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218-732-1404

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Worship Director	James Alan Hall

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Connections Coordinator	Tracee Lindquist
Compassion Coordinator	Jan Henderson
Custodian	Jason Schrader
Ass't Custodian	Lynda Sullivan
Hospitality	Marya Lillquist

Faith Ministries

Family of Faith Nurse	Becky Anderson
Family of Faith Nurse	Renee Becker
Deacon Chairperson	Ken Osterberg
Trustee Chairperson	Andrew Rockensock
Finance Chairperson	Nicole Lueth
Missions Chairperson	Becky Maninga
Men's Ministry	
Women's Ministry	Whitney Hall
CE Assistant	Tracee Lindquist
Adult Curriculum Coordinator	Judy Haroldson
Faith Moms	Whitney Hall and Jessica Lange

FaithBytes

July 2026



1505 Park Ave S., Park Rapids, MN 56470
www.faithbridgepr.org • office@faithbridgepr.org
facebook.com/faithbridgepr

Quarterly Family Meeting
 Sunday, July 19 during Fellowship Time @ 9:20 AM



Blood Drive at Faithbridge Church
 July 27-29

To Donate: www.donors.vitalant.org

to make appointment time

Blood Drive Code: parkrapids

Phone Volunteers still needed. Contact Kelly Maninga

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FaithBytes

Issue 7 July 2026

FaithBytes is published monthly as the official connection to what's happening at Faithbridge. Inclusion of some information does not necessarily indicate endorsement by Faithbridge.

Submission Deadline for the August 2026 issue is:

Monday, July 27th



janhenderson@faithbridgepr.org
 218-732-4522

Feedback is always welcome.



The weekly bulletin and monthly FaithBytes can be viewed online at www.faithbridgepr.org/resources

Worship Schedule

- 8:00 AM Worship Service
- 9:15 AM Fellowship Time in the Gym
- 10:00 AM Faith Kids and Faith Kids Jr.
- 10:00 AM Worship Service and Livestream



A staffed nursery is available in the West Wing for infants though 2 years.



“Cookin’ With Jesus”, Faith Kids Summer program during the Second Service, takes place in the West Classroom for youth ages 3 - 6th grade.



It is a time of crafts, learning, worship and games. Preschoolers may be picked up from the Cubbies Room and older kids from the West Classrooms after service by presenting the Guardian Receipt.

FAITH SENIORS

Seniors (50+) are invited to our Monthly Potluck on Monday, July 27 at 11:45 AM. We look forward to a great time of fellowship, good food and a presentation by Connie Cox, naturalist at Itasca State Park on “*Itasca Through Mary’s Eyes.*” It is a snapshot of a significant moment during the early formation of Itasca State Park. Invite a friend and bring a dish or two to share.

FAITH MISSION CIRCLE

Faith Mission Circle will meet on Monday, July 20, at 10:00 AM in the Conference Room off the Gym. We'll share reports from brothers and sisters around the world and spend time in prayer. You are always welcome to join us, even if you are only here for the summer months!



Thank you for your ongoing support of Summit Ministries Scholarships.

When you purchase the following items, the monies go into the Scholarship Fund. You may also donate by designating on the offering envelope to “Summit Scholarships”. Scholarships help send a young person to the Summer Summit Ministry Conference, held in Colorado each year. Available during the week in the East Foyer: Cards & Calendars (\$10) Notepad (\$3)



Connection (H.U.G.) Schedule

July	Welcome Desk	Greeters	Welcome Desk	Greeters
	7:45 AM	7:45 AM	9:45 AM	9:45 AM
5	Haroldson	Ray & Barb K. Jim & Julie T.	Vredenburg	Lynda S. Steve & Deb A.
12	Folkestad	Doug & Mary B. Miguel P.	Amber L.	Sandy C. Sandra L.
19	Lundstrom	Mike & Dee R. Drew & Sarah M.	Diane J.	Tod & Renee B. Don & Sue G.
26	Trottier	Mark & Mari Jo L. Brian & Wendy K.	Kriens	Pam K. Dan & Pat McG.

July	7:45 Door Openers				
	N1	N2	E1	W1	S1
5	Dave V.	Help Needed		Help Needed	Steve M.
12	Becky M.	Help Needed		Help Needed	Ken & Evie O.
19	Frank S.	Help Needed		Help Needed	Diane S.
26	Dave V.	Help Needed		Help Needed	Steve M.
July	9:45 Door Openers				
	N1	N2	E1	W1	S1
5	Youth	Youth		Youth	Youth
12	Munson Family	Munson Family		Munson Family	Sue P.
19	Bev S.	Help Needed		Help Needed	Denny S.
26	Help Needed	Help Needed		Help Needed	Help Needed

	July Library
5	Judy Abby
12	Diane
19	Arianna Emerson
26	Joyce Nancy

NURSERY

July	7:45	9:45
5	Liz A.	Karen L. Lahana L.
12	Bev S. Brooke N.	Lydia G. Jennifer O.
19	Sarah M.	Rita B. Ava & Phillip R.
26	Sue P. Brooke N.	Tammy P. Teresa R.



From Pastor Jeff's Desk

Dear Faithbridge Family,

Do you remember learning in elementary school the phrase - "Stop, Drop, and Roll"? For some unknown reason I was thinking about that the other day and then wondering what on earth I would possibly be doing as a 7, 8, 9, or 10 year old child that would cause me to catch on fire let alone to remember to stop, drop, and roll?

But it did lead to another thought about conflict and communication that I have been simmering on for the past couple of weeks. Jessica and I had the privilege to share at the Couples Retreat at Itasca with about a dozen other couples and the focus of our discussions centered on conflict and attempting to resolve it after a moment of intense fellowship or to head it off when that fellowship between spouses begins to intensify.

Instead of stop, drop, and roll when your relationship begins to catch fire because of conflict, what about stop, drop, and listen? Stopping the words from coming out of my mouth in defensiveness or retaliation or to score a point or two in my favor? Dropping to my knees, either literally or figuratively, and asking God for His perspective on the situation and what part is mine to take responsibility for? And to listen—to listen for God's voice and to listen to my spouse to understand where she is coming from and what the issue is behind the issue that I think is the issue.

After all, usually the issue isn't really the issue, it's something else and it is a dance together to get into rhythm so that we can understand one another. All too often I am listening to defend or prove a point instead of understanding what is really going on. But if I stop, drop, and listen, maybe I might learn a thing or two and actually listen and hear my wife's heart.

In the Bible, James puts it this way, "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger, for the anger of man does not produce the righteousness of God" (James 1:19-20, ESV). It seems so clear and simple, yet we wonder why we get so fired up at times! I think it's because we do the opposite of what James is instructing us. We are slow to hear, quick to speak, and quick to anger. I think what James is suggesting is to stop, drop, and listen and perhaps our anger won't be kindled and catch fire as quickly or as intensely. After all, my anger does not produce the kind of righteous life that honors and pleases God. How about yours?

Grace and peace, Pastor Jeff



FSM - students 7th-12th

Pray for the Iowa Mission Trip Team as they prepare to present the gospel through the “Ready, Set, Go” VBS. July 25-30.

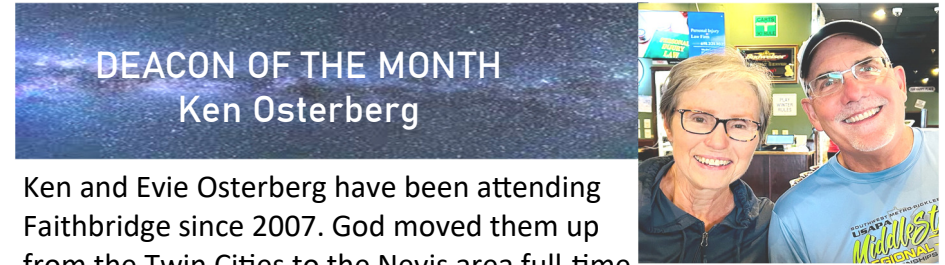
FSM
FAITHSTUDENT
 MINISTRIES
SUMMER - VARIOUS LOCATIONS
 JULY 1 - ROCKENSOCK'S
 JULY 15 - MUNSON'S
 AUG. 5 - FAITHBRIDGE
 AUG. 19 - LUNDSTROM'S
6-8 PM



Pray for the summer camps at Camp Lebanon.
 For open hearts to receive the Gospel.
 Pray for physical protection and good health of
 the campers and staff.

Pray for wisdom for the counselors as they share the Truth
 so the young campers can understand.

- Family Week July 5-10
- Junior High 2 July 12-17
- Senior High July 19-24
- Super Kids 3 July 26-30



Ken and Evie Osterberg have been attending Faithbridge since 2007. God moved them up from the Twin Cities to the Nevis area full-time in 2017. They have been married for 48 years. Ken came to know Jesus through the witness of a close friend, and finally understanding that salvation came through faith alone in Jesus Christ, he embraced Jesus as his Savior when he was 19. By God’s grace, he met Evie a few months later when she wanted to attend a bible study for young adults and knocked on the apartment door of the bible study Ken was attending.

They are blessed with two children Daniel (Heidi) and Candace (Andrew) and three grandchildren Caleb, Noah, and Grace. They make many trips to the Twin Cities area to visit their family and friends and vice-versa. God has been “rewiring” Ken since he left his life in Corporate America, and they are both involved in various ministries at Faithbridge.

A verse that Ken is currently working to memorize is 1 Corinthians 16:13-14 “Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.”

Board of Deacons	Ken Osterberg - Chr	Denny Sleen	David Lindquist
	Bud Kading	Drew Maninga	Charlie Schmidgall
	Matt Munson	David Wolff	Steve Criswell

“KIDS UNDER CONSTRUCTION”

VBS Volunteers needed
 Sign up on the Events page



Watch for upcoming information on the web for what and how to donate food and supplies.

Community outreach opportunity.

ALTERNATIVE MEDICINE

Alternative medicine, or Integrative medicine as it's now called, " is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals and disciplines to achieve optimal health and healing." (Source: Consortium of Academic Health Centers for Integrative Medicine)

Wow - times have certainly changed in recent decades when it comes to the handling of our health care needs. We are much more informed on a host of educational topics due to the growth of the internet. Gone are the days when everything our doctors told us was gospel and it was considered disrespectful to question anything they said. At least today it is more acceptable to be recognized as informed advocates and co-decision makers when it comes to our choices of treatment.

A word of caution here, though - we still must understand and accept the leading of our practitioners, as they are the ones who have years of education and experience. Alternative treatments can now be safely integrated into an individual's plan of care when explored in detail with our physicians as we become active partners with them.

Many are becoming more interested in the promotion of wellness through prevention, natural healing, active learning and 'holistic' care. Some examples of alternative therapies include:

- *herbs and dietary supplements, i.e. vitamins, minerals, hormones
- *Mind- body medicine such as hypnosis, relaxed breathing, prayer
- *Energy therapies like acupuncture, reiki, healing touch, magnetic
- *Hands-on therapies like massage, reflexology, spine manipulation
- *Homeopathy, Naturopathy, Traditional Chinese medicine

This is a huge set of topics to explore - more than can be covered in one short article. We will explore more in detail in future articles. Remember this guiding philosophy of today's "new medicine" is to blend the best of complementary and conventional therapies to treat the whole person, not just the disease.

Be smart and be safe in researching material. Take a scientific approach and look at clinical studies, randomized controlled trials, peer-reviewed journals, etc. Avoid internet misinformation by checking for current dates, looking for the logo from Health on the net (HON) and double-check with your conventional practitioner for guidance.

Take charge and Good Health to You!

-adapted from Mayo Clinic Book of Alternative Medicine, 2nd Ed.

Missions Team Update**Kyle & Lara (10/40 Window)**

Kyle and Lara were with us the weekend of June 13–14. They had opportunities to connect with people at church, enjoy lunch with members of the mission team and mission circle, and share updates at both the mission circle and mission team meetings. It was wonderful to catch up on all that God is doing through their ministry.

**Prayer Requests:**

Pray for Kyle and Lara as they return to the field.

Pray for their aging parents, who are experiencing health concerns.

Urgent Missionary Financial Needs**1. Dan & Esther Penney (WorldVenture – Senegal)**

Currently in Colorado and seeking assistance with additional expenses related to two upcoming WorldVenture conferences.

2. Luke & Kristina Schmoll (CRU)

Their mission trip to Colombia still requires approximately **\$3,100** to cover remaining expenses.

3. IBM Global Missionaries (Restricted Area)

Approximately **\$3,000** is still needed to fully secure a new lease space for ministry.

4. Sisters of Hope International (SOHI)

A ministry trip to Uganda is planned for **July 25–August 15**.

Prayer Requests:

Cover the team as they travel.

Pray for the staff as they host.

Pray for the women who will participate in the ministry activities.

Ask for the powerful movement of the Holy Spirit.

Pray for physical and spiritual protection, as well as protection for loved ones remaining at home.

Financial Need:

Board members cover their own travel expenses. Funds are currently being raised to support staff and local ministry costs.

Giving link: <https://givebutter.com/help-support-our-staff-and-sohi-alumni-for-a-2026-retreat-qejoyv>

Urgent Missionary Prayer Requests**1. Mark & Hannele Erickson**

Please pray for Hannele, who recently suffered a stroke. Pray for wisdom as doctors adjust medications and seek to determine the underlying causes of her strokes.

Continue on next page

Continued

Mission Team Update

2. Asa Swenson

Pray for safe travel as they return home and for a gradual re-entry into ministry that supports ongoing health needs. Also, pray for the sale of their car and for a suitable renter for their duplex.

3. Dee Murphy

FaithBridge supported Colin and Dee Murphy (Wycliffe) for many years. Colin entered Heaven on April 1, 2026.

Prayer Requests:

Pray for Dee and their children as they grieve.

A memorial service will be held on **August 1 at 1:00 PM** at Wadena Alliance Church.

4. Karen Hogle

Pray that Karen will be able to come home this summer to spend time with her parents and take care of several important matters.



Kelly Maninga is looking for volunteers to help at Second Street Stage this summer on Thursday evenings. If you would like to help with this outreach to our community, please contact him soon. 218-252-1736



You are invited to join the Crystal Brook Bible Study group on Wednesdays at 2:30 PM. Ray DeLaurier and Steve Criswell are sharing the leadership.



July Blood Drive. Kelly is looking for 4 volunteers over three days to help with the Community Blood Drive on July 27-29. Help is needed to sign in donors and make some calls to regular donors prior to the Blood Drive. To donate Blood, call 877-25vital (877-258-4825) or go to www.vitalant.org.



FAITH MOMS Summer

*Tuesday evening study on the deck. 6:30-8pm, Jessica Lange's home-22350 Green Pines Rd. Started June 9th.

*Friday park days. Contact Lahana for locations (480) 791-7484

*July 14th - "The Backyard" indoor playground in DL (10am)

*July 28th - Beach day @ Evie's beach. 19264 219th Ave. (10am)

*Aug. 11th - Outing TBD, watch our FaithMoms social media

*Aug 25th - Beach day @ Karen's beach. 21530 County 80 (10am)



CELEBRATIONS



Happy 90th Birthday to Sally Johnson on July 1st. She resides at Greenwood Connections in Menahga.



We pray for God's blessings on the marriage of Nora Gwiazdon to L'Shawn Taylor on June 22nd in Minneapolis.. Trevor and Sarah are Nora's happy parents.



Mark and Linda Remiger—50th Wedding Anniversary, July 3. There will be a celebration in Owatonna on August 1st.

Robert and Jane Torgerson— Married 75 years on June 30! Congratulations on these milestones!

*Don't forget to look in your Church
Directory for the July
Birthdays and Anniversaries*

**Library is open on Sunday mornings:
9:00 am - 12:00 pm**



Access to the library is also available during the week when the church office is open. Someone from the office will let you into the library and check out instructions are available.

- Gossamer Falls Series #1—**Never Fall Again** by Lynn H. Blackburn-- Artist Landry Hutton has just started to get her bearings and is happy to settle down with her daughter at The Haven in Gossamer Falls, giving them both a fresh start. Retired Marine Callum Shaw, also new to the neighborhood, is hired by Landry to build her new house. Callum becomes intrigued, but he has given up on the dream of ever having a family. However, when a fire destroys Landry's pottery, it becomes clear that someone is after the Huttons. Will Callum finally be able to let his guard down to save them?
- Gossamer Falls Series #2 **Break My Fall** by Lynn H. Blackburn-- Dr. Meredith Quinn moves to Gossamer Falls to open her own dentistry practice. She offers free services to those living in the surrounding areas a bit "rough around the edges." Police Chief Grayson Ward has his suspicions that local law enforcement are not wanting to get involved with the drug traffickers that operate in the areas that Meredith frequents. Will he risk it all for love to keep her safe? Or will he let the scars of the past keep him at a safe distance?
- Gossamer Falls Series #3 **Last to Fall** by Lynn H. Blackburn-- The Haven means everything to Bronwyn Pierce. But when the numbers start to not add up financially, Bronwyn is forced to call upon her first love and former military intelligence officer, Mo Quinn to help her unscramble it all. As Bronwyn and Mo are forced to work together to solve what appears to be a growing blackmail scheme, the feelings of the past are rekindled. Can they overcome the secrets of the past that tore them apart in the first place, or will Bronwyn be forced to leave town forever?
- **The Lost Story of Via Belle** by Melanie Dobson-- Novelist Via Belle seems to have it all: the successful writing career, a beautiful estate with gardens and a loving husband. But after his death and her second marriage, secrets take root and Via vanishes, leaving in her trail scandal and her last story. Harper, a Pennsylvanian screenwriter, is itching to make it big, but for that to happen, she needs a story. Her mother's favorite author, Via Belle, soon comes to her attention and

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Check out the Library Bulletin Board for more story details!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>JULY 2026</h1>			<p>1</p> <p>5:30 PM Chapel use 6 PM FSM Summer-Rockensock's</p>	<p>2</p> <p>9 AM Gym use 10:30 AM Pickleball</p> <p>1 PM Gym use 6 PM Praise Team</p> <p>Family Camp - Camp Lebanon</p>	<p>3 Office Closed</p>	<p>4</p>
<p>5 Communion Sunday</p> <p>8 AM Worship Service 10 AM Worship Service 10 AM Faith Kids 10 AM Livestream</p> <p>4:30 PM Spanish Speaking Svc</p> <p>Family Week (5th-10th) - Camp Lebanon</p>	<p>6</p> <p>2 PM Conference Rm use 6 PM Volleyball</p>	<p>7</p> <p>9 AM Gym use</p> <p>3:30 PM Heritage Comm 5 PM Pickleball</p>	<p>8</p> <p>5:30 PM Chapel use</p>	<p>9</p> <p>9 AM Gym use 10:30 AM Pickleball</p> <p>1 PM Gym use 6 PM Praise Team</p>	<p>10 Office Closed</p>	<p>11</p>
<p>12</p> <p>8 AM Worship Service 10 AM Worship Service 10 AM Faith Kids 10 AM Livestream</p> <p>4:30 PM Spanish Speaking Svc JR High #2 to Camp</p>	<p>13</p> <p>5:30 PM Finance Mtg 6 PM Volleyball 6 PM Trustee Board Mtg 7 PM Deacon Board Mtg</p>	<p>14</p> <p>9 AM Gym use</p> <p>5 PM Pickleball</p>	<p>15</p> <p>9:30 AM Staff Meeting</p> <p>5:30 PM Chapel use 6 PM FSM Summer-Munson's</p>	<p>16</p> <p>9 AM Gym use 10:30 AM Pickleball</p> <p>1 PM Gym use 6 PM Praise Team</p>	<p>17 Office Closed</p>	<p>18</p>
<p>19</p> <p>8 AM Worship Service 9:20 AM Quarterly Mtg 10 AM Worship Service 10 AM Faith Kids 10 AM Livestream</p> <p>4:30 PM Spanish Speaking Svc Sr. High to Camp</p>	<p>20</p> <p>10 AM Mission Circle</p> <p>6 PM Volleyball 6:30 PM Missions Team</p>	<p>21</p> <p>9 AM Gym use</p> <p>5 PM NO Pickleball 5:30 PM Gym use</p>	<p>22</p> <p>5:30 PM Chapel use</p>	<p>23</p> <p>9 AM Gym use 10:30 AM Pickleball</p> <p>1 PM Gym use 6 PM Praise Team</p> <p>Gym or Fell Hall use (Evening)</p>	<p>24 Office Closed</p>	<p>25</p> <p>FSM Mission Trip to Iowa (25th-30th)</p>
<p>26</p> <p>8 AM Worship Service 10 AM Worship Service 10 AM Faith Kids 10 AM Livestream</p> <p>4:30 PM Spanish Speaking Svc SK #3 to Camp 6 PM Hymn Sing</p>	<p>27</p> <p>11:45 AM Faith Seniors</p> <p>Blood Drive 12:30-5:45</p> <p>6 PM Volleyball</p>	<p>28</p> <p>9 AM Gym use</p> <p>Blood Drive 12:30-5:45</p> <p>5 PM Pickleball</p>	<p>29</p> <p>Blood Drive 8:00-2:00</p> <p>5:30 PM Chapel use</p>	<p>30</p> <p>9 AM Gym use 10:30 AM Pickleball</p> <p>1 PM Gym use 6 PM Praise Team</p>	<p>31 Office Closed</p>	
<p>FSM Mission Trip to Iowa (25th-30th)</p>						

the deeper she digs into the woman's story, the more secrets come to light. In her new script, will Harper be faithful to history or rewrite it?

• **Trial and Triumph: Stories from Church History** by Richard Hannula-- This collection of forty-six brief biographies for children and teens covers the trials and triumphs of heroes of faith, from Augustine, Charlemagne, Anselm, Luther, Bunyan, and C.S. Lewis. Those of us who come after can find inspiration and draw strength from their examples of faith in sometimes extreme hardship.

• **Stewards of Eden: What Scripture Says About the Environment and Why it Matters** by Sandra L. Richter-- This book explores how the Bible is a witness to environmental theology. Though modern political alliances may tempt readers to sever Christian faith from environmental stewardship, Richter encourages us to be driven by God's values instead



Faith Moms kids enjoying a Day at the Park

**MOMS, Come join us in July
See the schedule on page 9**



Grief Share



Grief Share is a grief support group for help and healing after the death of a family member or friend.

For information, contact Becky A. directly or by email
or phone 218-252-3500
<https://griefshare.org/>



Faith Prayer Ministry

- Requests can be phoned/emailed to the Church Office or to the Compassion Coordinator, Jan Henderson (732-4522), who will forward them to the Prayer Group or Prayer Chain, as you direct.
- **Prayer Warriors: A weekly prayer list, can be delivered to your FBC mailbox or emailed upon request.**

I, the Lord search the heart and examine the mind,
to reward a man according to his conduct
according to what his deeds deserve."
Jeremiah 17:10



Faith Military Connections

Josie Bohman	Jared Lange	Patricia Pfeifer
Alek Briceno	Chase Lodl	Hunter Schommer
Esther Meva-Briceno	Sonny Lodl	Jim Slesman
Maggie Kay Carter	Malachi Martin	Owen Van Batavia
Brian Evink	Sean McGaffey	

Thanks for praying for our servicemen; for their safety and for their families.

We need your help: If the status of any of the following military personnel has changed, please inform the office so we can update this list. Thank you!

Do you enjoy singing Hymns of Faith from the hymnbook?
If so, you are invited to a



on Sunday, July 26th at 6:00 PM in the Fellowship Hall

Bring a joyful voice, a friend and look forward to an evening of blessing as we sing your favorites or one you haven't sung for awhile.

Join us as we worship God through music and the Word.



**Join Mark and Miri Larson...
Tapestries of Life Mission Trip
January 9-16, 2027**

An introductory meeting will be held in the Fall for those who are interested in going. Pray about your participation in this great opportunity. If you have questions, please talk to Larsons at church or call Miri at 218-255-5043



Sisters of Hope International (SOHI) covets your prayers and support for our small team that is headed to Kampala, Uganda, July 25–August 15, 2026. Our team of three board members—Anna Campbell (SOHI President), Michelle Fritze, and Pamela Rubash—is going to encourage our staff and the women through the *ministry of presence*, modeled in Jesus' own life (Jn 1:14) and rooted in the idea that God's presence is most powerfully expressed through intentional, compassionate presence with others—especially those overlooked, struggling, or in need.

That is what our staff does daily, and they have asked us to come. Our goal is to spur one another on not only in love and good deeds but also to walk with them as they navigate the program—helping them feel seen, reducing tension in hardship, and reflecting Christ's love tangibly. We want them to know they are not invisible as they work to flourish in their faith, families, and community.

We will host one-day retreats at both locations for the women in the program, visit our women's businesses and homes, and hold a retreat/conference with our four full-time staff, who have been amazing examples to our women and consistently go above and beyond.

How can you help?

Prayer: Please cover the team as we travel, the staff as they host, and the women. We pray for the mighty moving of the Holy Spirit and protection—physical, spiritual, and for our loved ones at home.

Provision: Board members cover their own travel costs, and we are raising funds to cover staff and local ministry expenses. See the link: <https://givebutter.com/help-support-our-staff-and-sohi-alumni-for-a-2026-retreat-qejoyv>

Thank you for all of your support! We love helping these precious women. Any gifts above and beyond our goal will be placed in our general donations to help fund the ministry in Uganda. Thank you for bringing us before our Heavenly Father.



An opportunity for **MOMS & GRANDMAS** who are caring for young children but would also like to attend an in-depth Bible Study.



Park Rapids BSF announces

BSF Children’s program beginning this Fall!

We are looking for **Moms and Grandmas** who are interested in attending BSF with their preschool children or grandchildren, ages 6 months through Kindergarten. It is not too early to make plans.

We will be studying the book of Romans. Our first meeting will be Thursday, September 17th continuing through April 2027, with Christmas and Spring breaks. We meet on Thursday mornings from 10-11:30 at Faith-bridge Church.

We, (and the kids - at their level) will be studying the book of Romans: From Guilt to Grace. Romans speaks to our deepest struggles--doubt, pride, fear, and guilt - and leads us to God's grace. Written for ordinary people, it offers real hope for real life.

If you have an interest or want more information before joining BSF, please contact Sue Parks (218-732-4731) or Joyce Killmer (218-252-1659) with questions.

Please Note:

You can also register through this BSF link www.mybsf.org

We need at least 8 children before the children’s leaders can continue with their training. That is why we need to know soon if there are those who are interested in participating. Now would be very helpful!



GARDEN STROLL
of the **HEARTLAND LAKES**
benefitting CHI St. Joseph's Health

Saturday, July 25, 2026

9:00am - 3:00pm

\$35/Ticket: Includes catered boxed lunch & bonus garden at outdoor pavilion.



Tickets may be purchased at the hospital gift shop, by scanning the QR code or by visiting www.chisjh.org. For more information, please call 952-240-7515.

Gardens will be in Park Rapids and surrounding communities.

Presented by CHI St. Joseph's Health Auxiliary & University of Minnesota Extension Master Gardener Program. Have a garden that would be wonderful for next year's event? Let us know!

CHI St. Joseph’s Health THE WELLNESS TABLE presents
“Better Balance and Falls Prevention”

Tuesday, June 30 ~ 2-3 PM

St. Joseph’s Lower Level Conference Rooms

What You'll Learn:

- Understand common causes of falls and risk factors.
- Discover practical strategies to improve your balance and stability.
- Learn simple exercises you can do to strengthen muscles vital for balance.
- Explore how lifestyle changes, including nutrition and hydration, impact fall risk.
- *Identify ways to make your home environment safer to prevent falls.

This is a FREE event! Join Us! RSVPs are encouraged, but walk-ins are always welcome!

To RSVP, scan the QR code, call 218.616.3377 or

go to <https://forms.gle/Xt5x7jWEsHdTDGs38>

Questions?

Call 218.616.3377 or email Alicia.Reardon@commonspirit.org



LISTINGS BELOW ARE COURTESY ANNOUNCEMENTS - NOT NECESSARILY FBC ENDORSED

Coffee with Kinship

of the Park Rapids Area
4th Thursday of the Month
3rd Thursday in Nov & Dec

Starting at 8 am



Bella Caffé
116 3rd St W, Park Rapids



- Meet Executive Director Brandon Mustful
- Learn about Kinship's mission and community impact
- Discover how easy and rewarding it is to be a mentor
- Get details on how to enroll a child in our program
- Chat about youth mentorship over a great cup of coffee

We look forward to meeting you!

Kinship of the Park Rapids Area | kinshipparkrapids.org | 218-732-0058 | Schedule subject to change

SAVE THE DATE - You are

invited to the Pregnancy Resource Center's 30th Anniversary Banquet, Thursday September 24, 2026 at Faithbridge. Pam Stenzel, our keynote speaker has been described as "one of the country's most established abstinence-only lecturers."



Park Rapids Food Shelf

308 Pleasant Ave. S, Park Rapids.
Food and monetary donations are welcomed.



Eastside Church,
Thursdays, 6:30pm
No advance sign-up necessary.
Celebrate Recovery is open to anyone dealing with hurts, hang-ups or habits.

Papifut at Faithbridge is over for the summer but we look forward to seeing you when the fall activities begin again.

Latham, Shane and Erin *Brazil with DNA Global Network*
Serving in South Brazil by using God's gifts to make disciples, plant churches, and send missionaries to the world.

1. Pray that the house churches will grow spiritually and multiply as God leads.



Penney, Dan and Esther *WorldVenture*

Serving WorldVenture missionaries by helping them streamline financial management and reporting, thereby giving them more time for ministry.

1. Pray that the needed funds would be provided for the two upcoming WorldVenture Conference gatherings in Asia and Africa.
2. Pray for Esther's continued health issues and that this new treatment would be successful



Polley, Ken and Lorelei *Ministry Developers Network*

Ken: Church intervention and development, mentoring pastors and ministry leaders. Lorelei: STS Trainer (oral inductive Bible Study) and discipleship of women.

Ken - Praise: God is expanding Ken's ministry with Pastors. He meets regularly with several young pastors to mentor and disciple them.

1. Pray for clarity for future ministry as Ken has recently been contacted regarding some potential new church ministry opportunities.
- Lorelei - Praise that God has opened doors for two in-person STS trainings: July 8-11, Warsaw IN and July 15-18, West Bend WI
1. Pray for the attendees as they learn the STS method quickly and to be confident in their new skill.
2. Pray for travel safety for Lorelei - she is driving to the trainings.
3. Wisdom as Lorelei is now part of the STS senior leadership team.



Schmoll, Luke and Kristina *Neighbors, a Strategy of CRU*
Direct ministry to reach nonbelievers in their neighborhood and city, especially immigrants and refugees.

1. Regarding a parenting cohort with several couples in our church, pray that our families would be transformed by the Holy Spirit as we parent and teach our children the ways of the Lord.
2. Pray for salvation and deliverance for the fentanyl-addicted folks in our neighborhood, many who stay on the streets. Some whom we have had spiritual conversations and prayed with.
3. Pray for our Summer Mission of 23 people going to Bogota, Columbia, July 18-Aug. 8.
4. Pray for the Venezuelan refugees we will minister to for the first 2 weeks and then, lots of evangelism on college campuses the last week.

