

Celebrating Our Faith Journey

**September 2025 - A monthly publication of
Faith Journey Lutheran Church
West Fargo, ND**

Happy September, Faith Journey Family!

September 7th is Rally Sunday. We are really excited about our theme for Fall and what we have planned for Rally Sunday.

Our theme for Fall will be Fruit of the Spirit. Throughout the Fall we will be focusing on the list virtues Paul says are evidence of the fruit of the Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Galatians 5:22-23).

Just wait until you see what our Arts and Environment Team is working on for the front of the sanctuary!

On Rally Sunday we return to two worship services. Traditional worship at 9:00 am and Contemporary worship at 11:00 am with Launch Family Sunday School from 10:00 - 10:45. On Rally Sunday we have intergenerational activities planned between services. Each activity will focus on one of the virtues in Paul's list. Activity stations will be set up outside the sanctuary in the Narthex, downstairs in the Fellowship Hall, and, weather permitting, one activity station outside.

Plan to come join the fun on Rally Sunday and beyond.

God's Peace,

Pastor Sue Koesterman

Sue Koesterman, Pastor
Faith+Journey Lutheran Church, ELCA
127 2nd Ave E
West Fargo, ND 58078
skoesterman@growinfaith.org
701-282-3309 (main office)
701-515-7762 (direct)
701-951-8911 (mobile)

UPCOMING EVENTS AND ACTIVITIES

September Memory Café Schedule

Sept. 3rd – Fall Kick Off Celebration. Join us for delicious treats, great music & fun times with friends! Hope Lutheran South Campus
 Sept. 10th – Blooms & Bingo with Hope Blooms at the Hjemkomst Center, Moorhead
 Sept. 17th – Medicaid Overview for Long Term Care with Crystal Labatore, Hope Lutheran South Campus
 Sept. 24th – 9:30am Moving Ahead: Life After Loss
 1:00pm – Caregiver Café Support Group
 Linger, Laugh & Learn Center, 1122 1st Ave N, Fargo

**WEST FEST
2025**



A Task Force is needed to plan for WestFest on September 20th. Areas that will need your creative ideas will be to decorate the float. People will also be needed to ride on the float & toss out candy. Persons are needed to man the popcorn machine & the snow cone machine, which will be in the church parking lot. If you have any questions or are interested, contact Katie Berg in the office or at kberg@growinfaith.org

AND we are also looking for early interest in participating at the WestFest Cruise Night. We will be handing out cold water bottles, & Ice Pops. Currently, there are 3 people confirmed as “workers”. (It isn’t really work, more like “visiting with a purpose!”) The biggest need is people to take down the canopy at the end of the event & bring everything back into the church. Call the office or message Brenda Jo! Hope to see you there!



EXCITING NEWS!! Faith Journey Lutheran Church is embarking on the creation of a new Church Directory!! A professional photographer will be here at the end of September & the beginning of October to capture beautiful memories. We are thrilled to offer you a complimentary digital copy of your photo, a perfect opportunity for a cherished family portrait for Christmas cards or to display proudly on your wall.

Mark your calendars for these special days:

September 27: 8am – 5pm

September 28: 12:15pm – 5pm (beginning after the 11am service)

October 4: 8am – 5pm

October 5: 1:15 – 5pm (beginning after the 12pm congregational meeting)

October 11: 8am– 5pm

October 12: 12:15pm – 5pm (beginning after the 11am service)



To reserve your time, please click on the QR code & select your date & time.

**Arrangements are being made to go to the shut-ins. The dates for this will be September 27 & October 11 anytime after 10am. It is hoped that a member of the Caring Ministry Team will accompany Ginny Jesser, who has graciously offered to take these photos.



Choir Rehearsal will begin on Tuesday, September 9th at 6:30pm. An exciting year of music is planned! We would love it if you would come & check us out! We sing a variety of music & all are welcome! Join the choir! You will be glad you did!

Congregational Meeting



THE NEXT CONGREGATIONAL CHURCH MEETING WILL BE OCTOBER 5TH FOLLOWING THE 11AM SERVICE! MARK YOUR CALENDARS NOW & PLAN TO ATTEND AND HEAR NEWS & UPDATES ON FAITH JOURNEY LUTHERAN CHURCHES MINISTRIES!!



It hurts to lose someone. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. **We want to help you on your journey toward recovery.**

Our new GriefShare sessions will begin Thursday, September 4th at 6:30pm downstairs in a classroom at Faith Journey Lutheran Church, 127 2nd Ave. East in West Fargo, ND. Please call Bonnie Swanson @ 701.318.0949 or Phyllis Olson @ 701.239.6064 for more information.



GriefShare for Teens is also being offered starting Thursday Sept. 4, 2025 This will be a 13-week course offered to any young person dealing with the loss of a friend or family member. Contact Bonnie or Phyllis for info.



Hello!

I am Maren Swensen Kramer and I am excited to be with all of you as the new Faith Formation Director here at Faith Journey Lutheran Church! I will be collaborating with staff and the congregation to facilitate faith programming, activities and experiences for all ages. What a fun Job!!!

Being out in nature and being in Christian Community with others have always been places I feel the closest to God and feel the Holy Spirit moving the most. I feel anchored, loved, happy and capable in these settings. My prayer is for others to experience that feeling of being connected, loved, happy and capable here at Faith Journey!

Today, as individuals and families there are so many influences tugging at us--opportunities, activities, work/school and media that compete for presence, commitment and attention in our minds, hearts, and daily routines. My goal here is to contribute to building faith programming and experiences that bring growth in our connection to God, each other, and our sense of life purpose so that we are anchored secure in God's love, motivated and excited in our faith as individuals and as a community amidst all the other influences tugging in our lives. Engaging in our relationship with Christ and others has life-long and eternal returns!

I began here in August, and the staff here have been great to work with! I have enjoyed coffee and witnessing beautiful work of the Quilters, I've learned and connected in Pastor Sue's weekly Bible Studies, enjoyed preparing for Rally Day, helping a few members of West Fargo with their needs and had the privilege of spending a few days at Red Willow Bible Camp with 15 of our youth--so much fun! People have been genuine, fun and welcoming!

Since I am new to many, here are a few things about myself. 😊 I love being a mom to Josh (23 yrs) and Ben (20 yrs) and I am newly "Empty Nested". I love travel, adventure, and anything in the out-of-doors! I recently had both my knees replaced, but have been a backpacker, Boundary Water Canoeer, outdoor winter survivalist and was a runner for many years. I love time with friends, lake time, community events. I love a wide variety of movies, books and music and have played piano and trumpet. I have enjoyed extended time abroad in Mexico, Guatemala, Peru, Italy and Puerto Rico and am fluent in Spanish.

I graduated from Concordia College (Social Work & Spanish), earned my Masters Degree in Social Work from Augsburg College. In my younger years I was a camp counselor and have led youth and adult trips nationally and abroad. I am coming into this position after 35 years in the mental health field, working with children and families in multicultural settings. I am so happy to be starting this new chapter with Faith Journey Lutheran Church!

*Peace and Love,
Maren*

Faith Journey Youth Highlights

This page is dedicated to the Youth of Faith Journey Lutheran Church. It will celebrate their accomplishments, and the projects, and activities that they have completed, as well as the upcoming events and activities that are planned for them. Please take a moment to celebrate our Youth and their continued support and contributions to the ministry of Faith Journey Lutheran Church.

Hello All!

Grace and Peace to you during this busy week of saying goodbye to summer routines, starting school and new fall routines! We are excited to kick-off a new year of Faith Programs and Opportunities for Youth, Children and Families here at Faith Journey Lutheran! Please check them out, register and/or contact me or Pastor Sue if you have questions or thoughts!



Multigenerational Sunday School : Children 4yrs -- 5th Grade, their families & Friends

Sundays 10-10:45 am Fellowship Hall downstairs Beginning Sept. 14, 2025

We will learn & grow in our faith and community through music, teaching, fun activities and sharing in both large and small group settings. Our hope is that as children attend with family and friends our Sunday conversations will continue into the week and into our homes.

LAUNCH PROGRAM IS FREE at no cost to families. Registration is necessary to appropriately plan for supplies.



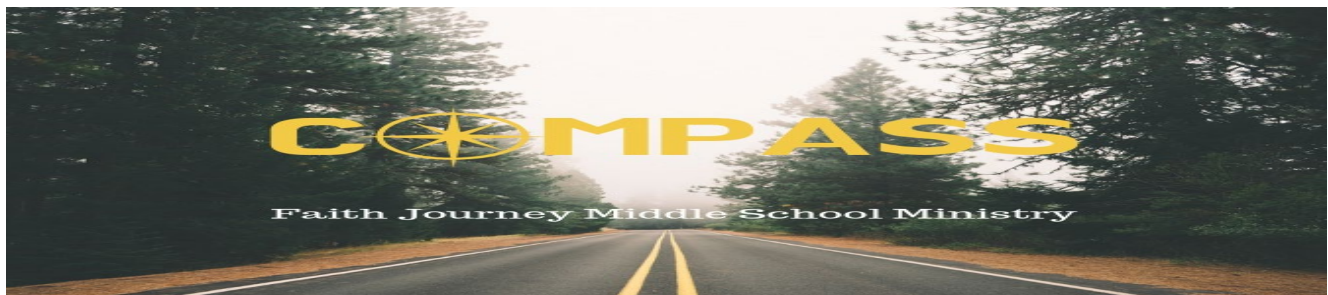
Launch Registration QR Code:



Launch Calendar QR code

Launch Registration Link: <https://forms.office.com/r/0bKjfD2z77?origin=lprLink>

Launch Calendar Link: <http://growinfaith.org/wp-content/uploads/2025/08/2025-2026-Launch-Calendar.jpg>



Confirmation Ministry : Youth 6th-8th grades, confirmed fall of 9th grade year

Wednesdays 7-8:15 pm in the Sanctuary (Worship Space) Begins: Wed. Sept. 17, 2025

Compass is a 3-year process of learning about our faith as Christians and Lutherans. Each week we engage in Music, Activities, Study and Teaching of the Bible and other important faith documents. There is small group time for sharing and reflecting, service events and theme nights. It is led by Pastor Sue and Maren Kramer as well as small group adult and junior guides. COMPASS is FREE at no cost! Registration is necessary to appropriately plan for supplies and various permission forms to be signed.

This year we are going to learn about what it means to be and live Lutheran as well as the Ten Commandments - guidelines for living that God gives to us in the Bible.

Wednesday, September 10, 2025: 7-8:15 pm Guide Huddle: Adult and Youth Guides, this is short notice but please try to be with Pastor Sue and Maren for some training and brainstorming—we will discuss what you can expect, communication preferences, small group guidance, and time for questions and answers as well as brainstorming. We would like to start the year off by supporting and celebrating you!

Wednesday, September 17, 2025: Parents, youth and guides should all plan on attending our 1st session which is our orientation for the year. WE CAN'T WAIT TO SEE YOU!!!!

Compass Registration Link: <https://forms.office.com/r/fJR5XHSqUe?origin=lprLink>

Compass Calendar Link: <http://growinfaith.org/wp-content/uploads/2025/08/2025-2026-Compass-Calendar.jpg>

Compass Registration QR Code:

Compass Calendar: QR Code



WEST FEST: September 20, 2025

We are looking for volunteers of all ages to help with the decorating of our Faith Journey Lutheran Float and for people to ride our float in the parade—please contact Katie the church office if you can join the team for these fun events or with questions. She can be reached at 701-282-3309 More info to come.

Also stay tuned for more emails and information regarding High School Youth Activities and more!

Peace!

Maren Swensen Kramer
Faith Formation Director
Faith Journey Lutheran Church
701-282-3309
mkramer@growinfaith.org

There are still spots available this fall for BIO Girls Faith Journey - Yoga

Why Bio Girls?

Girls in grades 2 – 6 are welcome to participate in BIO Girls. Participants receive 20 hours of programming dedicated to self-esteem enhancement!



Register today: biogirls.org/fmwf

Program Info: Sundays, Sept. 7 – Nov. 23

Time: 4:00PM – 5:30PM

Location: Faith Journey Lutheran Church, West Fargo

Financial Assistance Available

Questions? Contact Laura Scott

Email: fargo.nd.faithjourney@biogirls.org



This fall Launch will be focusing on the “Fruits of the Spirit” All ages are invited to participate & parents are encouraged to attend with their child/children to learn about living life as God intended with Love, Joy, Peace, Patience, Kindness, Faithfulness, Gentleness & Self Control. In a world with so much uncertainty & lack of kindness to others, it is important that we seek out God’s guidance, understanding, & direction to love one another as He commanded. Hope to see you all there!

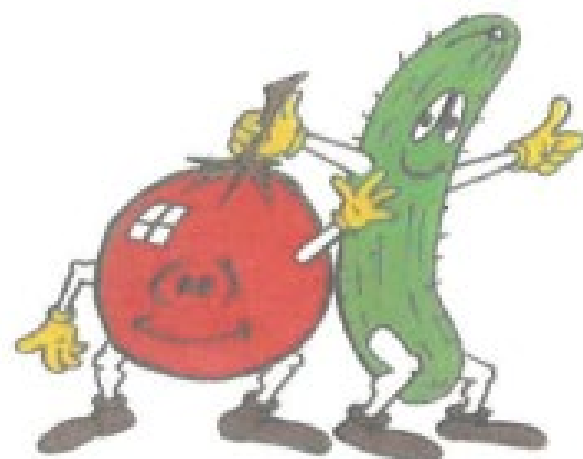
Hello SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30pm Boy Scout Troup #213 8:00pm AA OFFICE CLOSED	2 10am Bible Study	3 9am Piecemakers 11am Staff Meeting	4 6:30pm GriefShare 7:00pm Dakota Vocal Union Practice	5	6
RALLY 7 Sunday 9am Traditional Worship with Holy Communion Both Services Commissioning of Communion Deacons 11am Contemporary Service with Holy Communion	8 6:30pm Boy Scout Troup #213 8:00pm AA	9 10am Bible Study	10 9am Piecemakers 11am Staff Meeting	11 6:30pm GriefShare 7:00pm Dakota Vocal Union Practice	12	13
14 9am Traditional Worship with Holy Communion 10am Launch Sunday School 11am Contemporary Service with Holy Communion	15 5:30pm Church Council Meeting 6:30pm Boy Scout Troup #213 8:00pm AA	16 10am Bible Study 6:30pm Choir	17 9am Piecemakers 11am Staff Meeting	18 1pm Caring Ministry Team 6:30pm GriefShare 7:00pm Dakota Vocal Union Practice 5-9pm Final Cruise Night of the Year	19 <div style="border: 1px solid black; padding: 5px; text-align: center;"> WestFest Weekend </div>	20 3pm Dakota Vocal Union Concert – Worship Center
21 9am Traditional Worship with Holy Communion 10am Launch Sunday School 11am Contemporary Service with Holy Communion	22 6:30pm Boy Scout Troup #213 8:00pm AA	23 10am Bible Study 6:30pm Choir	24 9am Piecemakers 11am Staff Meeting	25 6:30pm GriefShare 7:00pm Dakota Vocal Union Practice DEADLINE FOR OCTOBER NEWSLETTER	26	27
28 9am Traditional Worship with Holy Communion 10am Launch Sunday School 11am Contemporary Service with Holy Communion	29 6:30pm Boy Scout Troup #213 8:00pm AA	30 10am Bible Study 6:30pm Choir				

The office will be closed on September 1st in observance of Labor Day

Veggies for the Pantry

Donate Your Excess Fruit and Vegetables at the following locations for delivery to local food banks



Donation locations open
Monday, July 28 until the
Monday following 1st frost
6:30 - 7:30 p.m.

Even open Labor Day!

Fargo donations support Emergency Food Pantry

The Bowler: 2630 University Dr. S.

Longfellow Recycle Parking Lot: 2939 Elm St. N.

West Fargo donations support Emergency Food Pantry

Holy Cross Catholic Church: 2711 7th St. E.

Community Presbyterian Church: 702 Sheyenne St.

Moorhead donations support Dorothy Day Food Pantry

Trinity Lutheran Church: Corner of 8th St. and 3rd Ave. S.

The Village Family Service Center: 815 37th Ave. S.

Horace donations support Emergency Food Pantry

In front of the water tower on Main Street

Kindred donations support Emergency Food Pantry

SW Corner of Kindred Elementary School

Harwood donations support Emergency Food Pantry

Sheyenne Gardens: 17010 29th St. S.E.

Harwood hours: Each
Monday except Labor
Day, 9:00 a.m. - 6:00 p.m.

Questions? Contact Cass County Extension at 701-241-5700

**In Memory of:****Given by:****Given for:**

Richard Muckala
Richard Hegg
Ida & Arnold Roth
Sharon & Alan Nelson
Christopher Carlson
Ross Olson
Bob & Kathie Denison

Jolanda Anderson

James Roth
Eileen Miller
Brynna Haller
Roger & Betty Hansen
Kathie Swank

Worship Enhancement

General Fund

Facility Enhancement
ELCA World Hunger

In Honor of:**Given by:****Given for:**

Eileen Miller (80th Birthday)

Tim & Peg Buchholz

Jerry & Ellen Liddle
Phyllis Olson
Steve Wingad

General Fund
Caring Ministry
Kings Men

**Deaths**

James Weber

July 14, 2025 (non-member)

WHO & HOW TO CONTACT WITH QUESTIONS, COMMENTS & CONCERNS

Faith Journey Lutheran Church

WIFI Guest: Faith-Guest

Password: FaithJourney

Ministers: All members of Faith Journey Lutheran Church

Pastor: Sue Koesterman - skoesterman@growinfaith.org

Parish Business Manager: Katie Berg - kberg@growinfaith.org

Faith Formation Director: Maren Kramer - mkramer@growinfaith.org

Executive Asst. for Finance & HR: Heather Reimer - hreimer@growinfaith.org

Creative Worship Coordinator: Jane Whaley - jwhaley@growinfaith.org

Contemporary Worship Coordinator: Jamie Thompson

Church Council President: Ali Farstad – Olson

Church Council Vice President: Dan Knudsvig

Church Council Secretary: Katie Berg

Church Council Members: Trina Smaaladen, Brenda Jo Guiland, Sue Kofstad, Ginny Jesser, Stephanie Daul, Jolanda Anderson

Worship Sunday 9:00am Traditional *(September – May)*

11:00am Contemporary *(September – May)*

10:00am - Rotating Traditional & Contemporary May - August

Launch Family Sunday School for 4 years - Grade 5

Sunday, 10:00am - Fellowship Hall (During the school year)

Compass Confirmation for Grades 6 - 8

Wednesdays, 7:00pm - Worship Center (During the school year)

Find us on our Website: www.growinfaith.org

Instagram: [faithjourneyWF](https://www.instagram.com/faithjourneyWF)

Facebook: [faithjourneyWF](https://www.facebook.com/faithjourneyWF)

Send bulletin and newsletter information to: Jolanda Anderson - jolandaanderson@gmail.com