

# THE MESSENGER



From the Pastor's desk...

## Reflections regarding the spiritual practice of SILENCE

*When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Mark 4:39*

*Silence is God's first language; everything else is a poor translation.*  
Father Thomas Keating



As some of you may know, one of my spiritual disciplines is attending seasonal silent retreats. This past weekend I attended a Centering Prayer Contemplative Outreach silent retreat at Christ the King Retreat Center in Buffalo, MN.

Upon returning from the retreat, I was asked what I did with my time during the retreat. *Did I read?* I was asked. I had to think for a moment...How did I use my time? For a moment, I felt somewhat inadequate, and then boldly responded. I prayed. In today's fast paced society we regard productivity and results as being evidence of a life well lived. With this in mind, it is not surprising that I was caught in my ego for a moment as I sought to find the words to respond to such a simple question.

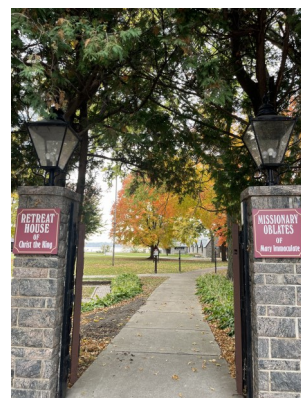
I was first introduced to the practice of Centering Prayer in 1993, when completing my deaconess internship at a Lutheran church in Texas. It was a season in my spiritual life when I was seeking a practice to deepen my connection with God. To my surprise, this new learning, many years ago, of the practice of Centering Prayer continues to enhance and deepen my relationship with God even today.

The following are the 4 simple guidelines to Centering Prayer: This method of prayer is both a relationship with God and a discipline to deepen that relationship.

- 1) Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
- 2) Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
- 3) When engaged with your thoughts, return ever-so-gently to the sacred word.
- 4) At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

If this glimpse of my spiritual practice of silence interests you, I invite you to ask me more. Let's talk. I absolutely love to invite others to join in the adventure of knowing God more intimately, through silence.

Sharing Christ's Service,  
Pastor Gretchen



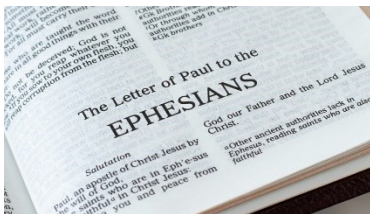
## OUR MISSION

*Mobilizing women to act boldly on their faith in Jesus Christ.*

## OUR PURPOSE

*"As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world."*

### FISHER LUTHERAN WELCA FALL 2024 BIBLE STUDY



### RECEIVING GRACE: A STUDY OF EPHESIANS

By Rev. Heidi Haverkamp

### SESSION THREE: LIVING AS CHILDREN OF THE LIGHT NOVEMBER 20, 2024 @ 9:00 AM

*What concrete advice can Ephesians give us on how to live a fuller, happier life? What poetic inspiration can it offer us for living as Christians?*



Gather  
Zoom Bible  
Study

You can also join the Gather Zoom Bible Study session each  
**4th Monday of the Month**  
**7:00-8:00 PM**  
Zoom Meeting ID 830 8115 5921

**Fisher Lutheran Quilters delivered their Lutheran World Relief items on Oct. 17<sup>th</sup> at the drop-off location and then gathered together to reflect on the church's generosity!**



**Thank you to all that donated items throughout the year and to those who shared their time & talents to create the quilts and kits.**

### WOMEN WHO STITCH FISHER LUTHERAN QUILTING



Nov. 4 & 5 / 25 & 26  
Dec. 9 & 10  
Jan. 6 & 7 / 20 & 21  
9:00 am – 12:00 pm  
**ALL ARE WELCOME!**

### Gatherers Give with Glad Hearts *Fisher Lutheran Church*

October – December Donations  
will be gathered for...

### Northlands Rescue Mission

Simply purchase any items from the list to donate, return them to Fisher Lutheran in the gathering bag and they will be delivered to Lutheran World Relief.

#### Priority Items

- ❖ Shampoo, Body Wash
- ❖ Deodorant
- ❖ Men's Shoes/Work Boots (Sizes 10-13 Preferred)
- ❖ Men's Underwear (New, Sizes S - 2XL)
- ❖ Women's Underwear (New, All Sizes)
- ❖ Twin-size Fitted Sheets
- ❖ Shower Sandals

#### Clothing

- Men's jeans (waist size 30-36)
- Winter gloves
- White undershirts and tank tops

#### Consumables

- Cream of (anything) Soup
- Butter
- Mayo
- Canned Vegetables
- Spices (salt, pepper, garlic/onion powder, cumin)
- Sour Cream
- Noodles

#### Backpack Program

- Applesauce/fruit cups
- Instant oatmeal packets
- Cereal cups
- Juice boxes/pouches
- Soup/noodle cups, ramen noodles
- Snack items (individually packaged, not containing nuts)

#### Other

- Toilet paper
- Washing machines
- Pots & pans, Tupperware
- Adult diapers (size L or XL)
- Paper towels
- Shaving cream, Razors
- Baby diapers size 4+
- Ear plugs
- Toothpaste, toothbrushes
- Air mattresses (new)
- Shower curtains & liners
- Small appliances (e.g. microwave, toaster)



*If you currently have a Gatherer's Bag in your possession, please return it so that others may have an opportunity to participate in the giving.*



Thank you to all that help put this together and came out and participated in our Trunk or Treat!! It was a beautiful day and so much fun was had by all!!



# BYGLAND NEWS



## SAVE THE DATE!!

The Lutefisk and Meatball Dinner, Bazaar and Bake Sale is Sunday, December 1, 2024 at the Byglund Lutheran Church.



Byglund Lutheran Church has new members!! Welcome Justin & Crystal Kahl and Family!! Their 3 kids, Avery, Kyah & Cooper were baptized also. We hope you find yourself at home, and continue to grow in faith with our congregation.



Thank you to all who helped plan and make our 150th dedication day so special! If you would like a copy for your personal memories of the above picture, please let Pastor Gretchen know. 5x7 or 8x10 options are available.

# SCRIPTURE TALK

**4 WEEK COURSE  
6-7 PM**

*Get to learn more about the  
Holy Scriptures with Pastor Gretchen!*

*The Biblical text for our discussion will be the  
upcoming Sunday lessons.*

*Drop in participation is welcome.  
No pre-registration is required.*

**MON. OCT 28TH @ BLC**

**MON. NOV 4TH @ FLC**

**MON. NOV 11TH @ BLC**

**NO NOV 18TH CLASS**

**MON. NOV 25TH @ FLC**



*Fisher American Legion Auxiliary*

# **FALL LUNCHEON & BAKE SALE**

**Monday, Nov. 11, 2024  
11:00 am - 1:00 pm**

**Cost per Meal \$8 / Veterans FREE  
Dine-In or Take-Out**

**Fisher American Legion  
318 Thompson Ave., Fisher, MN 56723**

