

UNITED MONTHLY

Volume 13, Issue 6

June 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.

The Season of Pentecost

Dear Brothers and Sisters in Christ,

We have now entered the season of Pentecost. The longest season of the church year. Many people may not know why the Day of Pentecost is special or what is celebrated. Unlike Easter and Christmas, when colorful eggs, Easter bunnies, Christmas trees and Santa Claus herald the news of the upcoming Christian holidays, there are no such markers by the secular society that announce the coming of Pentecost. So, if we're not careful, the Day of Pentecost can slip by nearly unnoticed and without much thought. For instance, did you know that...

Pentecost Sunday marks the day when the Holy Spirit descended upon the Apostles. Pentecost Sunday occurs 50 days after Easter. The Bible records the Pentecost in Acts 2:1-13. Pentecost comes 10 days after the Ascension of Jesus Christ. Pentecost is also known as "the Birthday of the Church".

I have to admit that I gave Pentecost little if any thought for most of my life. It was nowhere near the top of the long list of things I love about spring and early summer. It probably wasn't even on the list. But now as I read again that peculiar story of the Holy Spirit descending on Jesus' followers, I find myself moved by the power and promise of Pentecost.

At Pentecost, we open ourselves up to God's active movement in the world and in our lives. Jesus promised his followers...I won't leave you alone. The Holy Spirit, the Advocate, the Helper will be here to guide you, to teach you, to lead you, to console you and to comfort you. "You know him," Jesus says of the Holy Spirit, "because he abides with you and he will be in you." And that is an important thing to remember in an unpredictable world where disaster and heart-ache...both man-made and natural...seem to abound at times 24/7. Because that unending, abiding presence is exactly the promise God makes to us. It's the promise Jesus makes to us. And it's the promise realized in the mystery and movement of the Holy Spirit. No wonder we get all summer and most of the fall to celebrate it!

So, come Holy Spirit, come! Enlighten us with your presence!

In Christ,

Pastor Jodi

**Please join us for a
Special Congregational Meeting
Sunday, June 11, 7PM**

**(More details included with
the insert in the newsletter)**

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 12PM Al-Anon Vacation Bible School	2 Last day of Vacation Bible School	3 Synod Assembly
4 10AM Worship Synod Assembly	5 5PM P.E.O.	6	7	8 12PM Al-Anon	9	10
11 10AM Blended Worship with Holy Communion	12	13 9:30AM Caregiver Support Group 5:30PM Esther Circle	14 10:30AM Deborah Circle @ Senior Center 2PM Wheatland Bible Study	15 12PM Al-Anon	16	17
18 10AM Worship with Holy Communion (New Member Sunday)	19 5:30PM Church Council meeting	20 12PM Writer's Group	21	22 12PM Al-Anon	23	24
25 10AM Contemporary Worship	26	27	28	29 12PM Al-Anon	30	

Faith & Care #1

Chairman - Brian & Darby Hart	Kathy Kram Josh & Pam Krivarchka Kevin & Teri Lill Lyle & Deidre Long Dale & Pam Luhmann Nathan & Courtney Metzger Patty Metzger Jeff & Brittanie Mostad Ken & Carol Myhre Betty Nelson Frances Noland Ellen Nuelle Jim & Shannon Nuelle Duane Olson Edwin Olson Jeff Overby Glenn Pederson Edward & Bernice Pengilly Shane & Janelle Peterson Tara Roberts Kyle & Kaila Rollness Cindy Steinke Laura Thielbar Ron & Cathy White
Shelly Agnes Brandon & Sarah Badding Carol Badding Todd & Abby Borchardt Sandra Brooks Daren & Sarah Christianson Todd & Shanda Christianson Jamie & Amanda Coyle Lawrence & Susan Fay Crockett Denis Domres Lynn Domres Juanita Domres Margaret Downs Greg & Jolene Everson Taylor Everson Joanne Field Rory & Carey Freer Elaine Haugen David & Ardyce Hennager Joel Jacobson Terry & Janet Jacobson Dale Klein	

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
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Council Notes 05-15-23 Mtg

Julie reported the interest rates on the church accounts have increased slightly again this month. The covid vaccine grant that ULC and other area churches have been part of from the CC Health District has been extended until May 2024. ULC has received \$3,765 so far by participating in the grant with advertising this message in our bulletins and newsletters.

The roof repair for the east wing has been completed with the cost of the project being \$39,455. The fireside/family room painting of the walls has been completed along with the ceiling in the kitchen. Jensen's has been looking at the HVAC system.

ULC graduate senior recognition will take place during worship on May 28. A Baccalaureate service for all area seniors will be held on May 17 at the Presbyterian Church. Confirmation class has finished for this year and all have completed their requirements so far. United Lutheran will be welcoming new members on June 18.

There was discussion about Kerlange and her family and the proposed sponsorship. Discussion of funding sources and outside interest along with determining if the sponsorship should proceed. There would need to be a designated fund created, separate from the general fund and dedicated funds of the church. Sponsorship is a humanitarian program; families are vetted before ever coming into the United States. Terry moved to call a special congregational meeting to approve sponsorship of Kerlange and her family with recommendation of approval from the Council. The special congregational meeting will be held Sunday, June 11 at 7PM to accommodate those that may be away with activities for the weekend.

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

Financial Update 04-30-23

April Offering	\$17,962.92	
Offering Income	<u>Year-to-Date</u>	<u>Budget YTD</u>
	\$70,182.92	\$62,845.00
Total Income thru April	<u>Current Year</u>	<u>Last Year</u>
*Total Expenses thru April	\$72,204.40	\$66,548.29
	\$93,123.56	\$62,734.17

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

As of May 30, our Endowment Fund balance was \$100,676.26. 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....Nature

Be honest... How much time do you spend staring at a screen each day? Studies indicate for most Americans, that number clocks in at more than 10 hours a day! Our increasing reliance on technology, means many of us are spending less time outdoors, even as scientists compile evidence of the value of getting out into the natural world. It's not just the sun that makes the difference. Studies have proven that the colors green and blue have the biggest influence.

In a study of 20,000 people in 2019, a team led by Mathew White of the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces (local parks or other natural environments) either all at once or spaced over several visits were substantially more likely to report good health and psychological well-being than those who don't. The study also showed there were no benefits for people who didn't meet that threshold. The effects were universal; cutting across different occupations, ethnic groups, economic situations, and people with chronic illnesses and disabilities. "It's well-known that getting outdoors in nature can be good for people's health and well-being, but until now we've not been able to say how much is enough," White said. "Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit."

Further studies have shown that time in nature, as long as people feel safe, is an antidote for stress. It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. Attention Deficit Disorder and aggression lessen in natural environments, which also help speed the rate of healing. Researchers have also found that being in nature reduce feelings of isolation, promote calm, and lift moods among patients.

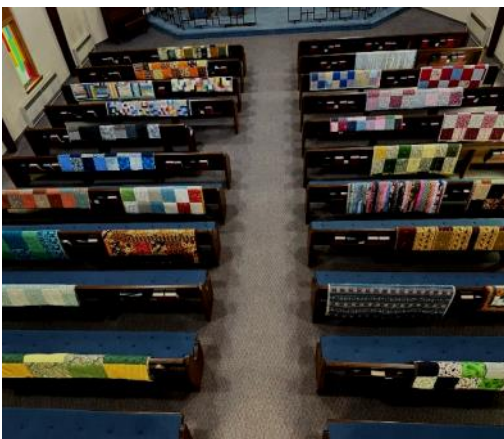
Make an effort this summer to get outside and soak up the greens and blues of God's great creation. See if 120 minutes of nature a week makes a difference in your life.

Remember everyone is different and mental health is individualized. Always continue medications as prescribed by your health care provider and seek additional care if you feel extremely sad, depressed or have any thoughts of suicide. The suicide hotline is 988.

Special Congregational Meeting

Please join us for a special congregational meeting to be held on Sunday, June 11 at 7PM (to accommodate those that maybe be away with weekend activities). The meeting will be to decide if the congregation of United Lutheran will authorize the sponsorship committee to proceed with the humanitarian sponsorship of Kerlange and her family to move here for safety. Kerlange is a friend and co-worker with our mission in Haiti. She has been a translator in Haiti and has worked along side those who have traveled to Haiti in the past 10 years. Please see the insert in this newsletter.

Quilt Blessing



On May 14, we blessed the quilts made by our quilters (about 40) before they were dropped off at Northland Rescue Mission in Grand Forks. Thank you to our quilters' work, talent and dedication!

A big thank you to Betty & Jeff Vikan for boxing the quilts and to Ted and Linda Dahl for transporting them!

Helping with Worship

We have a great core group of youth helping run our projection system each week and we thank them for their contribution to the worship experiences at United Lutheran. Assistance with the projection responsibilities on Sunday morning is an important part of our congregational worship and is most appreciated. We are looking for a few more individuals (any age) to be part of this rotation. As a student, this service can be used as volunteer hours through the middle & high school! As an adult, this may satisfy your desire in helping with worship and being kind of behind the scenes! (Each individual on the rotation has a turn about every 8-10 weeks) If you may interested or have any questions, please reach out to the church office.

July 2 Worship

Please take note, there will **not** be worship service in the church sanctuary on July 2. Instead, join us for a fun outdoor worship experience at Mt. Carmel Dam at 10AM. More information will be available in the upcoming bulletins and July newsletter. BYOLC! (Bring your own lawn chair)

Confirmation/Youth



Hebrews 11:1 tells us...“Now faith is the certainty of things hoped

for, a proof of things not seen.” On May 6, the ULC youth group talked about faith and how difficult it is when we can’t see the object of our faith. The object of the lesson included climbing a ladder and free falling backwards into the hands of friends. It was much more difficult to do when the youth didn’t get to see the “catchers” before climbing the ladder.

Senior Recognition

On May 28, we honored our high school graduates and they helped lead worship. We congratulate them on completion of their high school education. May the Lord’s face shine upon them with favor, with many blessings sent their way from all of us at United Lutheran!

Each graduate received a beautiful quilt made by our own quilting group along with a devotion book, book mark and a fun (Dr. Seuss) memorable book.



Back row: Nathan Kitchin, Harrison Nuelle, Alex Gellner, Jack Romfo
 Front row: Mason Christianson, Brenna Schuler, Halle Sanders, Gage Goodman

Wednesday School

Thank you to our Education Committee and Wednesday school staff that have helped make this first year of Wednesday school a success. You are all appreciated! The last day of Wednesday school was May 10.

- Nicole Koons
- Pam Krivarchka
- Caitlin Kreklau
- Carla Gemmill
- Abby Borchardt
- Sarah Overby
- Megan Schill
- Kaila Rollness
- Megan Hakanson
- Marcie Crockett

- Crystal Lowery
- Brittanie Mostad
- Brenna Schuler
- Skyler Moline
- Beth Hansen
- Kristin McDonald
- Andrea Jacobson
- Katie Johnson
- Kyle Rollness



(Pictures left and below) - Students spent part of their last class of the year cleaning up around the church property.



(Pictured right) - Students finishing class with a game of “Bible Baseball”



New Members

Are you 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.



May Memorials

Don Haugen - Rick & Carolyn Crockett (music)

Evelyn Witzel - Jeremy & Lisa Schuler (general), Dale & Pam Luhmann (quilting), Kevin & Jan Stein (general), David & Ardyce Hennager (building)

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

Church Building Update

We are excited to share one of our roof projects has been completed with the repair of the outside east wing by D&D Roofing.

The walls of the fireside/family room received a fresh coat of paint which had been needed since the new HVAC duct work had been installed. The ceiling of the kitchen was also painted to match the existing wall color.

Garden Box Project

Cavalier County Health District in collaboration with LAHS and NDSU Extension received a grant for a Community Garden Box Project. These entities recognized that having access to fresh fruits and vegetables is an integral part of maintaining healthy weight and reducing the long-term risks of chronic disease. The group also identified that having access to fresh fruits and vegetables is an ongoing reported concern of community members and wanted to make these items more accessible.

A list of community partners and locations of the community garden boxes is located on the bulletin board in the narthex. These community partners agreed to host and care for community garden boxes at their locations and have fresh fruits and vegetables available for late summer and fall harvest at no cost for community members. The Garden Box Project partners encourage Cavalier County residents to check out the garden boxes throughout the growing season and take advantage of the produce on maturity. Cavalier County locations interested in hosting possible future garden boxes are encouraged to reach out to Cavalier County Health District at 256-2402.

Prayers of...

Healing

Diane Reinhardt, Caven Dahl (Hodgkin's lymphoma), David Roy, Gatland Maritz, Reuben Steinwand, Julie Nelson, Lorraine Rude, Betty Nelson and our brothers and sisters in Haiti.

Grief

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

The family of Courtney Metzger on the death of her Grandma, Edith Drvecky.

The family of Evelyn Witzel on her death. Evelyn's funeral was held at the funeral home on May 26.

Joy

Congratulations to Jace Roy and Lindsey Hegg on the baptism of their son, Brooks David Roy on April 30. (see picture below)



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

At-a-Glance and General Announcements

Thank You to:

Brynlee Koons, Brooke Gemmill, Kal-leigh Rollness and Lisa Schuler for their special music during the month of May.

Our Youth for hosting the coffee/hot cocoa prior to worship on May 28.

Our Graduating Seniors for helping lead worship on Senior Recognition Sunday, May 28.

Grant Funds

Since April of 2022, our church among other churches, in our community have been part of a grant offered through Cavalier County Health District to announce covid vaccine information in our church bulletins and newsletters. This grant has been extended until May of 2024. By having this announcement included in our publications, we have received over \$3,785 to date from the CC Health District grant. We will continue with these announcements on our back cover of the bulletin and newsletter and wanted to share this information again why we will continue to do this.

Synod Assembly

The Annual Synod Assembly of our Eastern North Dakota Synod, ELCA, will be held in Fargo, this Saturday and Sunday, June 3-4. Pastor Jodi will be attending along with congregational representatives Linda Timian and Janet Jacobson. Please pray for all participants as they work together for God's work in the world! With Pastor Jodi gone, we will not have Holy Communion on June 4.

Outdoor Worship & Picnic

Mark your calendars! The outdoor worship and church picnic will be held July 23. Church council will be responsible for the duties that go along with the picnic. We will bring chairs outside, but feel free to bring a lawn chair!

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.

Best Wishes

On Sunday, May 21, we recognized our high school state track competitors and wished them well: Meredith Romfo, Tanner McDonald, Jacob Sanders and Cora Badding.

On Sunday, May 28, we recognized Jack Romfo, Theo Romfo, Gage Goodman, Tyson Gemmill and Jayden Lee in advancing to the State Baseball tournament.

Peanut-Free

A gentle reminder, United Lutheran Church is a peanut free building. This means **no peanuts, tree nuts such as almonds, cashews, walnuts, or pistachios, or legumes, such as peas, chickpeas, lentils or soybeans; green beans and kidney beans are okay.**

Please keep this in mind if bringing food for fellowship after worship, potlucks, funerals or other events at church.

Lost Items

Missing a pan? It may be in the church kitchen. Missing baby items, toys, sunglasses, readers, earrings, coffee mugs, etc., they may be laying on the lost & found shelf 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.

National Crisis Hotline

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

Al-Anon/Alateen/AA Information

Al-Anon - Thursdays, 12PM at United Lutheran, Langdon, providing support for relatives and friends of alcoholics. Please call 701-270-2254 with questions.

Alateen - Ages 12-19, Thursdays, 4-5PM, Sail Center, Grand Forks. Contact info: ALATEEN.ND@gmail.com

Alcoholics Anonymous - available at several locations.

Langdon - Wednesdays, 7PM, in the south wing of Langdon Prairie Health

Cavalier - Tuesdays, 8PM, Pembina County Memorial Hospital

Lakota - Thursdays, 7PM, Lakota Lutheran Church

Covid Vaccine Information

It's normal to have questions about the COVID-19 vaccines. The fact is, COVID-19 vaccines are effective at helping prevent COVID-19 infection, especially severe illness, hospitalization, death and they're safe. You can find answers to common questions from reputable sources, including CDC.gov, your local health department website, or other trusted sources such as your doctor, nurse, or pharmacist.

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



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Return Service Requested

Worship and Ministry - June Schedule

June 4 - Worship

Reader - Jamie Coyle
Ushers - Jamie & Amanda Coyle
Projectionist - Meredith Romfo
Coffee - Dale & Pam Luhmann

June 11 - Worship with Holy Communion

Reader - Sandra Brooks
Ushers - Ken & Carol Myhre
Communion Prep - Elaine Haugen
Communion Assts - Ardyce Hennager,
Courtney Metzger & Sandra Brooks
Projectionist - Tyson Gemmill
Coffee - Ardyce Hennager

June 18 - Worship with Holy Communion

Reader - Janet Jacobson
Ushers - Rory and Carey Freer
Communion Prep - Elaine Haugen
Communion Assts - Patty Metzger,
Todd & Abby Borchardt
Projectionist - Brock Freer
Coffee - Rory and Carey Freer family

June 25 - Contemporary Worship

Reader - Shanda Christianson
Usher - Edwin Olson
Projectionist - Adam Hart
Coffee - Darby Hart