



FIRST LUTHERAN CHURCH

Watford City

The
Clarion

October-November 2026

A Message from Matthew

Minister Matthew Rolfson asked the staff to share aspects of self-care within a Christian context for the Clarion message this issue.

Self-care is a Christian calling when it receives the body and life as gifts entrusted by God.

Scripture teaches that our bodies matter: they are created by God, redeemed by Christ, and are “a temple of the Holy Spirit” (1 Corinthians 6:19–20). Rest, nourishing food, sleep, medical care, honest limits, and time in God’s Word are not selfish escapes from duty; they are faithful ways of receiving God’s provision. Even Jesus called His disciples to “come away... and rest a while” after demanding ministry (Mark 6:31).

Yet Christian self-care is not self-worship or an attempt to save ourselves by perfect routines. We care for ourselves because Christ has already cared for us most deeply—bearing our sin, conquering death, and giving us forgiveness freely. In repentance and faith, we bring both exhaustion and anxiety to Him, trusting His promise: “My grace is sufficient for you” (2 Corinthians 12:9). Strengthened by His mercy, we rest not only for ourselves, but so that we may be more ready to love and serve our neighbors in the vocations God has given us.

How is your self-care working out today?

– from First Lutheran Church Staff

Weekly Schedule

Sundays

Worship Service | 9:30 am
Fellowship Time | 10:30 am

During the Week

Monday - 1pm Quilting
Tuesday - 10am Text Study
Wednesday - 6pm Sunday School &
Confirmation Classes
Wednesday - 6pm Bible Study



Contact Us!

First Lutheran Church

PO Box 441
212 2nd St NW
Watford City, ND 58854
office@flcwc.church

701-444-3244
www.flcwc.church

HAPPY BIRTHDAY OCTOBER

1st - Miles Wollan

Elizabeth Jones

2nd - Jackie Sullivan

4th - Warren Renbarger

Erik Linseth

5th - Lisa Shipman

Adrock Schwartz

6th - Angie Moe

7th - Austin Patten

8th - Douglas Nordby

10th - Leston Johnson

12th - Birch Tschetter

14th - Beverly Leom

15th - Carroll Tollefson

Mark Knutson

16th - Richard Jore

17th - Noel Quale

22nd - David Fredrickson

23rd - Alex Chaffee

25th - Ryan Chaffee

27th - Dale Patten

28th - Erin Fjeldahl

Seth Forbes

29th - Artis Stevens

Brady Leiseth

30th - Cari Forbes

31st - Elizabeth Holen



6th

Calvin & Sharon Brown

17th

Lloyd & Ardyce Alveshere

19th

Tim & Erin Fjeldahl

Lorri & Mark Honstein

21st

Jackie & Kevin Sullivan



HAPPY BIRTHDAY

1st - Cheryl Renville

3rd - Joy Patten

Keith Helmuth

Haley Moe

4th - Rhylie Ledahl-Berer

6th - Michon Sax

Ardyce Alveshere

Matthew Rolfson

7th - Bryan Fulwider

Colton Jore

8th - Don Stenberg

Katie Tschetter

9th - Lloyd Alveshere

Terry Moe

11th - Peggy Leiseth

Kristen Stenehem

Cassandra Bellon

12th - Anna Schwartz

Tucker Sanford

15th - Glen Beard

Eldon Beard

17th - Sean Larsen

18th - Benjamin Haugeberg

20th Curtis Sorenson

Jess Ann Knutson

Stefanie Russell

Avery Holen

21st - Jane Swenson

Sharon Olson

Marlene Fowler

Jill Helmuth

23rd - David Berg

Rocky Prestangen

Cara Transtrom

26th - William Langford

29th - Kyla Beagles

Jenna Wahlstrom

30th - Richard Wisness

Arlys Frazier

Landon Ledahl

NOVEMBER



1st

Glen & Anne Beard

15th

Sharon & Rocky Prestangen

26th

Peni & Kelly Peterson



Call now!! Don't miss out!!

New FLC Church Directory Photographer is here!!

Friday/ Oct 2 4:40 & 5:30
 Saturday/ Oct 3 9:00 & 9:50 am
 Monday/ Oct 5 1:30 - 6:50
 Tuesday/ Oct 6 3:00 - 6:50
 Wednesday/ Oct 7 1:30 - 4:40, 6:50
 Thursday/ Oct 8 2:20 - 6:50

Pets welcome!!

****Current Times available -- changing daily!!****

Reply to post or call 701-444-3244



*“Spread God’s Love!
When something’s this good,
you just wanna share it!!”*

**WELCA Upper Missouri Cluster
Women’s Gathering**

Sat., October 3, 2026

Springbrook Bible Camp (By Epping)

Registration begins (\$12) – 9:30 AM

Event begins – 10:00

***Worship *Activity *Entertainment *Speakers *Fellowship *Lunch provided**

*Isaiah 52:7: “How beautiful on the mountains are the feet
of those who bring good news, who proclaim peace,
Who bring good tidings.”*

Love Offering: Springbrook Bible Camp

Please RSVP to Brenda Ekness 701.641.6050 by Sept. 29th

****Everyone welcome to attend!****



NAVIGATING

Life After

Join us for real conversations, helpful resources, and community support for navigating life after loss, change, and unexpected transitions. This event brings together personal stories and practical tools to help you feel more prepared, connected, and less alone.

- ✓ Mindful workshops
- ✓ Heart-opening conversations
- ✓ Community Connections

 **OCTOBER 3RD, 2026**
STARTS AT 1 PM - 5 PM

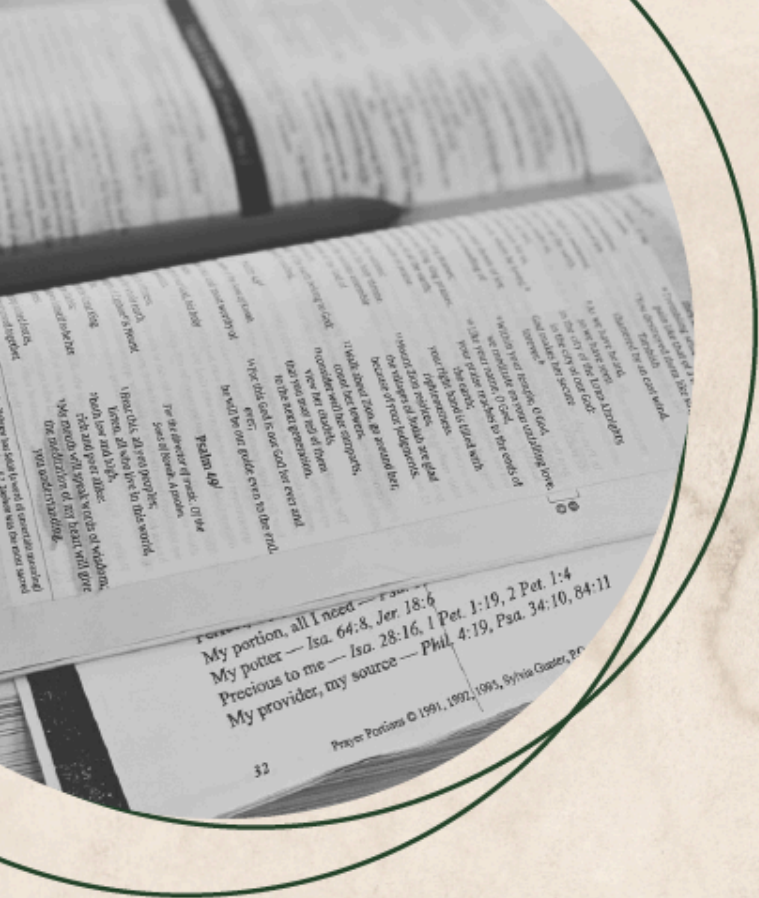
 **ROUGH RIDER CENTER**
2209 Wolves Den Pkwy,
Watford City, ND

LEARN MORE 



More Information:
www.COPEconsultingNJ.com





Women of the ELCA

CAMP of the CROSS Ministries

Combined Convention & Women's Retreat

"What a Gift to Love One Another"



"A new command I give you: Love one another. As I have loved you, so you must love one another." - John 14:34

Join us for our wonderful Annual Women's Retreat at CCM! This year, we have partnered with the Western ND Women of the ELCA (WELCA) to create a weekend filled with faith, fellowship, growth, learning, and love.

You can join us for the day of programming only for \$60 or come early on Friday night for some extra activities for \$100 total.

Retreat Highlights:

- Guest Speakers
- Invitation to WELCA convention activities
- Crafting Activity (Fri. night)
- Bible Study
- Small Group Activities
- Worship
- Great meals and lodging

For More Information

701-337-2246
info@campofthecross.com
www.campofthecross.com

October

23 - 24, 2026



Springbrook Bible Camp

Upcoming Events



November 13-14
**BEAUTIFUL GIRL
RETREAT**



DECEMBER 12

Christmas Alive

2026-27 FLC Annual Events & Volunteer Opportunities

First Lutheran Church, Watford City, ND: office@flcwc.church (updated 09-16-2026)

2026

August 26 Wed 6-8 pm— Rally Wednesday: Sunday School Recognition/3rdgr Bible Handout/6thgr catechism gift bag
September 13 Sun— God's Work, Our Hands / Grandparents Day (hygiene kits requested by food pantry)
September 25-27 Fri-Sun—Fall Craft Retreat @Springbrook Bible Camp
Oct 3 Sat—WELCA Upper Missouri Cluster @Springbrook Bible Camp
October 11 Sun—**10:30 am worship service**: 11:30 am potluck: 12:30 pm FLC Quintessential Ladies Celebration
October 16-18 Fri-Sun— State LYO Convention in Mandan, ND (16-17 Middle/17-18 High)
October 18 Sun—Christmas Table Party
October 23-24 Fri-Sat—WELCA Fall Gathering: Combined Convention & Retreat @Camp of the Cross, Garrison, ND
October 25 Sun—Reformation Sunday (observed)
October 28 Wed — Sea Boil Mystery Dinner & Bake Sale (NO Wednesday evening classes)
November 1 Sun---All Saints Day / National LYO Convention Registration
November 10 Tue— Lefse-making @ FLC
November 11 Wed—Annual Veteran's Day Service in Watford City (time & location TBA)
November 13-14 Fri-Sat—Beautiful Girl Retreat w/Miss North Dakota @Springbrook Bible Camp for 4-6th gr girls
November 16-23—Operation Christmas Child National Collection Week
November 25 Wed—(NO Wednesday evening classes due to Thanksgiving holiday)
November 27 Fri— Parade of Lights Float
November 29 Sun---Advent / Hanging of the Greens / Church decorating with red & white chili / shut-in visitation
December 16 Wed— FLC Christmas Program (NO Wednesday evening classes)
December 23, 30 Weds—(NO Wednesday evening classes due to Christmas break)
December 24 Thurs—Christmas Eve service

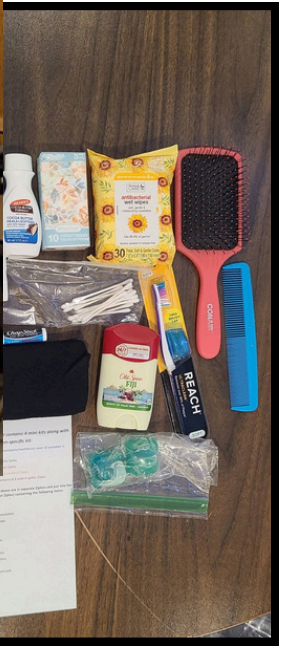
2027

January 6 Wed—All Wednesday evening classes resume following Christmas break
February ___? Feed My Starving Children registration
February 7 Sun— Burning of the Palms & church potluck
February 10 Wed — Ash Wednesday
February 14 Sun — Super Bowl Sunday LYO pizza sales fundraiser
February 14-15 Sun-Mon — LYO Ski Trip to Bottineau Winter Park
March 3 Wed — First Communion bread-making class (3rd-5th gr)(Anne Beard & Celeste Berg, co-coordinators)
March 28 Sun — Easter Sunday: Egg Hunt & Post-Service Brunch
April ___? WELCA Spring Gathering (Western ND Synod) @location TBA
May 2 Sun — Senior Quilt Day
May 9 Sun---Mother's Day
May 16 Sun — Pentecost Sunday / Confirmation Day / Last day of Sunday school (cake & flowers post-service)
May ___? Pick Up The Patch
May 28-30 Fri-Sun — Western ND Synod Gathering
June ___? VBS (*collaboration with local churches?*)
June ___? FLC Parade Float for McKenzie County Fair?
June___? 2nd Annual FLC McKenzie County Fair Booth
June 20 Sun---Father's Day
June 28-July 2 Mon-Fri — ELCA National Triennial Youth Gathering in Minneapolis, MN
July 4—2nd annual combined FLC and Sons of Norway float for 4th of July Parade in Arnegard, ND
July___? Picnic in the Park?
July/Aug/Sept ___? Third Annual Medora congregational trip & possible trip to Richardton Abbey?
August___? Sweet Corn Festival (Springbrook Bible Camp's annual fundraiser); Ribfest booth in FLC's parking lot
September___? LYO State Convention Registration
Summer/Fall ___? Stray Sanctuary (*LYO mission/service trip*)?
Date TBD — Mission Trip for Adults?

Our annual day of service resulted in 49 hygiene kits assembled on Sunday, September 13th, and 75+ hygiene kits assembled on Wednesday, September 16th. Soli Deo Gloria!



GOD'S WORK
Our Hands



Bless the Lord, O My Soul

*Find the 43 **bold** words from Psalm 103:1-11 (ESV).*

S E I F S I T A S F A H O L Y
M S F B W T C R O W N S E U L
E F E I O T I R U M L A A F M
E M A N L I G F L A R Y G I L
D J D I S E A S E S N F L C O
E G S Q T U I H I N O V E R R
R O N U E N O P P R E S S E D
E O E I A R R E G N A B U M E
P D V T D E C I T S U J O S A
A F A Y F N V H Y H T C I N L
Y H E S A E U C I J G C C I J
C E H K S W R O H D I I A S P
D G V R T E O R B F E A R T H
S E S O M D L V T A E R G I T
S P V W L J E B H T U O Y P L

Bless the **LORD**, O my **soul**, and all that is within me, bless his **holy name**! Bless the LORD, O my soul, and **forget** not all his **benefits**, who **forgives** all your **iniquity**, who **heals** all your **diseases**, who **redeems** your **life** from the **pit**, who **crowns** you with **steadfast love** and **mercy**, who **satisfies** you with **good** so that your **youth** is **renewed** like the **eagle's**. The LORD **works righteousness** and **justice** for all who are **oppressed**. He made known his ways to **Moses**, his **acts** to the people of **Israel**. The LORD is **merciful** and **gracious**, **slow to anger** and **abounding** in steadfast love. He will not always **chide**, nor will he keep his anger forever. He does not **deal** with us according to our **sins**, nor **repay** us according to our iniquities. For as high as the **heavens** are above the **earth**, so **great** is his steadfast love toward those who **fear** him.



***BREAKING
NEWS***

***BREAKING
NEWS***

Pastor Brad Dokken, most recently of Bismarck's WND ELCA Bishop's Office, has answered the interim call for First Lutheran Church right here in Watford City, ND. As many will remember, Pastor Dokken served the Watford City Area Parish as youth director from 2000-2004. We look forward to welcoming him during the first week of November 2026!

WE ARE HERE FOR YOU!

Our *FLC Care Team* is here to support you through life's moments—both joyful and challenging. Whether you are celebrating an exciting life event, such as a new baby or home, or if you are walking through illness or loss, we want to be there for you.

We would love to visit & we have homemade meals prepared & ready to share. Let us care for you or someone you know.



You may visit the church office or
reach out to Sue Jorgenson (701) 421-7049
Cindy Gelger (701) 770-1741