

UNITED MONTHLY

Volume 13, Issue 5

May 2023

We are United to
EXPERIENCE Jesus,
SERVE others and
LIVE the Word!

We live out this mis-
sion statement with
our core values of
Joyful Worship,
Authentic Community,
Faithful Witness and
Ridiculous Generosity.



United Lutheran Church
is a congregation of the
Evangelical Lutheran
Church in America.



God's work.
Our hands.

Dear Brothers and Sisters in Christ,

If you're like me, you're probably ready for some spring! I know that there are a few who love winter and I hope that you're having a good time; but as for me and my house...GIVE US THE WARM WEATHER!

I love spring for lots of reasons...longer and warmer days, the frequent sightings of robins, geese flying overhead, green life emerging above the surface, budding trees, early flowers blooming, the birth of new life and the general feeling of hope that is reborn after enduring the cold of winter. The last few days have awakened a new found love for spring...**messiness**. I know that sounds crazy, but think about it. Spring is messy! For every glorious, blue sky, sun filled spring day, there are ones of cold and rain, and even snow! There is mud, wind and frost. There is dog waste, bird droppings and litter. Yet, in the midst of this messiness, growth is always happening and we are still progressing towards summer.

I wonder if the messiness of spring is what prompts us to do spring cleaning, rake up the old leaves and yard debris left exposed by the melting snow. We search through the house clearing out what we don't need and donate it to those who need it more and clear out all the clothes that don't fit anymore. Some even begin to put extra work into preparing their body for summer fashions.

Spring can be hard work! As the snow slowly melts, it exposes the dead roots, leaves, debris, and the things that only add to the messiness of our lives and prevent our souls from blooming. The messiness of spring helps us examine where we've been and where we want to go. It provides us with an opportunity to rid our wardrobes of any jealousy, selfishness and anger we may have worn a little too often this past year. It gives us time to ponder the gifts God has given us in abundance and explore new ways of sharing those gifts with those who might benefit from them.

The messiness of spring and of life is actually what connects us to Jesus, the crucifixion and the resurrection. Without the messiness of spring, without the resurrection of new life, there is only death. Without this complicated, often painful and confusing process of the dead being pushed aside by the living, we have no future. And yet, even with new hope and new life, spring...new birth...resurrection is still messy. For us to have a resurrection, something must die. Without death, there will be no life. That's the very nature of life. Life is messy...sometimes hard, sometimes it hurts and always ends in death. Then...new life springs forth, again in all its messiness, filled with hope, opportunity and fresh dreams.

"Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:22-23

Enjoy spring in all its joy and messiness,

Pastor Jodi

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 1:30PM Pastors' Text Study in Cavalier	3 5:15PM Wednesday school 6PM Confirmation 7PM Youth Group	4 12PM Al-Anon	5	6
7 10AM Worship with Holy Communion	8 5PM P.E.O.	9 9:30AM Caregiver Support Group 5:30PM Esther Circle	10 10:30AM Deborah Circle @ Senior Center 2PM Wheatland Bible Study 5:15PM Wednesday school 6PM Confirmation	11 12PM Al-Anon Grafton Conference meeting for Pastors at PRBC	12	13
14 10AM Worship Quilt Blessing for LWR Happy Mother's Day!	15 5:30PM Church Council meeting	16 12PM Writer's Group 2PM Rachel Circle	17 7PM Baccalaureate service at Langdon Presbyterian Church for 2023 Senior Graduates (open to the public)	18 12PM Al-Anon	19 Crafting/ Scrapbooking	20 Crafting/ Scrapbooking
21 10AM Worship with Holy Communion	22	23	24	25 12PM Al-Anon	26 10:30AM Evelyn Witzel funeral	27 Church reserved
28 10AM Contemporary Worship ULC 2023 Senior Class Recognition	29 Memorial Day	30 First day of Vacation Bible School	31 Vacation Bible School through June 2			

Faith & Care #4

- | | |
|---------------------------|----------------------------|
| Chairwoman - Lisa Schuler | Linden & Helen Johnson |
| Miles & Teresa Anderson | Charles & Marie Jordan |
| Rob & Nancy Becker | Darrel & Karen Kempert |
| Rob & Laura Belle | Bub & Janice Knudson |
| John & Karen Boe | LeeAnn Knudson |
| Kenneth & DeLynn Carlson | Ryan & Nicole Koons |
| Jayla Christie | Courtney Krom |
| Wayne & Nancy Coyle | Kayla Krom |
| Jim & Marcie Crockett | Jolena Lowery |
| Tim & Myrna Devine | Matt & Crystal Lowery |
| Ryan & Heather Domres | Chris & Tina Mikkelsen |
| Dan & Peggy Fischer | Val Olson |
| Darren & Lisa Gellner | Josh & Sarah Overby |
| Kraig Gellner | Trevor & Jennifer Romfo |
| Greg & Sara Goodman | Mark & Shauna Schneider |
| Ryan & Ashley Gustafson | Joan Schrader |
| Ashton Hedger | Bob & Diane Simmons |
| Zach & Andrea Jacobson | Kassandra Spanier |
| Corey & Julie Johnson | Reuben & Jeannie Steinwand |
| Devon & Katie Johnson | Carla Symons |
| Jay & Delane Johnson | Willie Thom |
| Landin & Brynn Johnson | Ryan & Shannon Wagner |
| | Shannon & Sheri Winnegge |

ULC Leadership 2023

- | | |
|---------------------|----------------|
| President | LeeAnn Knudson |
| Vice President | Steve Hart |
| Secretary | Kari Agotness |
| Financial Secretary | Julie Johnson |

Committee Council Representatives

- | | |
|-------------|--------------------------------|
| Education | Angie Sanders, Kristy McDonald |
| Endowment | On Rotation |
| Hospitality | Terry Jacobson |
| Property | Sara Goodman |
| Stewardship | Katie Henry |

Non-voting Representative

- | | |
|--------|-------------|
| Pastor | Jodi Myrvik |
|--------|-------------|

Council Notes 04-17-23 Mtg

The church's electric bill has been quite high due to the heat pumps being shut off for the months of February and March.

Church attendance through Lent and Easter services were strong. The Youth will meet to discuss distribution of their Wednesday Lenten meal money for mission organizations. Senior recognition at ULC will be May 28. Still looking for a few individuals to attend Synod Assembly with Pastor Jodi.

Over \$3100 was raised from the VBS cake auction. VBS will be held May 30-June 2.

Steve reported that the roofing company is hoping to be here at the end of April for repair of the east wing.

The church's property insurance has gone up considerable from last year. This is due to replacement costs of labor and material. The church properties have also increased in value by 30%.

Terry presented a general outline of the process if we should consider sponsoring Kerlange and her family from Haiti. He suggested forming a refugee committee to further explore information on this process prior to making further decisions.

Outdoor picnic is scheduled for July 23 and an outdoor church service for July 2 at Mt. Carmel Dam instead of here at the church.

Julie asked for permission to find someone to paint the fireside/family room. It has needed painting since the ductwork was installed with the new HVAC system.

Council minutes and treasurer's report are posted monthly on the bulletin board in the hall across from the church kitchen.

Financial Update 03-31-23

March Offering	\$12,111.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$52,220.00	\$47,133.75
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru March	\$53,705.76	\$47,255.86
*Total Expenses thru March	\$77,552.06	\$47,178.14

*Please note, expenses includes a \$30,000 transfer from the general fund in to the dedicated building fund in January.

As of May 2, our Endowment Fund balance was \$101,642.98. If you would like to make a contribution to the Endowment Fund, please make checks payable to "InFaith Foundation" (which manages our endowment fund). Interest accrued yearly from this Endowment fund has been used at the end of each year to give back to needs within our community or special projects within the church.

Your offerings help to meet our regular yearly budgeted needs and also support our online worship services. If you are watching from home and would like to contribute in an easy manner, offerings can be mailed, dropped by the church, by setting up bill pay through your bank to have the bank mail your recurring scheduled offering or going online from your computer or phone and using the Tithe.ly app. Your support is much appreciated!

Mental Health Awareness....Change

Change is in everywhere...a new season, weather, end of the school year, graduation, a new diagnosis, a loss, a new relationship, summer planning, a new project. Some changes are difficult, others are joy filled and exciting. Change is an inevitable part of life, but knowing that, doesn't mean dealing with change is easy. Finding ways to accept and cope can make these transitions smoother and less troubling.

Change requires adjustments. Sometimes these can be small things like finding a new way to do something or adding a new step to some of your daily routines. In other cases, you might find that change introduces significant disruptions to the way you live your life. This can create **stress** or feelings of anxiety and depression in some cases. This doesn't mean change is always bad. But even good changes can be stress-inducing. Things might not have been perfect before, but you may have been comfortable in your previous state of equilibrium. You had a routine. You knew what to expect, so you weren't thrown off by surprises or unexpected challenges.

As change happens, your routines are disrupted. You suddenly have to adapt as you are pushed further and further out of your comfort zone. The stress these changes bring can feel overwhelming at times. And it can have negative effects on both your physical and mental well-being. Stress can manifest itself in many ways, including: anxiety, changes in appetite, depression or sadness, irritability, muscle pain, problems sleeping, digestion issues, tension headaches and trouble concentrating.

You can't always control change, but you can manage how you respond to those changes. Developing a positive mindset is a great way to promote resilience. Mentally preparing yourself during times of transition is also essential. It is also important to care for yourself. When things are in flux, you might find that you neglect many of your basic needs. Stressful events often seem much worse when you are exhausted or hungry, so taking some time to attend to your basic needs by eating a healthy meal, getting some rest or just taking a walk are beneficial. Try as much as possible to stick to a routine and ask your loved ones for help when you need an extra hand. Friends, loved ones and other social connections can provide support in various ways when you are dealing with changes in your life.

If you are having difficulty dealing with change, talk to your healthcare provider or mental health professional. They can recommend treatments that may help. If you are in immediate distress or are thinking about hurting yourself, call or text the **988 Suicide & Crisis Lifeline** at **988** or chat at **988lifeline.org**.

Haiti Mission

During Pentecost, we feel more than ever the Holy Spirit's call...a stirring and awakening. I wonder if the Spirit is calling us to something new?

Meet our friends, Kerlange and Armstrong and their children, Zeke (3 1/2) and Hannah (almost 1)! They live in Ste. Marc, Haiti and have become friends of United through Seeds of Support for Haiti. Kerlange and Armstrong have continued working for us by distributing food and organizing a general health clinic in a village several hours from where they live. They visit and pray with the patients who are scared and lonely. Kerlange often shares what she has with the people around her and her generosity in spite of having little herself is amazing.



The situation in Haiti continues to go from bad to worse. Kidnappings, hijackings, assault and terrorizing by gangs increase in number daily. It has been reported by the UN that 60% of the capital city of Port-au-Prince is controlled by gangs. Most of the food staples such as rice and beans and cooking oil are imported into the country. Food prices have more than doubled in the last six months. Several times in the last several months Kerlange has texted Janet Jacobson that she had no food in the house and what money they had was in the bank and the bank had not opened for weeks. Even when the markets and banks are open, it is often too dangerous to go out to buy food. She is unable to send Zeke to preschool because it is too dangerous for little ones to travel to school by motorbike taxi. We (United) responded with a special offering taken just before Christmas.

A note from Janet J... *"Kerlange texted me and asked if we could sponsor her and her family. How can I tell her that there is no room for them in our midst? We are asking for help from our church family and others to support them financially. We are also asking for a commitment to help welcome Kerlange, Armstrong, Zeke and Hannah to our community where they will be safe, fed and loved."*

On March 20, the United Lutheran Church Council voted in favor of looking into the protocol and logistics of sponsoring or co-sponsoring a Haitian family. No decision has been made on pursuing sponsorship. We are in the initial phase of investigation. Janet and Terry Jacobson will take lead in this endeavor to provide the church with more information. Please feel free to talk to one of the council representatives, Terry, Janet, or myself if you would like further information or would like to be on a committee that will do further work on this project. Prayerfully consider how we as Church...the Body of Christ...can reach out to help in some small or big way. In Christ, Pastor Jodi

Camp Scholarships

If your child is interested in attending a Lutheran Bible Camp, ULC and the three women's circles will pay 1/2 of the cost for your child to attend. Please let the church office know if your child will be attending a camp and we can take care of helping with this expense.

Confirmation/Youth

Confirmation classes, Wednesdays in May (6PM):

May 3 - Major Prophets
 May 10 - Minor Prophets
 (last class - thanks for a great year!)

Thank you to our Confirmation students for cleaning the inside of the kitchen cabinets for one of their "Hands & Feet" projects.



Youth Group will meet on May 3 at 7PM and also discuss their options for their mission donations from the funds they received from the Wednesday suppers.

Senior Recognition

The Langdon Area Ministerial will be holding a Baccalaureate Service for all the area graduating seniors, Wednesday, May 17, 7PM at the Langdon Presbyterian Church. This service is open to the public—come celebrate with our graduates!

We will be honoring our ULC graduates at our 10AM worship service on Sunday, May 28.

Congratulations to our youth who have completed their high school education and may the Lord's face shine upon them with favor as they continue with their next chapter! Youth are: Halle Sanders, Brenna Schuler, Gage Goodman, Alex Gellner, Mason Christianson, Nathan Kitchin, Harrison Nuelle and Jack Romfo.



Wednesday School

Wednesday school continues to meet in the month of May at 5:15PM.

Class discussions:

May 3 - Ruth and Naomi
 May 10 - Hannah's Prayer (last class - thanks for a great year!)

College Scholarships

United Lutheran has a scholarship fund for students attending a Lutheran college or considering future ministry. Please let the church council know if you would like consideration for assistance.

Vacation Bible School

VBS will be held Tuesday, May 30 through Friday, June 2 for those who will have completed kindergarten through 5th grade. Pre-registration is required and forms can be found on the shelf in the narthex and on our facebook page. If you may be interested in housing the counselors, please let Kristi McDonald know or call the church. Host families would only be responsible for a light breakfast and an area to sleep.

We are asking that families please fill out the VBS and Social Media Policy too which gives consent to United Lutheran Church to use photo or video images taken of your children to be used in church brochures, advertisements for the church, on the website, in social media and in other church publications as they see fit.

First Communion

We had 19 students complete their First Communion classes and receive their First Communion this year:

Ben Borchardt
 Kyler Hansen
 Reid Overby
 Maddyn Lykken
 Merek Mostad
 Rayelynn Christianson
 Landree Lowery
 Raiden Wagner
 Sophi Witzel
 Ramsey Peterson
 Maci Witzel
 Josie Mikkelsen
 Oakley Koons
 Lavin Johnson

Kyler Farris
 Brooklyn Mondor
 Finley Smith
 Lizzie Hakanson
 Maxton Almen



God's blessings to these students!

New Members

Are you are looking for a new church home or just have questions and would like more information about becoming a member at United? Please fill out the tear off card in the church bulletin and place it in the offering plate. You can also let Pastor Jodi or Julie know in the church office. We will be welcoming new members on June 18.

Synod Assembly

The Annual Synod Assembly of our Eastern North Dakota Synod, ELCA, will be held in Fargo, June 3-4. United is looking for up to three individuals that would like to experience and volunteer to be our congregational representatives at the assembly! (Hotel and conference expenses are all covered by United Lutheran.) Please reach out to Pastor Jodi or Julie if you're interested in attending.

April Memorials

Don Haugen - Kerry & Mavis Mikkelsen (general), William C. Gunderson (music), PJ Rime (music), Ronald & Kirsten Hoffarth (music), Jim & Faye Wilhelmi (general), Keith Dahl (music), Pat Jensen (building)

Ole Olson - Rick & Carolyn Crockett (garden), Ronald & Kirsten Hoffarth (music), Friends & Family of Ole (building)

Gary Ridley - Ronald & Kirsten Hoffarth (music), Keith Dahl (music)

Memorials may be mailed or dropped by the Church Office at United Lutheran at any time.

Prayers of...

Healing

Lois Jones (Val Olson's cousin, cancer), Diane Reinhardt, Bob Kempert, Caven Dahl (Hodgkin's lymphoma), David Roy, Gatland Maritz, Reuben Steinwand, Julie Nelson, Aubrey Badding and our brothers and sisters in Haiti.

Grief

The family of Evelyn Witzel. Evelyn's funeral will be held May 26 at 10:30AM here at United.

The family of Darrin & Becca Romfo on the death of Darrin's dad, Neil Romfo.

Joy

Dan & Peggy Fischer in celebrating their 40th Wedding Anniversary on April 16!

Kathie Johnson on her special 80th birthday celebrated on April 18!

ULC Youth participating in State Competitions:

State Music: Brenna Schuler, Victor Long, Nathan Kitchin, Gage Goodman, Catelyn Goodman, Adam Hart and Jaymee Reidhammer.

State Science Olympiad: Nathan Kitchin, Taryn Romfo, Aubrey Badding and Izzy Vikan.

We invite you to pray for those individuals listed. Please call the church office if you have additions to our prayer list.



Congratulations to Rachel Balsdon and Dusty Jerome on the baptism of their daughter, Janet Conklin Jerome on March 19.



Congratulations to Stephanie and Reily Bata on the baptism of their son, Russell Charles Bata on April 16.

Quilt Blessing

During worship, Sunday, May 14, we will bless the quilts made by our quilters. The quilts will travel abroad with Lutheran World Relief to be given to needy people throughout the world. Thanks to our quilters' work, talent and dedication!



At-a-Glance and General Announcements

Thank You to:

Shirley Robinson and Helen Johnson for their work in decorating the altar through Holy Week and Easter and making sure the candles are always filled with oil.

Dallas Witzel, Corey Johnson and Greg Goodman for their complimentary snow removal at the parsonage this past winter.

Our Wednesday school students for their special music on Palm Sunday and to Becky Tollefson for volunteering her time in being their music leader.

All who donated auction items, those that stayed to bid at the cake/bake auction on April 2 and to Zach Jacobson for volunteering to be the auctioneer. Your donations will allow many students to participate in VBS for free this summer. Close to \$3,200 was raised which is just ridiculous generosity!

Mikkelsen Brothers Construction for their complimentary snow removal in our church parking lot this winter.

Rob Becker for keeping our sidewalks clear of snow this winter.

Brooke Gemmill, Finley Smith and Lisa Schuler for their special music provided during the month of April.

Our Youth for their coffee/hot cocoa services and leading us in worship on April 30.

Confirmation students for cleaning the inside of the kitchen cabinets for one of their "Hands & Feet" projects.

Katie Henry for removing the wallpaper border in the fireside/family room so that the room can now be painted.

Circle Chairman Needed

Rachel Circle needs a new chairman. Please contact Joanne Field at 256-5595 if you wish to know more about what this position entails.

Open House

All are welcome to an open house in honor of graduate, Xavier Breddin, (Pastor Rebecca and Pastor Karl's oldest), May 20, 3-6PM, 122 N Grant Avenue, St John Lutheran Church, Madison, SD or if you wish to send a card to their parsonage address of 118 North Grant Avenue, Madison, SD 57042. If you would like to see the graduation announcement of Xavier, it is located on the bulletin board outside Pastor Jodi's office.

Lost Items

Missing a pan? It may be in the church kitchen. Missing baby items, toys, sunglasses, readers, earrings, etc., they may be laying on the lost & found shelf in the narthex. Missing a children's winter jacket, it may be hanging in the narthex. Please check if one is yours!

Caregivers

A confidential group sharing a variety of challenges they are experiencing. The group meets the second Tuesday of the month at 9:30AM in the library. If you are in a caregiver role, support is available.

Crafting Weekend/May 19-20

Open to all in the community who enjoys crafting while being with others! Bring your scrapbook, paints/canvases, sewing, crocheting, knitting, etc. to United Lutheran. The group meets once a month (Friday-Saturday). Bring in lunch or order in. Free, just bring what you need to do your project and a table will be set up for you. For more information, contact Lisa Schuler.

Don't Be Scammed!

Sponsored by United Communications, Learn about current scams and what you can do to avoid becoming a victim, Wednesday, May 3, 1PM at the NDSU Research Center, Langdon or 3PM at the Munich Ambulance Center.

Disaster Distress Help

The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multi-lingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text [1-800-985-5990](tel:1-800-985-5990) to connect with a trained crisis counselor. To learn more go to <https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Crisis Hotline

Dial 988 for a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress.

Vaccine Information

COVID-19 vaccines prevent serious illness. Vaccines safeguard against severe illness, hospitalization, and death. In fact, for adults who received the updated bivalent booster, the risk of visiting an emergency room or being hospitalized was reduced by 50 percent. If you haven't updated your protection against serious COVID illness by getting a bivalent COVID booster schedule an appointment today.

PRBC Registration

Summer 2023 camp registration is open. To see all the camps offered this summer, go online to their website and click on the "Summer" tab on the top of the page and a drop down menu will list camp options.

Visit United online at www.unitedlangdon.org or call us at 701-256-2594.



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Return Service Requested

Worship and Ministry - May Schedule

May 7 - Worship with Holy Communion

Reader - Nancy Coyle
Ushers - Sara Goodman and Catelyn Goodman
Acolytes - Maxum Mostad & Jack Borchardt
Communion Prep - LeeAnn Knudson
Communion Assts - Karen Boe,
LeeAnn Knudson & Brynn Johnson
Projectionist - Adam Hart
Coffee - Bub & Janice Knudson

May 14 - Blended Worship

Reader - Liam Johnson
Ushers - Nicole Koons and Chloe Koons
Acolytes - Ramsey Peterson & Josie Mikkelsen
Projectionist - Victor Long
Coffee - Val Olson

May 21 - Worship with Holy Communion

Reader - Andrea Jacobson
Ushers - Charlie & Marie Jordan
Acolytes - Aiden Vikan & Sophie Vikan
Communion Prep - Sheri Winnege
Communion Assts - Harper Jacobson, Diane Simmons
& Karen Kempert
Projectionist - Nathan Kitchin
Coffee - Joan Schrader

May 28 - Contemporary Worship

Faith & Care roles filled by the ULC Graduating Seniors
Acolytes - Carl Henry & Prestyn Bodnar
Projectionist - Jaymee Reidhammer
Coffee - Corey & Julie Johnson