

The Lutheran Church of Christ the King
1900 14th Street South
Moorhead MN 56560-4599

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56560
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RETURN SERVICE REQUESTED

Worship Band.....

We will be building a Sunday and Wednesday Worship band for the fall. If you are interested in playing/singing please let JoMarie know at jomarie@goctk.org



Can you help us?

We are looking for individuals that can't make it to church. Whether a situation with being shut-in, hospitalized or other?

Volunteers can visit you and your family, send cards, call and chat, or give you communion in your home! Please call the church office to inform us of your current situation or situation of friends/family members who may be interested.

CTK Services Streamed Live!

You can find all services streaming live on Facebook. Check it out if you are unable to be in church but don't want to miss the service.



Sunday, September 10th and Wednesday, September 13th

Giving Made Easy at Christ the King

We thank you for your support of the church and offer many ways for you to give your offering-donations.

- Place your offering/donation in the offering plate during the service.
- Create an automated on-line giving that will take your gifts directly from your account. Sign up sheets for VANCO are on the welcome desk or visit <https://secure.myvanco.com/YKB3/home>
- Donate using this QR code. Just place your phone camera over this code and it will take you directly for you to use your credit/debit card.



Or click on the "Giving" tab on the CTK Homepage www.ctkmhd.org

Mail or Email????

We've cut our mailings down by almost 30% by many of you agreeing to have the Heartbeat sent to you electronically. THANK YOU and if you are interested in changing your delivery please contact the office.

Pastor's Perspective . . .

I'm finding myself a bit overwhelmed as we head into September. It's always such a busy time of year with trying to wrap up the summer fun and activities, prepare for the upcoming fall opportunities and finally, STILL finding time for self-care and giving God my time as well. I'm guessing many – if not most of you – are feeling a lot of that same pressure.

As I continue to attempt to cross things off my to do list, I find myself thinking of other things to add to it. It's a vicious circle this crazy busy life that we are all living right now. With that, I have been trying really hard to adopt a new mentality, "slow and steady wins the race". Yes, the story of the tortoise and the hare – the idea that running top speed in an attempt to get everything done as soon as possible is going to burn us all out and wear us down. And when that vulnerability, because of our exhaustion and weariness, creeps in we become vulnerable to things, actions and even people that are clearly not good for us nor help us "get things done" any faster or better.

I'll be honest though, this new action plan is proving to be a bit of a struggle most days as we draw closer to Rally Week and all the programming that will start up then and shortly after. I do know, however, that when I slow my pace down to really put my mind on the one thing that I have at hand I not only find great relief and pride in what I get done but I also am able to get one more thing crossed off that "to do" list and head on to the next one with a sense of accomplishment. So, when I operate in turtle mode, I not only get more done, but I also get things done well and feel fulfilled with the task.

I hope that you too, as we begin to look towards the next couple of weeks with all that will be ramping back up in our homes, work, school etc.... lives, can find peace in getting things checked off your lists. That includes getting your kids and youth registered online for Faithwalk, Promisewalk and Crosswalk – we really need this to be done early so we can plan accordingly on teacher needs, supplies and everything.

As the Bible says in Proverbs 21:5 *"Steady plodding brings prosperity; hasty speculation brings poverty."* And *"Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!"* Habakkuk 2:3. God knows that we are needing to slow down. God knows that we need his guidance and care when we do overextend ourselves or let the pressures bring us to moments of feeling incapable of getting it all done. WE can know that God is with us through and in it all and when we need him most all we need to do is ask for his love and peace and understanding to help us find HIM in the chaos.

As we prepare to bring us all back together in the coming weeks, I ask you to also consider inviting a friend or neighbor to join you. Invite them to come check out Christ the King and all that is happening here. We've got so many amazing things already here and more opportunities will be coming each month with Bible Study options, involvement in fellowship and service work within the church and our community. We are very best "neighbors" when we include and share the good news of God and the community we have here at Christ the King so spread the word for all to hear.

Blessings to you and remember "Slow and steady....."

In God's name, *Pastor Michele*



New Member Days September 24th and 27th

Christ the King will be welcoming new members during these services. If you are interested or know of someone who is interested in joining the congregation, please reach out to the church office. There will be a 30-minute New Member meeting on Sunday, September 17th at 9:50am and Wednesday, September 13th at 7:00pm.

Traditional Service Worship Assistants needed.

Please consider helping usher, serve communion or reading for the traditional services on Sundays at 9:30am.

A sign-up sheet has been posted outside the Coffee serving area.

Church Roof Repairs

The Council approved the proposed repair plans for the shingled roof and metal roof of the building. The cost for these repairs is \$53,625. Repairs are expected to begin in early October.

September 2023 at a Glance

Saturday, September 2

9:00am Al-Anon

Sunday, September 3

9:30am – Traditional Worship

10:30am - Fellowship

Monday, September 4-Labor Day

OFFICE CLOSED FOR THE HOLIDAY

Tuesday, September 5

8:30am – TOPS

9:30am – Staff Meeting

6:30pm - Scouts

Wednesday, September 6

9:00am – Quilters

6:00pm FaithWalk Teacher Meeting

7:00pm – Children and Youth Committee

Friday, September 8

9:00am – Janitors for Jesus

6:00pm – Greater Moorhead Days Parade

Saturday, September 9

8:00am-2:00pm – Clean Up Day

9:00am – Al-Anon

Sunday, September 10

Rally Sunday

8:00am – Traditional Worship

9:45am - Fellowship

10:45am – Contemporary Worship

Tuesday, September 12

8:30am – TOPS

9:30am – Staff Meeting

2:00pm – Circle Leader Bible Study

6:30pm – Executive Committee Meeting

6:30pm - Scouts

Wednesday, September 13

Rally Wednesday

1:00pm – Pastor at Riverpointe

5:00pm -Dinner

6:00pm – Contemporary Worship

6:00pm – FaithWalk and

PromiseWalk

7:00pm – New Member Meeting

Thursday, September 14

6:30pm – NAMI

Friday, September 15

9:00am Janitors for Jesus

Saturday, September 16

Kiwanis Pancake Feed

9:00am – Al-Anon

Sunday, September 17

Kiwanis Pancake Feed

9:00am – Traditional Worship

9:50am -New Member Meeting

10:45am – Contemporary Worship

Monday, September 18

6:00pm – Property Committee

Tuesday, September 19

8:30am – TOPS

9:30am – Esther Circle

9:30am – Staff Meeting-Conf Rm

1:30pm – Sarah Circle

6:30pm – Scouts

7:00pm – Church Council

Wednesday, September 20

9:00am – Quilters

2:00pm – Anna Circle

5:00pm – Dinner

6:00pm – Contemporary Worship

6:00pm – FaithWalk and PromiseWalk

7:00pm – Confirmation Meeting

Friday, September 22

9:00am Janitors for Jesus

Saturday, September 23

9:00am – Al-Anon

Sunday, September 24

New Member Sunday

9:00am -Traditional Worship

9:45am - Fellowship

10:45am – Contemporary Worship

4:00pm -3 year old Bible Class

Tuesday, September 26

8:30am – TOPS

9:30am – Staff Meeting

6:30pm - Scouts

Wednesday, September 27

New Member Wednesday

3 year old Bibles

1:00pm – Pastor at Riverpointe

5:00pm - Dinner

6:00pm – Contemporary Worship

6:00pm – FaithWalk and PromiseWalk

Thursday, September 28

1:00pm – Library Board Meeting

6:30pm - NAMI

Friday, September 29

9:00am Janitors for Jesus

10:00am – Helgeson (Kitchen)

Saturday, September 30

9:00am – Al-Anon

Church Staff & Contact Information

Lutheran Church of Christ the King

1900 14th St S, Moorhead, MN 56560

Phone: 218-236-7576

Email: ctk@gockt.org

Website: www.ctkmhd.org

Facebook:

Lutheran Church of Christ the King, Moorhead, MN or from a web browser: [Facebook.com/gockt](https://www.facebook.com/gockt)

Church Council:

council@gockt.org

Pastor Michele Jensen:

pastormichele@gockt.org

Office Administrator/

Director of Worship JoMarie@gockt.org

Finance Director: Dani Costello

finance@gockt.org

Children's Ministry Support:

Steph Deitz & Kris Buermann

faithwalk@gockt.org

Church Office Hours

Monday– 9:00am to 1:00pm

Tuesday– 9:00am to 1:00pm

Wednesday– 9:00am to 1:00pm

Thursday– 9:00am to 1:00pm

Friday– 9:00am to Noon

Mission Trips for Summer 2024



The Youth of Christ the King were sent information about the Summer 2024 Mission trip plans:

9th – 12th graders – July 14th through July 19th - mission trip to Puerto Rico

7th – 12th graders – July 28th through August 2nd – mission trip to Lake Travers SD

(these are not exact dates as travel arrangements will be made and therefore may adjust dates accordingly)

Please notify Pastor Michele by Friday, September 15th if your child is interested in these mission opportunities. Questions can be directed to Pastor Michele if you want or need more information before making a decision.



FaithWalk Teachers Needed

3-4 yr. old: 1 Teacher
Kindergarten: 1 Teacher
1st Grade: 1 Teacher
2nd Grade: 1 Teacher
3rd Grade: 1 Teacher
4th Grade: 2 Teachers


No Prep is required-all lessons and materials are provided. Choose to team teach 1-4 times a month or whatever fits your schedule!




Time to Register for Fall Christian Education Programming!

Please go online to sign your students up for the following programs as soon as possible so that planning can take place prior to Rally Week.

 Faithwalk: 3 yr. olds - 4th grade (Rainbow Room)

 PromiseWalk: 5th & 6th Grades (Gathering Space by Sanctuary)

 CrossWalk: 7th-9th Grades (Confirmation - meet in Sanctuary)

<https://lutheran-church-of-christ-the-king-448432.churchcenter.com/registrations/event>

YOUTH MINISTRIES

Youth CTK Accounts

If your child/children had balances in their Youth CTK Fundraising account, please connect with Pastor Michele regarding their balances.

Confirmation Meetings

Sept. 20 at 7:00pm -Students and families

Sept. 27 at 7:00pm -Students being confirmed and their parents.



Teacher Fall Kick-Off Meeting Wednesday, September 6th at 7:00pm

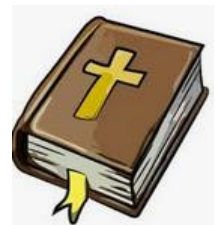
Come join us for a quick intro and refresh on FaithWalk Ins and Outs.



Looking for 3 year olds

We will be gifting three-year-olds with their first Bibles on Sunday, October 1st at the 10:45am service and Wednesday, October 4th at the 6:00pm service.

If you have a three-year-old-or know of one that we should include on these days-please reach out to the church office so we can get them added to the list and prepare the Bible for them by Wednesday, September 20.





It's time to get your CTK swag to show off your church.

Available items starting September 1st:
Window clings for your vehicle-suggested donation of \$10 to defray cost.
Yard signs-suggested donation of \$15 to defray cost.

CTK T-Shirts: You can place an order for your CTK T-shirt starting September 1st.

Contact the church office for more information.

Wednesday Meals



Weekly Wednesday night meals resume on Wednesday, September 13 from 5:00pm-5:45pm. Come and join us for delicious food and fellowship prepared by Andy.

September 13 Pizza

September 20 Taco

September 27 Heart and Soul
Community Food Truck

Volunteers Needed

9-12 graders (2 preferably) for a very part-time paid position to cover the Nursery on Sunday mornings from 10:30-11:30 and Wednesday evenings from 6:00-7:00pm. Contact Pastor Michele if interested.

Office Volunteers – shifts are 1:00-4:00pm on Mondays and 1:00-4:00pm on Wednesdays. Contact JoMarie if interested.

Check out our new webpage!

www.ctkmhd.org

Our new website is up and running – FINALLY- and is very much a work in progress. We are pleased at how it is shaping up. If you have ideas/suggestions, please reach out to Jo Marie or Pastor Michele to share them.

GREATER MOORHEAD DAYS PARADE



Christ the King will be participating in the Greater Moorhead Days parade on Friday, September 8th. The line up for the parade begins at 4:30pm. We are in need of people to participate and walk/ride the route handing out candy. We are also asking for candy donations. If you can donate a bag(or two), please leave them in the church office no later than Tuesday, September 5th. If you are willing/able to participate in the parade, please contact the church office by Tuesday, September 5th.

Where is everyone??



In years past the bulletin would list members who were healing, in nursing homes/homebound, serving in the military, family that is needing sympathy in the loss of someone and monumental celebrations.

It was a way for all of us to know who could/should be added to our prayer lists and may be in need of a visit or call.

CTK would like to reinstate this portion of the bulletin and are asking for your help. First and foremost – these people need to approve that we add them to the bulletin list – but we also need to know who they all are. Please if you are someone in any of these situations listed or know of someone who could/should be listed so we can reach out to them, please contact the church office to discuss their inclusion in this reinstated portion of outreach to our members.

Youth Position Needed:

Looking for someone to take on a 4–5-hour week paid position in our Youth Ministry program. This person would be responsible for planning youth activities, service opportunities, and building faithful relationships with the 7th-12th graders of CTK. If you are interested or know of someone who may be a perfect fit, please contact Pastor Michele.

Church Clean Up Day is Saturday, September 9th.



It's time to do some last-minute sprucing up of the church before we kick off Rally week. Volunteers are needed to help with vacuuming, dusting, organizing etc..... between the hours of 9:00-2:00. Brats will be served but you are encouraged to bring a side to share. If you are unable to

help out on that day please check out the new "Can We Help You?" bulletin board outside the church office with other opportunities to help members of the church. Please call the church to RSVP that you are coming so we know how many brats to throw on the grill.

WANTED

Time and talent sheets were mailed out. Please return your completed sheet to the basket in the office. We look forward to celebrating all of the talents of CtK in the various areas of service.

The Lutheran Church of Christ the King Financial Snapshot

Financial Numbers as of:			July 31, 2023		
	Current Month	Year to Date		Current Month	Year to Date
General Offering:	\$24,612	\$193,855	General Expenses:	\$21,144	\$199,80
RUIJ Campaign:	\$4,636	\$51,397	Mortgage Expense:	\$8,757	\$75,75
Designated Offering:	\$2,784	\$55,663	Designated Expenses:	\$1,826	\$31,20
Total:	\$32,032	\$300,914	Total Expenses:	\$31,727	\$306,76

Please consider setting up a recurring gift to the church through our **Simply Giving Program. If you have questions about setting up reoccurring giving please ask in the office.

2023 Mission Giving		
Local Missions:	\$200	
ELCA Synod Missions:	\$6,000	50% of \$12,000 goal
Reunited in Joy Campaign 2020-23		
\$315,349.00	Pledge for Date Range	
\$205,914.67	Amount Given by People who have Pledged	
(\$109,434.33)	Difference	
65.30%	Percent of Pledges Paid	
\$55,958.47	Amount Given by People that did not Pledge	
\$261,873.14	Total Donated for Date Range	

Help Sponsor a Project

Below is a list of the projects the CTK Property Committee has been working on so far this year. Council welcomes anyone who would feel called by the Holy Spirit to "adopt a cost" and help meet one or more of these obligations by making a contribution over and above your regular donation.

- General Maintenance, rubber seal replacement and de-lyne the dishwasher – Cost was \$984.75
- Replace four heating/cooling fans in the Faithwalk classrooms – Est. Cost is \$2,000-2500
- Repair work on the hot water heater to replace two probes – Est. Cost is \$700
- Sweeping the parking lot to prepare for striping – Est. Cost is \$600-800
- Trim trees and grind our stumps – Cost is \$975
- Replace a GFI Outlet and install an additional outlet in the Rex – Est. Cost is \$300
- Fargo Roofing recommendations to prevent snow melting/leaking into building, replacement eaves/downspouts and repair and replacement of pieces off Sanctuary roof – Cost is \$53,625
- Creation of New Website – coming in early August – Est. Cost is \$2,600
- Repairs to roof - \$60,000
- New roofing on area that is not metal - \$280,000

Thank you to those that have given to the property fund to assist with these ongoing projects. Currently we have received \$627.75 in funds.

It's time to collect items for School Kits:



- Four 70-sheet notebooks or wide- or college-ruled paper; approximately 8" x 10½" (NO loose leaf paper please.)
- 1 blunt scissors
- One 30 centimeter/inch ruler (2 sided)
- 1 pencil sharpener
- 5 new unsharpened pencils with erasers
- One 2 1/2 "eraser
- 5 blue or black ballpoint pens (no gel);
- 1 box of 16 or 24 crayons

All items can be placed in the marked wooden box in the gathering space outside of the church office by September 30th.

WELCA thanks you for your continued support in creating these kits!

Women of the ELCA

NW MN Synodical Women's Organization

35th Annual Convention

Saturday, Sept. 9, 2023

Registration & Coffee - 9:00-9:30am

Day includes worship, business meeting, speakers, fellowship, and lunch.

Concludes by 4pm

Registration forms are in the church office.

Zion Lutheran Church -Thief River Falls

Page Turners Book Club

Page Turners, an evening book club for adults, is eager to start up again this fall. We meet monthly from September-May and maybe into summer if anyone wants. Each month we read one book and meet together for discussion on the 3rd Thursday of the month at 6:30pm. Our first meeting will be September 21 at 6:30pm in the CtK Library. We will be selecting the books we are going to read. Come ready with suggestions. Please contact Marcy Harvala if you are interested so you can be added to the email list.

701-261-7513 or marcyharvala@msn.com

GRIEFSHARE

The Griefshare class will be offered again beginning on October 3rd. Griefshare is a 13-week program for people who have experienced the death of a loved one. It is a place where grieving people will find healing and hope. The sessions are video based, with a different topic each week, followed by a time for discussion and sharing. We will be using a new edition that combines new videos, workbook, and discussion. Cost of the class is \$25.00 to cover the cost of the workbook. Scholarships are available, if necessary. The class will be led by Karen Sustad assisted by DeeAnne Hansen and Lynn Sipe. If you have any questions, or wish to sign up, please contact Karen Sustad at 701-367-8598 or call the church office, 218-236-7576.

Giftng Bibles

On September 27th and October 1st, we as a congregation gift our 3-year-olds with their very own Bibles. The 3-year-olds receive Spark Story Bibles. We also gift our 3rd Graders Bibles, more information will be out on that in late September, however the Bible tags are hanging up.

When a child is baptized, we as a congregation promise to place in their hands the Holy Scriptures, nurture them in faith, and pray for them joyfully. In keeping these promises, we gift Bibles to both 3-year-olds and 3rd graders.

Since this is a promise we make as a congregation to our baptized children, we extend the opportunity for each of you to donate \$30 for a Spark Storybook Bible. **Hanging on a board by the FaithWalk office, there is a tag with all of the names of our 3-year-olds and 3rd Graders.**



Please pick up a tag, pray for that child, and donate for their Bible. On the inside cover of their Bible we will have a sticker with your name on it, saying you have been a part of fulfilling the Baptismal promises, donating this Bible to them. Please join us in this wonderful ministry of placing Scriptures into our children's hands. Thank you!



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