



Rachel A. Flogstad-Heise

June 18, 1951 - May 19, 2021

Rachel Flogstad-Heise, 69 year old resident of Little Falls, MN, passed away Wednesday, May 19, 2021, at St. Otto's Care Center in Little Falls. A memorial service will be held on Wednesday, June 2, 2021, at Bethel Lutheran Church in Little Falls, at 11:00 A.M., with Pastor Kari Pancoast officiating. A visitation will take place on Wednesday, June 2, 2021, from 10:00 A.M. - 11:00 A.M. at the church prior to the service. Caring for Rachel and her family is the Shelley Funeral Chapel in Little Falls.

Rachel Ann Flogstad-Heise daughter of the late Paul and Inez (Miller) Flogstad was born on June 18, 1951, in St. James, MN. She was baptized and confirmed at Albion Lutheran Church in Godahl Township. She graduated from St. James Public High School in 1969, before attending college at Bemidji State University, where she received a Bachelors' degree in Speech in 1973. After college, she moved to Minneapolis where she worked several jobs. She married her husband Dennis on January 27, 1978, and later moved to Dayton, MN to raise her family. In 1990 she moved with her family to Little Falls, MN to help run Fletcher Creek Campground, her husband's dream. She realized her own dream when she received her Master of Arts degree with an emphasis in Rural Ministry from Luther Seminary in 2006. She served as an interim pastor at Bethel Lutheran Church in Little Falls, Church of the Cross in Nisswa, and Immanuel Lutheran Church in Hillman, and worked at First Lutheran Church in Little Falls until her retirement in 2018. Rachel loved board

games, Minnesota sports teams (especially the Vikings and Twins), quilting, and was an avid reader throughout her life.

Rachel is survived by her husband, Dennis; her two children, Steven (Elyse) Heise of Marlborough Massachusetts, and Lauren (Trevor) Brady of Little Falls; and three grandchildren; Carson and Libby Brady, and Maxwell Heise; as well as three siblings, Robert Flogstad, Jane (David) Oldenburg and Denise (Wynn) Hughes; as well as eleven nieces and nephews.

Rachel was preceded in death by her parents, Paul and Inez Flogstad.

Previous Events

Visitation

JUN 2. 10:00 AM - 11:00 AM (CT)

Bethel Lutheran Church - Little Falls
901 West Broadway
Little Falls, MN

Memorial Service

JUN 2. 11:00 AM (CT)

Bethel Lutheran Church - Little Falls
901 West Broadway
Little Falls, MN

Tribute Wall



“ *Lemieur Funeral Homes created a Tribute Video in memory of Rachel A. Flogstad-Heise*



Lemieur Funeral Homes - May 27, 2021 at 03:00 PM



A lovely tribute to a lovely sister!

Jane Oldenburg - May 30, 2021 at 09:22 AM

ST

Absolutely Lovely 😊

steve tenney - May 30, 2021 at 11:19 AM



“ *Rachel A. Flogstad-Heise*

January 21, 2023 at 11:59 AM

CM

“ *Claudette Moran lit a candle in memory of Rachel A. Flogstad-Heise*



Claudette Moran - May 30, 2021 at 02:16 PM

BA

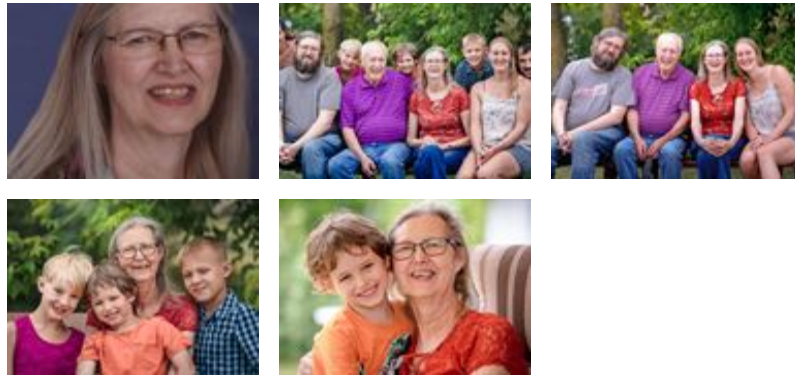
“ Bruce And Kathy Anderson lit a candle in memory of Rachel A. Flogstad-Heise



Bruce and Kathy Anderson - May 29, 2021 at 10:55 PM



“ 50 files added to the album Life Tributes



Lemieur Funeral Homes - May 27, 2021 at 02:57 PM

KH

“ Sorry for your loss. Rachel was always friendly and caring towards everyone. May she now rest in In God's arms.



Karen Haaland - May 27, 2021 at 11:42 AM



“ *Judy Berger lit a candle in memory of Rachel A. Flogstad-Heise*



Judy Berger - May 26, 2021 at 01:05 PM



“ *Starbucks Coffee Condolences was purchased for the family of Rachel A. Flogstad-Heise.*



May 23, 2021 at 08:02 PM



“ *Emerald Garden Basket was purchased for the family of Rachel A. Flogstad-Heise.*



May 22, 2021 at 01:19 PM



“ *Condolences to Lauren and Trevor and family. May she rest in peace. Mary McCarthy, Colleen McCarthy, Kat McCarthy and Jim krottoschinsky.*

Mary McCarthy - May 22, 2021 at 12:09 AM

DP

“ *Deb Pederson lit a candle in memory of Rachel A. Flogstad-Heise*



Deb Pederson - May 21, 2021 at 10:33 PM

BC

“ *On behalf of The Oakland Cemetery Association Of Little Falls Board Of Trustees, I would like to give our Deepest Condolences to a truly amazing person. Rachel gave of her time and knowledge in helping our organization in many ways. She will be missed and never forgotten.*



Brian-Paul K. Crowder

Brian-Paul Crowder - May 21, 2021 at 09:09 PM

PF

“ *Pat Ferguson lit a candle in memory of Rachel A. Flogstad-Heise*



Pat Ferguson - May 21, 2021 at 08:11 PM



“ *Peaceful White Lilies Basket was purchased for the family of Rachel A. Flogstad-Heise.*



May 21, 2021 at 07:57 PM

AC

“ To the entire Flogstad-Heise clan: Rachel was the dearest friend of my mom, Beth Ploog. Our families were connected because of that beautiful friendship. Thinking of Dennis, Steven, Lauren & their families. Please know I am sending you as much love, strength, & peace I can muster. Much love. Always. OxxxO

A M Campbell - May 21, 2021 at 07:05 PM

JC

“ Profound Sadness with the Deepest of Sympathy for Our Dear Rachel. You were an inspiration to us all! Friends of the Dewey-Radke House / Preserve Our Past / Paul and Joyce Crowder Foundation



Joyce I. Crowder - May 21, 2021 at 04:19 PM

DH

“ Debbie M Jelinski Harakel lit a candle in memory of Rachel A. Flogstad-Heise



Debbie M Jelinski Harakel - May 21, 2021 at 02:00 PM



“ Beautiful Heart Bouquet was purchased for the family of Rachel A. Flogstad-Heise.



May 21, 2021 at 12:17 PM

CL

“ Charlie And Dianne Ledbetter lit a candle in memory of Rachel A. Flogstad-Heise



Charlie and Dianne Ledbetter - May 21, 2021 at 10:28 AM

SH

“ We are so sorry to hear of Rachel's passing. Don't know why so many young people have to leave us so early. Dennis and family - you are all in our thoughts and prayers. We are just so sorry. Love Cousin Sharon and Aunt Olive

Sharon - May 21, 2021 at 08:57 AM

SO

“ Sharon Hellman/Aunt Olive lit a candle in memory of Rachel A. Flogstad-Heise



Sharon Hellman/Aunt Olive - May 21, 2021 at 08:45 AM

TM

“ Tom & Kathy Mrozek lit a candle in memory of Rachel A. Flogstad-Heise



Tom & Kathy Mrozek - May 21, 2021 at 08:04 AM

JB

“ John L Berns lit a candle in memory of Rachel A. Flogstad-Heise



John L Berns - May 21, 2021 at 07:16 AM



“ Beautiful Heart Bouquet was purchased for the family of Rachel A. Flogstad-Heise.



May 20, 2021 at 09:14 PM

PH

“ Such a sweet lady! Condolences to husband, Dennis, Steve and Lauren and their families. 🥹🌻

patti hammerbeck - May 20, 2021 at 06:14 PM

KK

“ Ken And Kathy Garrison Kloss lit a candle in memory of Rachel A. Flogstad-Heise



Ken and Kathy Garrison Kloss - May 20, 2021 at 03:46 PM



“ *Peaceful White Lilies Basket was purchased for the family of Rachel A. Flogstad-Heise.*



May 20, 2021 at 03:26 PM



“ *Sandy Nelson lit a candle in memory of Rachel A. Flogstad-Heise*



Sandy Nelson - May 20, 2021 at 02:07 PM