

## Evangelical Free Church of Bemidji

115 Carr Lake Rd. SW, Bemidji, MN 56601 | [www.efcbemidji.org](http://www.efcbemidji.org)



### Church Office

Email: [efree@paulbunyan.net](mailto:efree@paulbunyan.net) | Phone: (218) 751-8834

Office hours: Monday - Thursday: 8:00 am - 12:00 pm; 1:00 pm - 5:00 pm

Sunday: 7:45 am - 10:45 am; 12:00 pm - 12:30 pm

### Ministry Staff

Eric Nygren, Associate Pastor ..... [pastoreric@efcbemidji.org](mailto:pastoreric@efcbemidji.org)

Shane Fleming, Youth & Young Adults Pastor..... [pastorshane@efcbemidji.org](mailto:pastorshane@efcbemidji.org)

Amy Graf, Kids Ministry Director ..... [agraf@efcbemidji.org](mailto:agraf@efcbemidji.org)

### Support Staff

Dan Evans, A/V Supervisor..... [efcbemidjitech@gmail.com](mailto:efcbemidjitech@gmail.com)

Tom Halverson, Visitation Caregiver..... [tom.halverson63@gmail.com](mailto:tom.halverson63@gmail.com)

Lex Zylka, Office Manager ..... [officemanager@efcbemidji.org](mailto:officemanager@efcbemidji.org)

Luke Hockenson, Church Custodian..... [custodian@efcbemidji.org](mailto:custodian@efcbemidji.org)

Laura Engelstad, 8:30 Music Director

Jason Robeck, 10:45 Music Director

### Giving through January 11, 2026

Weekly Giving: \$11,714

Weekly Need: \$15,986

Giving YTD: \$16,173

Needed YTD: \$31,972



### Last Week's Attendance

Sunday, January 11, 2026

240 onsite | 43 screens | 14 states

Wednesday, January 14, 2026

61 adults, 65 children, 50 youth

### Sign up for text notifications

Stay connected by signing up to receive our text notifications.

**General notifications:** text **efree** to **94000**

**E-Free Kids Ministry:** text **efreekids** to **94000**

**Youth Ministry:** text **efcbsm** to **94000**

**Prayer chain:** text **efreepayer** to **94000**

[efcbemidji.org](http://efcbemidji.org) | (218) 751-8834 | [efree@paulbunyan.net](mailto:efree@paulbunyan.net)

Becoming deeply devoted followers of Jesus together.



**SUNDAY, JANUARY 18, 2026**

Becoming deeply devoted followers of Jesus together.

# Welcome to E-Free Bemidji

**Sunday, January 18, 2026**

**Traditional Worship Service - 8:30 AM**

Prelude: Mary Larson, piano

Welcome & Announcements

Call to Worship & Prayer of Adoration

**It Is Well With My Soul (#519)**

**Leaning on the Everlasting Arms (#609)**

**Knowing You**

Ministry Moment: Rylie Helweg

Offering & Prayer

Offertory: Mary Larson, piano

Dismiss for Beginners/Kids Church

Scripture Reading: Paul Thomas, Luke 9:10-17

Message: Satisfied, Pastor Eric Nygren

**Turn Your Eyes**

Benediction

**Grant Tharaldson & Emily Quamme's Wedding Ceremony**

The congregation is invited to attend the wedding ceremony of Grant Tharaldson & Emily Quamme on Saturday, January 31st at 4 PM. Your presence would be a blessing to them as they celebrate the beginning of their lifelong covenant.

If you choose to attend, we kindly ask for your help in honoring the seating arrangements by leaving the center rows, and any seats marked with a wedding program reserved for the formally invited wedding guests and family.

There are many ways to give at E-Free Bemidji.

1 Visit [www.efcbemidji.org/give](http://www.efcbemidji.org/give) or by scanning the QR code (back page)

wi-fi: EFCB\_Guest | password: efreebemidji

**Contemporary Worship Service - 10:45 AM**

Prelude: Never Once

Welcome & Announcements

Call to Worship & Prayer of Adoration

**Your Great Name**

**Build My Life**

**Thank You Jesus**

Ministry Moment: Rylie Helweg

Offering & Prayer

Offertory: Gratitude

Dismiss for Beginners/Kids Church

Scripture Reading: Sherry Shindelar, Luke 9:10-17

Message: Satisfied, Pastor Eric Nygren

**Yet Not I But Through Christ in Me**

Benediction

**The Deeply Devoted  
Podcast - Episode 53**

We're back! Last week on the podcast, Pastor Eric chatted with Steve Austvold, one of our Global Partners serving with the EFCA North Central District.

**Potluck and  
Congregational Meeting**

Join us on Sunday, January 25th at 12 pm for our next Potluck. Please bring a main dish and either a side, salad, or dessert to share. At 1 pm, we will have our Annual Celebration & Vision Meeting in the Sanctuary.

**Next Sunday, January 25, 2026**

The Way of the Cross, Luke 9:18-27

Pastor Eric Nygren

## Kids & Youth Upcoming Events

### Sunday, January 18

- 8:30 am - Kids/Beginners Church (Lower Level, dismissed during service)
- 9:45 am - Kids Sunday School (Lower Level)
- 9:45 am - Youth Sunday School (5:11 Room)
- 10:45 am - Kids/Beginners Church (Lower Level, dismissed during service)

### Wednesday, January 21

- 5:00-5:45 pm - Family Meal: Chili
- 6:00-7:30 pm - Kids Club, PreK - 5th Grade (Lower Level)
- 6:00-7:45 pm - Youth Group, grades 6-12 (Youth Room)

### E-Free Kids Blessing Bags

E-free kids ministry is beginning a service project during January and February. We will be making Blessing Bags for the homeless. We would love for anyone to partner with us by purchasing supplies or giving money towards this ministry. If you choose to make a donation, please specify "Blessing Bags" in the note. Thank you!



### Appreciation Station

In the Kids Min Area on the lower level, we have changed our Prayer Wall to: Appreciation Station! This is an opportunity to praise the Lord by noticing how kids and adults live like Jesus. Take some time to pray, and notice how others are living out their faith and leave a note of encouragement.

### All Church Board Game Night

Come Join us for an all church board game night on February 6<sup>th</sup> from 6 - 8 pm. Stop in at anytime and enjoy some snacks and games! Snacks and water provided.

## Youth Ministry

### Youth Sunday School

We finished up our Bad Advice series and are moving into Proverbs - or Good Advice! Each Sunday we will be tackling a new chapter of Proverbs and discussing the wisdom and discernment that we have been given through this wonderful book.

### Sunday School Volunteers Needed

if you are willing/desire to lead a discussion with our 6th-12th Grade students, let Pastor Shane know. We are looking for more Male and Female leaders to help guide/teach our Sunday School Group.

### Youth Group

We are currently in our series on The Virtuous Life: A series on the Fruits of the Spirit. This week's focus is on Joy: The Joy that Jesus wants us to have.



## Young Adults

### Sunday, January 18

- 8:30 am - Traditional Service
- 10:45 am - Contemporary Service

### Tuesday, January 20

- 6:00 pm - Anchor (Youth Room)

### Thursday, January 22

- 7:30 pm - CRU (BSU, Hobson Memorial 240)



Open to all BSU, Oak Hills, NW Tech, Leech Lake, and Red Lake Nation students. We meet Thursday nights from 7:30-8:30 pm in Memorial 240.

As well as having a Tuesday Night Men's Bible Study and Monday Night Women's Bible Studies.

See Mark C. or Terry H. with questions:

[mhockeymd@gmail.com](mailto:mhockeymd@gmail.com)

[Terryleehewitt@gmail.com](mailto:Terryleehewitt@gmail.com)

### ANCHOR

Our Anchor group continues! Tuesday evenings from 6:30 PM - 8:00 PM in the Youth Room. Join us this week as we discuss the next series options.

📷 follow @efreekidz | [www.efcbemidji.org/kids](http://www.efcbemidji.org/kids)

3 Text **efreekids** to **94000** join our E-Free Kids notification system.

📷 follow @efcb\_sm | [www.efcbemidji.org/youth](http://www.efcbemidji.org/youth)

Text **efcbasm** to **94000** join our Student Ministries notification system.

## Upcoming Events

### Sunday, January 18

- 8:30 am - Traditional Worship Service
- 9:45 am - Adult Bible Study: Gospel of John (Room 10)
- 9:45 am - Survey of Church History (West Chapel)
- 10:45 am - Contemporary Worship Service
- 2:00 pm - GriefShare

### Tuesday, January 20

- 10:00 am - Women's Bible Study (Fireside Room)

### Wednesday, January 21

- 7:30 am - Men's Bible Study (Chapel)

### Thursday, January 22

- 6:30 pm - Women's Bible Study Fellowship  
(Youth Room, East Chapel, West Chapel, and Classroom 4)
- 6:30 pm - Volleyball (Gym)

### Sunday, January 25

- 8:30 am - Traditional Worship Service
- 9:45 am - Adult Bible Study: Gospel of John (Room 10)
- 9:45 am - Survey of Church History (West Chapel)
- 10:45 am - Contemporary Worship Service
- 12:00 pm - Potluck (Gym)
- 1:00 pm - Congregational Meeting (Sanctuary)
- 2:00 pm - GriefShare

## What's Happening at E-Free Bemidji

### Volunteers Wanted!

Are you looking for a way to get involved in serving at church? There are a lot of opportunities to volunteer and you don't need to miss service! Scripture readers, ushers to hand out bulletins or pass offering plates, awareness team, audio/visual team, worship and even greeters are needed. If you are interested in any of these or other serving roles, please let the church office know at [officemanager@efcbemidji.org](mailto:officemanager@efcbemidji.org)

### January Overflow

Ladies! Join us Monday, January 26th @ 6:30 PM in the Connection Cafe for an elegant evening in Psalm 45, seeing ourselves through God's eyes: His Radiant Bride. Feel free to dust off and wear your fanciest attire or come straight from work. We'll be taking a collection of shampoo & conditioner and women's clothing to donate to Northwoods Battered Women's Shelter. Stop by the Women's Ministry table and let us know you're coming.

### Grief Share

A GriefShare support group is meeting on Sundays, 2-4 pm, in the Chapel, through April 19th. Everyone is welcome to join at any time. For more information contact Jenny Hodgson, 218-556-4250.

### Church Center App

Did you know our church has an app? In our Church Center App, you can watch services, sign up for notifications, join a group, see the bulletin, check in kids, see upcoming events, give and more! Visit : [efcbemidji.churchcenter.com/setup](http://efcbemidji.churchcenter.com/setup) or scan the QR code below to get started. Let the office know if you need any help!





## CELEBRATE MARRIAGE

We are celebrating marriage during the month of February. We would like to post wedding photos in the connection cafe. Please contact Mandi Buchan to let her know to include your photo. (218)766-9106

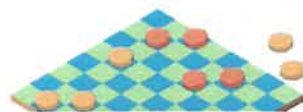


## ALL CHURCH BOARD GAME NIGHT

February 6<sup>th</sup> 6pm-8pm

All are welcome!

Snacks and Water provided



## KIDS MINISTRY SERVICE PROJECT "BLESSING BAGS"

Efree kids ministry is beginning a service project during January and February. We will be making Blessing Bags for the homeless. We would love for anyone to partner with us by purchasing supplies or giving money towards this ministry.

If you choose to make a donation, please specify "Blessing Bags" in the note. Thank you!

Here is a list of items you can donate.

- |                  |                |
|------------------|----------------|
| • Personal notes | • Granola bars |
| • Socks          | • shampoo/cond |
| • Soap           | • Wash clothes |
| • Deodorant      | • Scarves      |
| • Chapstick      | • Mittens      |
| • Mini lotions   | • Hats         |
| • Combs          |                |
| • Gold fish      |                |

## Satisfied

Luke 9:10-17 on January 18, 2026

Pastor Eric Nygren

1. What are some of your favorite ways to get away and get some rest? What is your ideal retreat setting?
2. Read Luke 9:10-12. How do you think the apostles felt returning from a busy season of ministry, only to be surrounded by the crowds? Have you ever found serving to be exhausting? What can you do about it?
3. Read Luke 9:13-15. In light of what we looked at last week (9:1-6), are you surprised by the disciples' failure to depend on the Lord's provision? How can remembering God's provision in the past help us in the present when things look impossible? If you have a personal example, consider sharing it.
4. Read Luke 9:16-17. In what ways have you experienced the Lord's abundant goodness?
5. The apostles' instinct in this situation was not to first ask Jesus for help, but to assess if they could solve the problem themselves. How does this miracle expose our tendency toward self-sufficiency?
6. This passage teaches us that Jesus provides what we cannot provide for ourselves, and the miracle itself anticipates Christ's provision of salvation. How and when did you come to understand your need for Christ? How might you explain to a non-believing friend what Christ provides?

Visit [www.efcbemidji.org/sermons](http://www.efcbemidji.org/sermons) to listen, watch, or read today's sermon. You'll find an archive of past messages on our website as well.



## Life Group Questions for the week of January 18th

Jesus \_\_\_\_\_ what we cannot \_\_\_\_\_ for ourselves.

The miracle of the loaves and fish:

1. illustrates the Lord's \_\_\_\_\_.
2. exposes our tendency toward \_\_\_\_\_.
3. anticipates Christ's provision of \_\_\_\_\_.

Our Life Groups are all about learning together and loving one another. Visit [www.efcbemidji.org/lifegroups](http://www.efcbemidji.org/lifegroups) for more info.

