

SEPTEMBER • OCTOBER • NOVEMBER 2026

THE FAMILY MESSENGER

Newsletter of the I Falls Covenant Church

Centennial Celebration

We celebrated 100 years in early August with a weekend full of activities that included participation and celebration of former pastors, families and community members.



A highlight was Sunday morning's worship service, where Pastor Seth Bjornrud closed the weekend of reflection by inviting all families with kids under the age of 10 to come forward for a blessing, and families filled the front of the sanctuary. The service then closed with all pastors and missionaries coming forward to pray for Pastor Seth, Pastor Marco, and their families.

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A Cup of Coffee with Pastor Seth & Kaitlyn



“For everything turn, turn, turn, there is a season turn, turn, turn.” That’s right! The weather is changing already and it is now the Fall season. There are lot’s of changes in the Bjornrud home, too. This time of year we change out our summer clothes and bring out our fall clothes. We have been making changes in our home, adding a bathroom and a bedroom to our basement. Our daughter Bergen is changing fast too. At nine months old she is crawling, pulling herself up, and has six teeth that have popped out!

We’ve experienced change as a church family as well. New families, new babies, tearful goodbyes, difficult losses, and joyful gains. This past summer we had a wonderful Centennial Celebration (and there are highlights inside this newsletter about it) as we remembered how God has been faithful to us. This fall, we are seeking God together for His vision for our church into the future. We’ve been praying, listening to one another, and studying Scripture. On September 13, we are excited to share with you the vision we believe God has been leading us to.

Whatever changes we go through, good or bad, it is comforting to know that we serve a God who never changes. He is the same “yesterday, and today, and forever” (Hebrews 13.8). There is a season for everything under the sun, and there is joy forever under the Son!

Mercy, peace & love be yours in abundance.

-Pastor Seth and Kaitlyn



Update from Pastor Marco & Rachel

Compared to last summer, this summer was a much more manageable amount of busyness. With Lakelyn and Bexley transitioned back, we found ourselves with less kids, only one camp to speak at, and a generally less hectic summer. Speaking of camp, Rachel spoke at Bluewater this year while I hung out with the kids and she did an awesome job!

For our Covenant Kids ministry, we held our VBS early in August where the kids heard the Gospel message through understanding the terms Justification, Sanctification, and Glorification. These are big, hard-to-understand words that I feel like I didn't really understand until college! Yet, since they are in Scripture, I thought we'd tackle them head on. I even wrote a song for them that we will continue to sing when Covenant Kids starts up next month.

For youth group, we have been studying the books of 1 & 2 Timothy this summer. These are written by Paul to Timothy who had a father/son relationship with one another. It has a lot of content on how Christians should be active in the local church and of course how amazing our glorious God is! We also enjoyed beach days and ultimate frisbee when the weather allowed for it!

"He who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality and dwells in unapproachable light, whom no man has seen or can see. To Him be honor and eternal might! Amen."
– 1 Timothy 6:15-16

Our young adults have continued to tackle the book of Romans this summer, but have taken a few breaks for testimonies, a guest speaker who does ministry in Burma, and a monthly worship and communion evening. It's always such a blessing to have all the college kids join us for the summer and then so sad to see them leave afterwards. A highlight is at the end of the night when our group of 20-25 people splits into small groups and prays for one another.

Even though this summer was on paper less hectic, Rachel and I did find ourselves with plenty going on! Some other highlights have been a former youth from New Prague, Grace Carlson, living with us. She just moved out and got engaged! Two days after Grace left, my brother David moved in after returning from working on a cruise ship. Also, Lakelyn and Bexley have been back with us for the last couple weeks while their mom heals up from the birth of her daughter! Lastly, Rachel and I are expecting another baby in March! We are so thankful, and Casper and Svea are very excited for a new baby sibling. We've felt very blessed this summer and looking forward to all of the upcoming fall ministries!

Loving life for He is life,
Marco & Rachel



All Church Camp 2026 & Young Adults at Anderson's Cabin



Many from the church family gathered at Bluewater Covenant Bible Camp, July 17-19 in Grand Rapids. Following chapel on Sunday, there was a beautiful baptism service at the lake where Tim Boutilier & Cyrus Thomopoulos were baptized.

Young Adult Cabin Day

The young adult group had a great time during our yearly excursion at Pete and Carol Anderson's Cabin! Food, fellowship, and water activities kept us busy throughout the day and we're so thankful for the leadership from the Andersons and Galushas!





Women Growing Together

Women of all ages are invited to come, bring a friend & gather at 6:30pm in the gym for a time of encouragement, sweets, & connection. Questions? Please contact Rachel Griffith.

September 28 – Marisa Turner
October 26
November 23

Wednesday Activities

Teens, for students in Grades 6-12, will begin on Wednesday, September 2, from 6-8pm. If you have any questions, please contact Pastor Marco at 218.417.0242.

Covenant Kids, for K-5, will begin on Wednesday, September 9 with a free family supper at 5:30. Club activities will be from 6-7:30pm. Questions? Contact Pastor Marco at 218.417.0242.

Discipleship Pathway

Discipleship Pathway will gather on Thursday evenings, beginning September 10, in Room 200.



Men's Breakfast

Calling men of all ages – teens to adults – to meet in the gym the first Saturday of the month for breakfast at 8am. Questions? Please contact Pastor Seth.

September 5
October 3
November 7

Grief Share

Grief Share, a 13-week program, will begin on Tuesday, September 8, from 6:30-8pm, in Room G101.

Sunday School Opportunities

Beginning September 13 at 9:30am:

- Teen Girls – Worship Leader's Rm
- Prayer – Room G101
- Confirmation – Room 300
- PreK-Grade 5 – Cubbie Room
- Membership Class – Room 200
(Sept 13, 20, 27 & Oct 4)
- Hebrew – Room Room 200
(Beginning October 11)



Upcoming Fall Activities

Teens • September 2 • Our teens will be gathering from 6-8pm in the lower level!

Covenant Kids • Club activities to begin September 9. Free family supper will be served from 5:30-6; club activities will be from 6-7:30pm. This is for kids in K-5th grade.

Waffles & Widows • 10am

- September 12
- October 10
- November 14

Women Growing Together • 6:30pm

- September 28 with Marisa Turner
- October 26
- November 23

Men's Breakfast • 8am

- September 5
- October 3
- November 7