

# UNITED MONTHLY

Volume 13, Issue 9

September 2023

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

We live out this mission 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.

## Christ's Body in this World

Dear Sisters and Brothers in Christ,

*"Now all of you together are Christ's body, and each one of you is a separate and necessary part of it." 1 Corinthians 12:27*

It's pretty amazing, don't you think, that when the Apostle Paul reached out to find a metaphor to adequately describe the church of Jesus Christ, he came back time and time again to that of the human body. Yes, there are many parts, but only one body. Each of us makes up a part of the body of Christ! Why would Paul use this particular illustration to describe the Church? In what sense is the Church the body of Christ?

Well, as we know, Christ has ascended to His Father in heaven, where He is seated at the right hand of the Father. His saving work here on earth has been accomplished through His death on the cross and His resurrection from the dead. Now...Today, the presence of God and the presence of Christ in His Church and in the individual believer is enacted through the gift of the Holy Spirit. But the Holy Spirit...is A SPIRIT who does not have a body in this world! So **we** are Christ's body in this world! We are His Hands to do His Work! We are His voice, His feet, His ears, His nose, His presence! It is up to us to do His work, to preach His gospel and to carry His message into the world!

William Barclay puts it like this, *"Christ is no longer in this world, in the body; therefore, if He wants a task done within the world, He has to find a man to do it. If He wants a child taught, He has to find a teacher to teach him, if He wants a sick person cured he has to find a surgeon to do his work, and if He wants His story told, He has to find a man to tell it!"*

In essence, that's what "God's Work. Our Hands" Sunday is all about. It is a reminder to us that we have been given a huge responsibility here on earth as the church...as the body of Christ. On Sunday, September 10, as we are sent from our pews out through the doors, we put into action a small portion of what it means to carry out the work of the Body of Christ. We will minister to ourselves and others as Christ has intended. Inspired by the Holy Spirit and under the guidance of our Stewardship Committee, we will bring love and kindness, service and caring to others through the work of our hands.

In Christ,

**Pastor Jodi**

CELEBRATING  
**10**  
YEARS

**"God's work. Our hands."**

Join us for a day of service!

# September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 10AM Worship with Holy Communion	4 <b>Labor Day</b>	5	6 6PM Parent/Student Confirmation meeting for 7-9 Grade	7 12PM Al-Anon	8	9
10 10AM Worship <b>“God’s Work. Our Hands” Sunday</b>	11 5PM P.E.O.	12 5:30PM Esther Circle	13 10:30AM Deborah Circle @ the Senior Center	14 12PM Al-Anon	15	16
	Pastor Jodi at Fall Theological Conference					
17 10AM Worship with Holy Communion	18 5:30PM Church Council meeting	19 12PM Writer’s Group	20 2PM Rachel Circle 5:15 Wednesday school 6PM Confirmation	21 12PM Al-Anon	22	23
24 10AM Contemporary Worship  11AM-2PM PRBC Meatball/Ham Dinner	25	26 4:30-6PM Great Plains Mobile Food Pantry	27 5:15 Wednesday school 6PM Confirmation	28 12PM Al-Anon	29 Crafting Weekend	30 Crafting Weekend

# Faith & Care #4

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

# 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 08-21-23 Mtg

Pastor Jodi has had numerous baptisms along with several member and nonmember funerals/graveside services. She shared that there will be 21 students in Confirmation class this year which begins on Wednesday, September 20. A parent/student informational meeting will be on Wednesday, September 6.

The Education Committee is questioning to hire an individual to organize educational/youth activities in the church and with summer involvement. Discussion held; subject tabled until next meeting.

Terry reported they are still waiting to hear if Kerlange and her family have been approved to move here. There is \$6,550 in the Haiti sponsorship fund and another donation yet to be deposited.

Materials needed for the repair of the roof have been ordered. Probability of repair happening this fall is slim but United Lutheran will be first on the list for next Spring.

“God’s Work. Our Hands” Sunday will be September 10. The Stewardship Committee has lined up service projects. The committee was also able to share in fellowship with Wheatland residents recently.

Follow-up discussion was held about the church picnic as it seems to be getting harder to have committee members present for preparation and serving that day. There will be more discussion in how we can move forward with changes before the next picnic.

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

# Financial Update 07-31-23

July Offering	\$11,273.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$113,369.92	\$109,978.75
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru July	\$117,312.07	\$109,396.78
*Total Expenses thru July	\$159,833.63	\$111,521.10

\*Please note, expenses include a \$30,000 transfer from the general fund in January and a \$20,000 transfer from the general fund in July. Both transfers were moved in to the dedicated building fund.

As of August 29, our Endowment Fund balance was \$102,635.45. 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!

## Wheatland Neighbors



On August 2, the Stewardship Committee, along with Stacey Gilseth (Wheatland Estates) and help of the Maple Manor staff gathered for DQ treats. We were blessed with their presence and fellowship, with the aim at finding a fun activity to enjoy the warm days left of summer. The gathering was very rewarding for both parties and United Lutheran was able to follow suit with “authentic community” and “ridiculous generosity”, part of our mission statement.



## Mental Health Awareness...Social Media

Do you start your day by checking your social media accounts? And end your day the same way? Maybe you pop back in throughout the day for quick check-ins...but, before you realize it, you've scrolled through recent posts for nearly an hour. This isn't all that uncommon. After all, social media use is pretty widespread. In the United States alone, 72 percent of people reported using some type of social media in 2021, according to Pew Research Center.

You might already know social media can potentially hamper mental health. But you might have less awareness of exactly how. Unhealthy behaviors associated with social media use include:

*Comparing oneself excessively to others*  
*Cyberbullying*  
*Experiencing the fear of missing out (FOMO)*  
*Loneliness*

Many studies have linked social media use to poorer mental health outcomes, especially among younger people. A systematic review found that excessive time spent using social media was associated with increased loneliness and depression. Research has shown that reducing social media use may have the opposite effect. One study found that college students who limited social media use for three weeks showed significantly reduced loneliness and [depression](#) compared to those with unlimited use.

All that being said, social media can have plenty of upsides, too. Social media can potentially help promote improved well-being by connecting you with resources and people. Whether you're searching for support groups, informative articles, or valuable tools and tips, social media can provide access to multiple resources. Social media can also break down some of the barriers people face when trying to access resources such as support groups and healthcare professionals.

Developing a healthy relationship with social media starts with recognizing it as a tool. Like most things, social media can be used for good or it can become problematic when used incorrectly or in excess. The effect social media has on your mental health often comes down to how you use it and why. Case in point: Social media can lead you to feel more isolated and alone. But it can also help you connect with people going through similar life challenges or exploring the same interests.

Ultimately, the key to building a better relationship with social media lies in exploring how your use affects *you*. Small steps and more thoughtful use can lead to an improved relationship with social media and yourself. Keep in mind, too, that social media apps tend to be designed to keep you engaged and actively using them. So, you might not always find it easy to cut back on your own. If that's the case for you, a therapist can offer more guidance and support with setting boundaries for more mindful social media use.



## Haiti Sponsorship Donations

If you would like to assist by donating funds or would like more information about helping with funding for Kerlange and her family, please contact co-chairs of the Haiti Sponsorship steering committee, Janet or Terry Jacobson. Checks can be written to United Lutheran Haiti Sponsorship and sent or delivered to the church office. Your continued prayerful support is appreciated.

## Mobile Food Pantry

The Great Plains Food Bank “mobile food pantry” will again be distributing free food from United Lutheran Church’s parking lot, Tuesday, September 26 from 4:30-6PM.

Come if you are in need and spread the word!

Volunteers are needed from 4:15-6:15PM to help direct traffic, greet and load food into people’s vehicles. Please contact the church office if you are able to help.



There are no eligibility requirements to receive food which is provided through donations to the Great Plains Food Bank.

## Confirmation

Confirmation sessions are just around the corner! There will be a parent-student informational meeting on Wednesday, September 6 at 6PM for the 7-9 graders and parents. Confirmation classes will meet most Wednesdays, starting September 20 at 6PM during the school year after that.

- September 6 - Parent/Student meeting
- September 13 - No Class - Pastor Jodi away for a Fall Theological Event
- September 20 - Overview, Discussion of Requirements
- September 27 - Overview of the New Testament

## Wednesday School

Wednesday school will begin on Wednesday, September 20 at 5:15PM. Students that will be entering kindergarten or new students to the area, please contact Kristy McDonald at 701-370-8222 or the church office to be registered. If you are willing to help by being a teacher or substitute teach, please let Kristy know this too. (Older students that help can use these hours towards volunteer middle/high school hours.)

- September 20 - Creation
- September 27 - Noah

## K-6 Youth Coordinator

We are looking for a volunteer(s) to fill the K-6 Youth Coordinator position for this Weekday school year(s). If interested in this vital role in our congregation and ministry, please talk with Brittanie Mostad, Kristy-McDonald or contact the church office.

## Bibles

During worship on Sunday, October 1, we will be welcoming three year olds to come forward, along with their parent(s) or guardians to receive a Spark Story Bible. Receiving this Bible is part of the promises made at baptism “to place in their hands the Holy Scriptures.”



## Backpack Sunday

*Pictured left* - On Sunday, August 27 during the worship service, we had a “Backpack Blessing” for all students, paraprofessionals, teachers, counselors, administrative staff, lunch ladies and bus drivers. We prayed over the students and teachers and asked for God’s blessing on their school year!



## “God’s Work. Our Hands”

Our congregation will soon engage in service work and be one of over 8,700 congregations participating in “God’s work. Our hands” Sunday on **September 10**. Join us as we do God’s work with our hands! The areas of service we will be concentrating on are:

- Pruning and trimming trees around the church property, dirt work and updating information on the church’s yard sign
- Writing thank you notes along with preparing gift bags for the Langdon Firemen in our area
- Cleaning windows for the Wheatland residents (please bring your own window cleaning supplies)

Feel free to wear your comfy clothes or select a “Live Generously” Thrivent shirt hanging on the east wall of the narthex. Fellowship with pizza, immediately following worship will be served for those staying to help. Please sign up on the bulletin board next to the sanctuary doors so we know how much pizza to order. Join us as we do God’s work with our hands and thank you for your consideration to lend a hand in these service projects!

A special thank you to Kendall and Carla Gemmill and family for using their Thrivent Action card in helping us purchase the supplies for the “thank you” gift bags and ordering the “Live Generously” Thrivent t-shirts.

## Ham & Meatball Dinner

The 49th Annual Park River Bible Camp Dinner will be held Sunday, September 24. Ham, Meatballs, Sides, Lefse and Dessert. Serving from 11AM until 2PM. Tickets: \$22 Pre-sale, \$25 at the door. \$10 for kids 12 & under. As you might expect, such an event takes a village and they are in need of a few more friends to help coordinate certain areas of the dinner. If you’re willing, they have a way for you to help; please call the camp at 701-284-6795.

## August Memorials

**Reuben Steinwand** - Larry & Linda Olson (general), Charles & Marie Jordan (general), Lawrence & Susan Fay Crockett (building), Jim & Faye Wilhelmi (building), Pat Jensen (building), Laura Thielbar (building), Kevin & Jan Stein (general), Dan & Peggy Fischer (building), Brad & Marcy Paulson (building)

**Ella Campbell** - Charles & Marie Jordan (garden), Vanessa Boe (music)

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

## Prayers of...

### Healing

Caven Dahl (Hodgkin's lymphoma), David Roy, Julie Nelson, Betty Nelson, Joanne Field, Arlaine Short, Steve Bulat and our brothers and sisters

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

## Bible Study/Circles

Bible Study/Circle groups meet at the following times:

Deborah Circle - Wednesday morning, September 13 at 10:30AM at the Cavalier County Senior Meals & Services.

Esther Circle - 5:30PM on Tuesday, September 12 at the church.

Rachel Circle - 2PM  
September 20 at the church.



## Special Music

Thank you to the Goodman family for their special music provided during worship on August 13. As a congregation, we are so grateful to all who are willing to share their special talents throughout the year. This makes our hearts happy and God smile!



*(Pictured above - Sara, Ella, Greg, Catelyn and Gage)*

# At-a-Glance and General Announcements

## Thank You to:

All who contributed towards the United Women Bake-less Bake Sale. Funds from the sale are used to support mission work.

## Helping with Worship

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! If you may be interested or have any questions, please let us know.

## Visitation

If you know of individuals that should be added to our visitation list, please share with the church office or write on the "tear-off" section of the bulletin and place in the offering plate.

## United Quilters

Quilters will resume meeting and sewing next month on October 10 and 11, 9AM-3PM. They do meet regularly the second Tuesday and Wednesday of each month, through April. If you can cut, sew, or tie, come and help fulfill their mission! Quilts are made for baptisms, graduates, care center residents and are sent to people in need throughout our nation and the world through Lutheran World Relief. All materials, tools and machines are provided; little experience is required! Contact Pam Luhmann or Karen Boe with any questions.

## Lost Items

Please check the lost & found shelf in the narthex; jackets and shirts have been left at the church. Check to see that any of these items may belong to you or your child. If no one claims them, we will donate the items to the fall Cavalier County Cancer Crusaders Rummage Sale.

## Bible Camp Update

Please lift up in prayer, with guidance of the Holy Spirit for both bible camps of Park River and Red Willow during a transition as they seek out an opportunity for these two organizations to have shared capacity with an Interim Executive Director, ideally, beginning this month. These ministries have faithfully served the congregations, families and communities of the Eastern North Dakota Synod of the ELCA and beyond for nearly 100 years.

## Crafting Weekend

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. They will be meeting September 29-30.

## Fall Cancer Rummage Sale

Tuesday, September 26 through Saturday, September 30 at the Langdon American Legion Downtown building. Volunteers are welcome. More information posted on the bulletin board in the narthex. Cavalier County Cancer Crusaders are a non-profit group. All funds earned are kept locally to support cancer patients.

## **September 10 following morning worship**

**"God's work. Our hands."  
A dedicated day of service  
in our community.**

Fellowship with pizza will be served for those staying to help. Please sign up on the bulletin board next to the sanctuary doors so we know how much pizza to order.

## Community Garden Boxes

Vegetables and fruits are available for late summer and fall harvest at no cost for community members with the community garden boxes. Help yourself!

## Dresden Museum Picnic

The 6th Annual Picnic of the Cavalier County Museum, Dresden, this Sunday, 11:30AM-2:30PM. Enjoy an afternoon of history, good food and socializing. Sponsored by the Cavalier County Historical Society. All proceeds go towards museum updates and maintenance.

## 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

COVID-19 vaccines are safe and effective and continue to be highly effective against hospitalization and severe outcomes of COVID-19. If you have questions or are eligible to schedule your bivalent booster call 256-2402. Keep yourself and your family healthy by getting vaccinated against #COVID19. Learn more: [www.fda.gov/covid19vaccines](http://www.fda.gov/covid19vaccines) #VaccineReady

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Visit United online at [www.unitedlangdon.org](http://www.unitedlangdon.org) or call us at 701-256-2594.

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## **Worship and Ministry - September Schedule**

### **September 3 - Worship with Holy Communion**

Reader - Finley Crockett  
Ushers - Ken & DeLynn Carlson  
Communion Prep - Julie Johnson  
Communion Assts - Sandy Boe, Carol Hart  
& Karen Boe  
Projectionist - Meredith Romfo  
Coffee - Joan Schrader

### **September 10 - Worship**

Reader - Nancy Coyle  
Ushers - Charlie & Marie Jordan  
Projectionist - Tyson Gemmill  
Coffee - Shannon Wagner

### **September 17 - Worship with Holy Communion**

Reader - Andrea Jacobson  
Ushers - Shannon & Sheri Winnege  
Communion Prep - Sheri Winnege  
Communion Assts - Harper Jacobson, Brynn Johnson  
& Ashton Hedger  
Projectionist - Jaymee Reidhammer  
Coffee - Linden & Helen Johnson

### **September 24 - Contemporary Worship**

Reader - Liam Johnson  
Ushers - Tucker & Lisa Gellner  
Projectionist - Brock Freer  
Coffee - Sara & Greg Goodman