

Evangelical Free Church of Bemidji

115 Carr Lake Rd. SW, Bemidji, MN 56601 | www.efcbemidji.org



Church Office

Email: 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 pastorenic@efcbemidji.org

Shane Fleming, Youth & Young Adults Pastor..... pastorshane@efcbemidji.org

Amy Graf, Kids Ministry Director agraf@efcbemidji.org

Support Staff

Dan Evans, A/V Supervisor..... efcbemidjitech@gmail.com

Tom Halverson, Visitation Caregiver..... tom.halverson63@gmail.com

Lex Zylka, Office Manager officemanager@efcbemidji.org

Luke Hockenson, Church Custodian..... custodian@efcbemidji.org

Laura Engelstad, 8:30 Music Director

Jason Robeck, 10:45 Music Director

Giving through January 25, 2026

Weekly Giving: \$15,109

Weekly Need: \$15,986

Giving YTD: \$39,171

Needed YTD: \$63,944



Last Week's Attendance

Sunday, January 25, 2026

221 onsite | 52 screens | 12 states

Sunday School Hour: 80

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 **efreeprayer** to **94000**

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Becoming deeply devoted followers of Jesus together.



BECOMING DEEPLY DEVOTED FOLLOWERS OF JESUS TOGETHER E-FREE BEMIDJI

February 1, 2026

Welcome to E-Free Bemidji

Sunday, February 1, 2026

Traditional Worship Service - 8:30 AM

Prelude: Kay Sue, piano

Welcome & Announcements

Call to Worship & Prayer of Adoration

How Firm a Foundation (#612)

The Solid Rock (#517)

His Mercy is More

Offering & Prayer

Offertory: Kay Sue, piano

Dismiss for Beginners/Kids Church

Scripture Reading: Sylvia Johannes, Luke 9:28-36

Message: Traditions or Transfiguration, Elder Jerry Drebelbis

Knowing You


Benediction

Returning to One Service - March 1st

On Sunday, March 1st, we will return to one 9:30 am Worship Service. During this time of transition at E-Free Bemidji, we believe that worshipping as one church family will help us to build unity as we move forward together. Our services will continue to feature both traditional and contemporary styles of music, much like what we enjoy at our Summer Combined Worship Services. As always, we will have coffee and goodies after the service during the 11:00 am Sunday School hour. If you have any questions, please contact the church office.

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

1 Visit 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: Great Are You Lord

Welcome & Announcements

Call to Worship & Prayer of Adoration

Your Great Name

Amazed

Only A Holy God

Offering & Prayer

Offertory: Holy Holy Holy (#2)

Dismiss for Beginners/Kids Church

Scripture Reading: Lindsay Nygren, Luke 9:28-36

Message: Traditions or Transfiguration, Elder Jerry Drebelbis

Christ is Mine Forevermore

Benediction

Child Dedication

Parents and guardians, if you are interested in dedicating your child at an upcoming Sunday Worship Service, please contact Pastor Eric to learn more. We are looking at Sunday, March 22nd, and/or Sunday, April 19th as tentative dates.

Baptism Class

If you are interested in being baptized or you would like to learn more about it, please join us on Sunday, March 15th at 11:00 am for a Baptism Class. Children interested in baptism should have a parent join them for the class. For more info, please contact Pastor Eric.

Next Sunday, February 8, 2026

A Great Failure, Pastor Eric Nygren

Luke 9:37-50

Kids & Youth Upcoming Events

Sunday, February 1

- 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, February 4

- 5:00-5:45 pm - Family Meal: MN Hotdish
- 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

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!



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 6th 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 Peace: Real Peace is found in the presence of Jesus, not in the absence of struggle.



Young Adults Sunday, February 1

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

Tuesday, February 3

- 6:00 pm - Anchor (Youth Room)

Thursday, February 5

- 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
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 step into the I AM Series and how through the gospel of John we see a very personal and powerful savior.

📷 follow @efreekidz | www.efcbemidji.org/kids

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

📷 follow @efcb_sm | www.efcbemidji.org/youth

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

Upcoming Events

Sunday, February 1

- 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)
- 9:45 am - Special Guest (East Chapel)
- 10:45 am - Contemporary Worship Service

Tuesday, February 3

- 10:00 am - Women's Bible Study (Fireside Room)
- 10:30 am - Bone Builders (Gym)

Wednesday, February 4

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

Thursday, February 5

- 10:30 am - Bone Builders (Gym)
- 6:30 pm - Women's Bible Study Fellowship
(Youth Room, East Chapel, West Chapel, and Classroom 4)
- 6:30 pm - Volleyball (Gym)

Friday, February 6

- 6:00 pm - Board Game Night (Gym and Room 10)

Sunday, February 8

- 8:30 am - Traditional Worship Service
- 9:45 am - Adult Bible Study: Gospel of John (Room 10)
- 9:45 am - Second Sunday Prayer (Chapel)
- 10:45 am - Contemporary Worship Service
- 2:00 pm - GriefShare (Chapel)

What's Happening at E-Free Bemidji

Special Guest

Today Sunday, February 1st, join us in between services at 9:45 am in the East Chapel for a chance to meet with some special guests serving among our Adopted People Group in South Asia. They will be sharing briefly in both services, but come during the Sunday School hour to learn more about their ministry.

February Senior Connection Potluck

Seniors adults, please join us on Feb. 13 at 11:30 in the Connection Cafe for our monthly potluck and program. We'll warm up with pictures of sunny Africa as Rod Kastner shares about his recent trip and his 43 years as a missionary. Bring some food, bring a friend, bring a story, and bring a heart ready to worship as we fellowship together. Contact Laura at 218-209-8190 for questions.

GriefShare - Postponed

Griefshare is cancelled for the Spring. It will pick back up this Fall.

Memorial Book Entry

To the glory of God and in loving memory of Eleanor P. Scherling, a memorial gift of hymnals, was presented by family and friends in May of 2006.

Membership Class

Join us on Monday, March 9th, 6:30-8:00 pm for a group discussion on what it means to become a member of a local church and why it's important. This membership class is the first step in the membership process at E-Free Bemidji. Please contact the church office if you plan to attend. Copies of the Membership Handbook are available in the office or on our website at efcbemidji.org/believe.

Welcome New Members!

Our church family would like to welcome Jim & Hazel Anderson, and Hudson & Lea Cermak as new members of E-Free Bemidji. They were voted into membership at last Sunday's Congregational Meeting. If you would like to learn more about church membership, please contact Pastor Eric.

Monthly Prayer Letter - February 2026

Dear Church Family,

Let me be the first to wish you a very Happy Groundhog Day!

What, your household doesn't celebrate Groundhog Day? Aren't you curious to know if the groundhog will see his shadow, and if we're in for six more weeks of winter? I suppose in Bemidji, we're more concerned that we may be in for *sixteen* more weeks of winter.

I don't know if you've ever seen the 1993 film *Groundhog Day* starring Bill Murray. If not, all you need to know is that the basic premise of the movie is that Bill Murray's character, a local weatherman covering the annual Groundhog Day festivities, is caught in a time loop and is forced to relive the same day over, and over, and over again. Every day is Groundhog Day, forever, and ever (I won't spoil the ending).

Do you ever feel that way when you pray? Do you ever feel like you're praying the same things about the same things? Whether you're praying in private or praying with a group, does it ever feel like you're having a Groundhog Day moment—stuck in a prayer loop? I'm not sure this is necessarily a bad thing.

Many of the prayers we pray are event-based. We pray for a loved one's surgery on Friday. We pray for a friend's job interview on Monday. Someone asks us to pray for safe travels for their weekend trip. We pray for the big church event on Sunday morning or Wednesday night. Because these events have a beginning and an end, there is always a new event to add to our prayer lists, and these lists never grow stale.

But there a number of prayers that we can pray that are ongoing and do not have an expiration date (at least not until Christ returns). Even though we pray for these things again, and again, and again, we need not find these things to be repetitive and boring. Though you may pray about the same things, you don't necessarily need to pray the same things about the same things every time.

For example, today you might pray for a Global Partner's financial support. Tomorrow, you might pray for that same Global Partner, but ask the Lord to encourage them in their ministry. The next day, you might pray for their marriage, or their kids, or their health, etc. You don't need to cover the whole list every time.

Or say you are praying for our Wednesday night ministries. Today you could pray for the volunteers. Tomorrow you could pray for parents. The next day you could pray for those kids coming for the first time. You get the idea.

So in honor of Groundhog Day, here are twenty-eight ongoing things to pray for this month, one for each day in February. These are just starter prompts. You can pray whatever the Lord puts on your heart.

1. Praise God for _____.
2. Pray for your own prayer life.
3. Pray about something you saw in this week's bulletin.
4. Pray for the first Global Partner that comes to mind.
5. Hop on our church website, go to *About Us*, then *Our Leadership*, and pray for someone listed there.
6. Pray for someone you haven't seen at church in a while.
7. Pray for that politician you don't really like.
8. Pick a number between 1 and 12 and pray for kids or students in that grade (but don't forget Pre-K & K).

9. Pray for a Life Group.
10. Pray for a member of your church family older than you.
11. Ask the Lord of the Harvest to send out laborers into his harvest field.
12. Pray for Tuesday's church staff meeting.
13. Pray for church musicians practicing this week.
14. Look out your window and pray for a neighbor.
15. "Boy, I'm thankful for _____ at church. I should pray for _____."
16. Pray for one of our ministries that you're not a part of regularly.
17. Pray for our church's livestream and technology.
18. Pray about something you think our church is anxious about.
19. Pray for that person you know who doesn't know Christ.
20. Pray for boldness in sharing Christ.
21. Pray about our church finances.
22. Pray about something that our church does every year.
23. Pray for someone who is new to our church.
24. Pray for that next Bible Study, sermon, or Sunday School lesson being prepared this week.
25. Pray for those who might be thinking about baptism soon.
26. Pray for another church.
27. Pray to your Father in Heaven: "Your kingdom come, your will be done."
28. Pray again about something you already prayed about from this list.

Happy Groundhog Day! Have fun praying!

In Him,

Pastor Eric

Traditions or Transfiguration

Luke 9:28-36 on February 1, 2026

Elder Jerry Drebelbis

Jesus Christ must be _____ of a believer's life.

1. Keep traditions _____

2. Jesus Christ must _____ a believer's life.

Visit 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 February 1

1. Why do we have traditions?
2. Do you have family traditions?
3. What are some of your favorite traditions?
4. Can you imagine Christmas without traditions?
5. When you think of Christmas what are some things (images, songs, practices) that are not traditions but part of worship and Scriptural?
6. What Christmas traditions or practices or ????????? would you eliminate which would not take away your joy and worship experiences?

Our Life Groups are all about learning together and loving one another. Visit www.efcbemidji.org/lifegroups for more info.



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
- Socks
- Soap
- Deodorant
- Chapstick
- Mini lotions
- Combs
- Gold fish
- Granola bars
- shampoo/conditioner
- Wash clothes
- Scarves
- Mittens
- Hats



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 6th 6pm-8pm

All are welcome!

Snacks and Water provided

