 Ruth Ave. Janet Porter will serve as co-hostess. The study will be Chapter 6 of Max Lucado's book, *"Unshakable Hope."* FLC women are invited to participate in this one hour study.

Chick Flicks meets the first Tuesday of each month. This month, we will meet on **Tuesday, June 2**, at 6:30pm in the FLY Room.



WOW (Women of the Word) Bible Study will meet on **Wednesday, June 10** at 9:30am in the Heritage Room. Linda Texley will lead us through Chapter 8 of Max Lucado's book, *Psalms: Life Lessons*. New members are always welcome!

Faith Circle will meet on **Thursday, June 11** in the Conference Room at 7:00pm. Wendy Olson will lead the lesson.



We Read And Ponder (WRAP) meets every 2nd and 4th Monday mornings from 9:30-11:00am at the home of Norma Moxness (800 N. Garden City Rd.). Join us as we WRAP ourselves in God's Word. For more information, call Norma at 402-317-9638.

Men's Bible Study will continue their study on the Book of Acts. The group meets every Saturday at 8:30am in Room 122. All men are invited to join this study.

Sunday Small Group with Kris Lindgren will continue their study on *Out of the Mouths of Babies*, combined with Devos and Doodling. Join us on Sunday mornings between services at 9:30am in the Heritage Room. All are welcome to join. No prep needed — just come as you are, ready to listen, share, and grow in faith.

Rix Bible Study meets Sunday mornings between services in the Conference Room. The group will continue their study on Max Lucado's *Gospel of Luke*.

MISSION & OUTREACH

JUNE MINISTRY PARTNER

FEED THE FUN, FUEL THE FAITH, HONOR OUR HEROES

We're dishing out big smiles & even bigger plates!

YOUR JUNE DONATIONS WILL SUPPORT:

VBS MEALS

Help supply our VBS kiddos with energy-packed meals during VBS week!



SCAN HERE TO DONATE

FIRST RESPONDER MEALS

Help provide a thank you meal to our local heroes during our Gratitude on Wheels event!

In June, your donations will directly fund delicious energy-packed meals for our VBS kids during VBS week (July 19-23) and hearty, thank you meals for our local first responders during our Gratitude on Wheels event on July 23! It's amazing what a good meal can do, whether it's powering a child through a night of worship & games, or showing our local heroes just how much we appreciate their service!

You can contribute by including your donations in the offering plate during service, scanning the QR code above, or going on our website www.flcfremont.org/ministries/mission-and-outreach.

GRATITUDE ON WHEELS

Honoring Heroes, Feeding Community, Driving Hope.



THURSDAY, JULY 23 | 5-7PM

WANT TO SUPPORT THIS EVENT? HERE'S HOW:

1. Donate to cover meals for First Responders
2. Sign up to give blood to the NE Community Blood Bank
3. Have food vendor ideas
4. Have BIG vehicle ideas
5. Show your vehicle during the Show & Shine Car Show
6. Volunteer your time during the event

Contact heidir@flcfremont.org

Learn more at

www.flcfremont.org/ministries/mission-and-outreach

HELP FLC SERVE
280 FREE MEALS

JUNE FLC MOBILE BANQUET



Extra Items: Flip Flops

DISTRIBUTION LOCATION:
MEADOWBROOK MOBILE HOME PARK
5776 W HWY 30 | FREMONT



As rising food insecurity impacts more families in our community, our need for dedicated volunteers and donations has never been more urgent. To keep pace with this growing demand and ensure no one goes hungry, we rely on your support to expand our reach and deepen our impact.

The Mobile Banquet will now be delivering **280 meals** to Meadowbrook, and LifeHouse on Thursday, June 11, 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 deliver donations to the church kitchen by NOON on Wednesday, June 10.

We are collecting Flip Flops as our extra item for this month's Mobile Banquet.

Sign up by scanning the QR code or online at www.flcfremont.org/ministries/mission-and-outreach

GREAT AMERICAN CLEANUP

TRASH CLEANUP ALONG
23RD STREET

THURS.
JUNE 18

SUPPLIES PROVIDED!

2-4pm
3301 Elkhorn Dr.
Parking Lot
(West End)



QUESTIONS? CONTACT CARI.HOFFART@FREMONTNE.GOV

CHILDREN AND YOUTH

NEW LOCATION!

DEVOS and DOODLING

FREMONT
WEDNESDAYS | 10:00AM
MILADY COFFEEHOUSE
105 E 6TH STREET, STE 102

-  Doodling
-  Scripture
-  Prayer
-  Encouragement

7TH-12TH GRADERS

NO SKILLS NEEDED!
BRING YOUR BIBLE & A FRIEND

Ready to trade your morning scrolling for something a bit more creative? Join Devos & Doodling Fremont, the ultimate Wednesday morning hang-out for 7th-12th graders! Every Wednesday through Summer we are gathering at **Milady CoffeeHouse** (105 E 6th St, Ste 102) at 10:00am to stop and spend time with God. Whether you're a pro artist or can barely draw a stick figure, you're welcome here. Zero skills are required! Just bring your Bible, a friend, and an appetite for some caffeine and conversation. We'll dive into scripture, share some prayer and encouragement, and let the pens fly as we doodle our way through the Word. See you there! If you have questions, please contact Gina (ginaad@flcfremont.org).



May God go before you to show you the way, beside you as your friend, behind you to uphold you, and within

you to give you peace and purpose!. We are proud of what you have accomplished through your high school career and look forward to how God will lead you to make this world a better place.

FLC & FLY 2026 Graduates

Ayden Bohaboj | Kolby Coon | Blake Dixon
 Ben England | Grace Fredrickson | Hannah Henderson
 Elijah Hively | Brooke Hevlin | Davis Jones
 Carver Kroeger | Nolan Menning | Lillie Mitchell
 Nicholas Mora | Ava Newill | Michael Nichols
 Noah Sagehorn | Kami Spilinek
 Alejandro Villagomez | Allie Vrba | Zoe Kenney

Campership Blessing



Because of your generosity, laughter will echo through the trees, friendships will grow, and hearts will be changed in powerful ways. Your donations aren't just sending kids to church camp — it gives them a chance to discover God's love, build confidence, make lifelong memories, and experience joy they'll never forget. Many thanks to everyone who donated to the Campership fund. Through this program, FLC is helping 9 kids attend daycamp, June 8-12 and 10 other youth spend a week at camp this summer. This time at Carol Joy Holling is life changing and faith forming. Your gifts make a difference!

2026 FLY MISSION TRIP

NASHVILLE BOUND!

The journey to Nashville, TN begins on Saturday, June 13 when a group of 18 from FLC will spend a week serving alongside established ministry organizations such as Nashville Rescue Mission, Second Harvest, Project CURE, Souls4Souls, and more! Together we will be the hands and feet of Jesus while learning about how gentrification can affect a community. Please keep this group of youth and their adult leaders in your prayers. That God might use them for His glory and help them grow in their love for Christ and each other.

Many thanks to Kaleb Joregenson, Shelby Fenner, Gina DeBoer, and Pastor Greg for serving alongside these youth: Emily Beam, Kolby Coon, Ben England, Macie Fuchser, Noelle Henderson, Brooke Hevlin, Brielle Hilgenkamp, Zoe Kenney, Nolan Menning, Addison Morgan, Brenna Prenzlou, Grace Vanek, Alejandro Villagomez, and Madelyn Wagner. May God grant them safe travels and a meaningful experience.

SCAN THE QR CODE TO REGISTER TODAY!

REGISTER BY JULY 5 TO SECURE YOUR FREE T-SHIRT!



JULY 19-22 | 5:30-8:15PM

(SUPPER 5:30-6:00PM DAILY)

CLOSING PROGRAM
JULY 23 | 5:30PM

AGES 4YRS OLD TO 6TH GRADE

Cooking for LifeHouse!
Tuesday, June 2 Prep - Shred Bag - Clean Up



FLC is supporting the LifeHouse Pantry by preparing turkeys and we could use your help!

Your time & support enables LifeHouse to feed hungry families and individuals in our community.

Go online or contact the Church Office to sign up!



SUNDAY COMMUNION & HOSPITALITY VOLUNTEERS

STEWARDSHIP Made Easy!

SERVE COMMUNION | USHER | COMMUNION CLEANUP

GIVING AN EXTRA 20-30 MINUTES ON SUNDAY IS A GREAT WAY TO SAY, "I CARE ABOUT THIS PLACE AND THE PEOPLE IT IN!"

Sign up by going online, scanning the QR Code or contacting Tami at tamih@flcfremont.org




Youth & Children's ministry at FLC could not happen without countless volunteers. The time these people invest in our youth & kids, is a priceless gift. Many thanks to everyone who uses their time and talents to be faithful role models and teachers to our youngest members.

Sunday Small Group Leaders:

First Steps: Reese Jesse, Addison Thomas

Seedlings: Morgan Engelbart, Laura Peters, Katee Prenzlou

Joyful Sprouts 1: Cheryl Henderson, Carrie Hansen

Joyful Sprouts 2: Evelyn Eldridge, Eric Eldridge, Nichole Fairhead

Rooted Kids: Jenny Hansen, Alison Zuch

Teen Talk: Kaleb & Jackie Jorgenson

SSG Prep & Hospitality: LouAnn Dooley, Cathy Ross

Confirmation Partners: Mindy Chandler, Paula Conrad, Carrie Dahl, Rachel DeBoer, LouAnn Dooley, Jenny Hansen, Cheryl Henderson, Dave Kirby, Jeree Menning, Mandy Morgan, Jill Norenberg, Keith Paseka, Val Prenzlou, Jon Rensch, Deacon Rick Strong, Carrie Thomas, Michele Walters, Randy & Jamie Vanek, Tracey Vrba

FLY56 Volunteer: Carrie Hansen

MS FLY Adult Leader: Levi DeBoer

HS FLY Adult Leaders: Kaleb & Jackie Jorgensen, Shelby Fenner

EARLY LEARNING CENTER

Summer is here, and we're ready to make June joyful and bright!



As we welcome the beautiful month of June, we thank God for the gift of sunshine, growth, and the joy of children. Summer is a wonderful reminder of God's love and creation all around us, and we are excited to continue nurturing your children in a safe, loving, and faith-filled environment.

This month, we will focus on kindness, gratitude, friendship, and sharing God's love with others through our daily activities and interactions. Our classrooms will include Bible stories, prayer time, worship songs, and lessons that encourage children to grow in both learning and faith.

"Let the little children come to me..." – Matthew 19:14

We wanted to take a moment to thank you for being a part of our preschool graduation last month. It was such a special celebration, and we're so proud of all our little graduates! Watching them sing, smile, and walk across the stage was a truly heartwarming reminder of how much they've grown this year — in confidence, friendships, faith, and learning.

Thank you for allowing us to be part of your child's growth and development. It is truly a blessing to partner with your family. We pray your summer is filled with peace, joy, and many precious moments together.

COUNCIL HIGHLIGHTS — May

May FLC Council Highlights

- Council Meeting was delayed a week, 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	\$ 59,000.00	\$ 72,000.00	\$ 652,000.00	\$ 645,300.12	\$ 665,928.93
General Income	\$ 77,823.35	\$ 85,252.17	\$ 729,487.32	\$ 739,398.15	\$ 742,161.61
Mission Income	\$ 3,340.00	\$ 4,175.00	\$ 45,650.00	\$ 40,743.52	\$ 44,745.28
Expenses	\$ 67,292.44	\$ 88,772.34	\$ 715,945.64	\$ 660,881.74	\$ 653,837.87
Net Profit/(Loss)	\$ 13,870.91	\$ 654.83	\$ 59,191.68	\$ 119,259.93	\$ 133,069.02
Building Maintenance Fund Contributions	\$ 2,398.00			\$ 33,327.57	\$ 32,721.98
Build Fund Balance	53,829.08				

Pledged giving was under budget again in April and \$7K under budget YTD. Expenses were also under budgeted for the month so April ended with a \$13.8K profit. YTD the bottom line is ahead of budget but lower than last year. With softer giving in the summer months and a 3 pay period month, there is monthly budgeted loss the rest of the fiscal year ending 8/31. Because of that, combined with the costs to replace the boiler, FLC is projected to end the year with a deficit, although it has strong reserves to support this. ELC had another profit in April and anticipate they will break even for their fiscal year ending 8/31. Wishing everyone a safe and happy summer!

~ Wendy Grosse, Administrator

Targeted Giving... (as of 4/30/26) 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	\$3,380.71	Bible Camp Scholarship	\$5,292.51	Spoudazo	\$3,658.01
Technology	\$603.15	Good Samaritan	\$2,315.46	ELC Tuition Assistance	\$2,130.17
Church Home	\$439.62	Prayer Shawl	\$1,571.97	Banquet Mobile Meal	\$13,264.44
Building Maint.	\$53,829.08	Quilt Ministry	\$3,964.07	Youth Trips	\$7,297.27
First Lutheran Youth	\$8,694.75	Children's WAM	\$2,734.31	VBS	\$-8.81



**REGISTER
BY
JULY 5
TO
SECURE YOUR
T-SHIRT!**



**VBS IS
FREE!**

**AGES
4YRS OLD
TO 6TH
GRADE**

**RAINFOREST
FALLS**

Exploring The Nature of God

JULY 19-22 | 5:30-8:15PM

(SUPPER 5:30-6:00PM DAILY)

JULY 23 | 5:30PM, CLOSING PROGRAM

**A WEEK OF MUSIC, CRAFTS, ACTIVITIES, BIBLE STORIES, & MORE!
BRING A FRIEND AND DIVE INTO A CLOSER RELATIONSHIP WITH GOD!**

VINES, TREES, & CROCODILES, OH MY!

VBS WORK DAYS

Join us for the upcoming VBS work days where we will transform FLC into a jungle of fun to create a space where kids can learn about the nature of God. Come and go as you can!

Tuesday, June 2 | 1:00-4:00pm

Wednesday, June 10 | 1:00-4:00pm

Thursday, June 25 | 1:00-4:00pm

If these days don't work, but you want to help out, contact Gina. There are jobs for everyone!

Donate/Lend* Items:

- Broken Umbrellas | Wrapping Paper Tubes
- Brown Paper Packaging (From Deliveries) | Artificial Green Plants

**Bring items to the Church Office. Be sure to label items you want returned.*

EXPLORE THE NATURE OF GOD AT FLC!

**VISIT WWW.FLCFREMONT.ORG/VBS FOR
REGISTRATION, VOLUNTEERING, & DECORATION WORK DAYS**