

UNITED MONTHLY

Volume 13, Issue 10

October 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.

Reformation Sunday

Dear Brothers and Sisters in Christ,

On October 29, United Lutheran along with Protestant churches worldwide will celebrate Reformation Sunday. This day commemorates the day Martin Luther posted his 95 Theses on the church door in Wittenberg, Germany in 1517 resulting in an array of changes that reformed the early church. While Reformation Sunday may prompt us to look back to the great truths and insights articulated by the Reformers almost 500 years ago, it is even more important to look forward to what God is calling us to be in this time and place. As with other periods of transition in the church, history has helped to both inform and inspire us. It also continues to challenge us to listen and discover what the Holy Spirit is calling us to do in a new time.

"Ecclesia Reformata, Semper Reformanda"...the church reformed and always reforming...was the great theme of the Reformation. The Holy Spirit began this work in the book of Acts and continues this work up to this day. The work is never done. The reformation taught us that we should regularly adjust, re-imagine, remove and/or replace. We should always be asking questions. We should always be digging into Scripture. We should always be looking to Christ's example. We should always be re-examining. We should always be open to having tough discussions. We should always trust that truth which *really is the truth will still stand* as truth after an exploration.

The church council this month reflected on how God, through the Holy Spirit, has changed and re-imagined things at United Lutheran over the past years: implementation of contemporary worship and the Praise Band, Wednesday school, three year confirmation program, increased youth involvement in worship as assistants and leaders and even a Haiti Humanitarian effort. The council is also evaluating the description and function of the church's committees as written in the church by-laws.

Always changing...always reforming...always trying new things...some scary...some exciting... And of this new thing, I am very excited...We are going to implement weekly communion starting October. Aware that regular attendance does not happen weekly any more for most families; United will offer the privilege of partaking in the Lord's Supper to everyone on a more routine basis. Like all new things, there may be some who will wonder why we "have" to do this. I on the other hand think it is a great opportunity and privilege to "get" to experience the visible presence of Christ in worship as we proclaim the Gospel through Word and action every time we do this in remembrance of what Christ has done for us. As with all things new and old, we will evaluate and re-examine this as we move forward. Please share your input with me or a council member.

Blessings in Christ,

Pastor Jodi

**Mark your calendars! On November 5,
"All Saints Sunday" - worship service
will be at 9AM due to a
conflict for Pastor Jodi.
Thanks for your understanding!**

October 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|--|---|---|---|
| 1 10AM Worship with Holy Communion 3-year old Bibles | 2 | 3 | 4 10:30AM Langdon Ministerial meeting 5:15-6PM Wednesday school 6PM Confirmation | 5 12PM Al-Anon | 6 | 7 |
| 8 10AM Blended Worship | 9 12PM Behavioral Mental Task Force Meeting 5PM P.E.O. | 10 9AM-3PM Quilting 5:30PM Esther Circle | 11 9AM-3PM Quilting 10:30AM Deborah Circle @ the Senior Center 2PM Pastor Jodi @ Wheatland Bible Study 5:15PM Wednesday school 6PM Confirmation | 12 10AM-12PM Grafton Conference Gathering in Cavalier 12PM Al-Anon | 13 | 14 |
| 15 10AM Worship with Holy Communion 3rd Grade Bibles 2:30PM Pastor Jodi @ OCLC | 16 5:30PM Church Council meeting | 17 12PM Writer's Group DHS Safety Assessment | 18 2PM Rachel Circle No Wednesday school No Confirmation | 19 12PM Al-Anon | 20 | 21 |
| 22 10AM Worship with Holy Communion (Red Ribbon Sunday) 3-5PM Grafton Conference Fall Gathering in Grafton | 23 5PM P.E.O. | 24 | 25 5:15PM Wednesday school 6PM Confirmation 7PM Youth Trick or Treat for the Food Pantry | 26 10AM-4PM Pastor Jodi @ Vital Church continuing education in Cooperstown 12PM Al-Anon | 27 9AM Crafting Weekend (More info on page 7) | 28 9AM Crafting Weekend (More info on page 7) |
| 29 10AM Worship with Holy Communion Reformation Sunday (Youth Sunday) | 30 | 31 | | | | |

Faith & Care #1

Leaders - Brian & Darby Hart

Shelly Agnes
 Brandon & Sarah Badding
 Carol Badding
 Reily & Stephanie Bata
 Todd & Abby Borchartt
 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

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

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 08-18-23 Mtg

Pastor Jodi lead devotions. There are several events coming up on her schedule; funerals, Confirmation beginning (24 students), fall gatherings of the Grafton Conference, a Vision Gathering to sustain rural ministry, etc.

Brittanie reported for Education and they are all set for Wednesday school to begin. They are still working on finding a K-6 Coordinator, although discussion for now was to break down the duties of the committee in to smaller segments and different individuals taking the lead in those areas.

The Haiti Sponsorship of Kerlange and her family is still in a holding process, waiting for approval but there has been large amounts of applicants.

Katie reported that "God's Work. Our Hands" Sunday was well received. The group was unable to clean the windows at Wheatland for the residents due to the ongoing dirt work for their parking lot replacement. Will try to complete that activity in the near future.

Wording changes were shared to update the Social Media and Child & Youth Abuse Prevention policies.

Discussion was had in whether committees would be more effective if there were reduction in numbers. Council will discuss further and review each committees job descriptions.

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

Financial Update 08-31-23

August Offering \$12,184.00

| | <u>Year-to-Date</u> | <u>Budget YTD</u> |
|-----------------------------|---------------------|-------------------|
| Offering Income | \$125,553.92 | \$125,690.00 |
| | <u>Current Year</u> | <u>Last Year</u> |
| Total Income thru August | \$129,963.09 | \$132,041.31 |
| *Total Expenses thru August | \$174,143.33 | \$126,114.12 |

*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 September 26, our Endowment Fund balance was \$101,277.40. 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!

Haiti Sponsorship

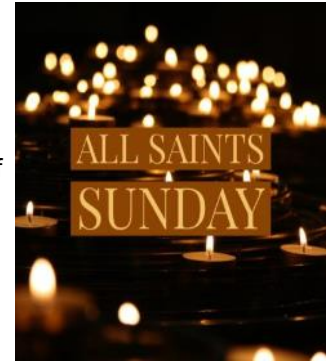
We are still in a holding pattern, waiting for approval for Kerlange and her family.

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.

All Saints Sunday

With all Saints Sunday coming soon, we will remember all the saints in Christ. The names of those who have died this past year will be read during a candle lighting service on November 5. All will be invited to come forward and light a candle in memory of a loved one if you wish.

Please note, Sunday service will be held that morning, November 5 at 9AM, for this one time only due to a conflict for Pastor Jodi.



Mental Health Awareness

As a nation, we are currently in an **opioid epidemic**, also referred to as the **opioid crisis**. For those who may not know what opioids are...Opioids are a diverse class of moderate to strong painkillers, including oxycodone (commonly sold under the trade names OxyContin and Percocet), hydrocodone (Vicodin, Norco) and fentanyl. The potency and availability of these substances, despite the potential risk of addiction and overdose, have made them popular both as medical treatments and as recreational drugs. Due to the sedative effects of opioids on the respiratory center, opioids in high doses present the potential for respiratory depression and may cause respiratory failure and death. Other effects of an opioid overdose are: small, constricted pupils, loss of consciousness, choking or gurgling sounds, slow, shallow breathing, limp body, discolored or blue skin, cold or clammy skin.

The opioid epidemic/crisis started in the 1990's. It is attributed to an estimated 453,300 deaths in America from 1999 to 2016. Deaths involving illicit drugs and prescription opioids have risen even more since 2017 when the U.S. Department of Health and Human Services declared the problem a public health emergency. The number of reported overdose deaths hit 68,000 per year in 2020 and rose to more than 80,000 by 2021. Today, the opioid crisis has morphed into an even deadlier phase marked by the use of synthetic fentanyl made with precursor chemicals from China, manufactured by drug cartels in Mexico and smuggled into the United States to devastating effect. One study I researched found that illegal fentanyl has become the leading cause of death for Americans ages 18 to 49. Fatal overdoses from fentanyl surged 94 percent from 2019 to 2021 and the drug now claims more lives in the United States than car accidents, gun violence or suicides. It doesn't matter where you live...urban, suburban, rural or rural rural...the epidemic/crisis situation is real. At United Lutheran Church we are doing our part to increase awareness about the potential for opioid overdose, either from prescription drugs or recreational use and provide a place to keep Narxone (Narcan), the drug that blocks the effects of opioid overdose.

Narcan is being provided to public places throughout Cavalier County by Cavalier County Public Health. United Lutheran has a Narcan kit and will be kept next to the AED in the Narthex. It is easy to use and not necessary to be medically trained to use on someone. Carrying Narcan is similar to an individual carrying an EpiPen in case they go into allergic shock or having an AED (automated external defibrillator) in a building in case someone were to experience a shockable heart arrhythmia.

The kit contains two single dose sprays as it may require two doses of Narcan to revive a person who is overdosing. Simply follow the steps on the instruction sheet (next to the AED) if you suspect someone has overdosed. Giving someone Narcan even if they aren't overdosing on opioids will not hurt them according to the FDA. So it's important to err on the side of caution and administer Narcan if you believe they may be overdosing. Administering Narcan to a person who is overdosing can win them time to get to a hospital and potentially save their life. If you know someone who uses opioids, such as a friend or a family member, you may also want to get a kit to carry with you in case of an emergency. Contact the public health office if you would like more information or a free kit.

In conjunction with National Red Ribbon Week, October 23-31, celebrated throughout our locals schools, we will be giving out red ribbon stickers in church on October 22 to promote drug awareness in our wider community.

**As a member of the Behavioral Mental Health Task Force, which is made up of several entities in Cavalier County, meeting monthly, we feel it is important to educate our community on this issue.*

Wednesday School

Wednesday school began on September 20 and has had a great turnout so far. Thanks to all the volunteers to help make this happen. Our October lessons are October 4 "Jacob ", October 11 "Joseph" and October 25 "Abraham and Isaac". Please note that there will be **NO** Wednesday School on October 18 due to the short school week. Watch for updated announcements on our Facebook pages with regards to United Lutheran student activities throughout the year. This site will be updated if there is school cancellation, weather related delays, etc. which may cause our Wednesday school program at the church to change.

K-6 Grade Wednesday School: United Lutheran Church's K-6 Grade Facebook page.

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, KristyMcDonald or contact the church office.

Confirmation/Youth

Confirmation classes have begun and meet most Wednesdays at 6PM during the school year. The month of October's schedule is as follows:

| | |
|------------|------------------------|
| October 4 | Names for Jesus |
| October 11 | John the Baptist |
| October 18 | No Confirmation...NDEA |
| October 25 | Baptism of Jesus |

Watch for updated announcements on our Facebook pages with regards to United Lutheran student activities throughout the year. This site will be updated if there is school cancellation, weather related delays, etc. which may cause our Confirmation/Youth at the church to change.

Confirmation and Youth Group: United Lutheran Church's Youth Ministry Facebook page.

Bibles

During worship on October 1, we will be welcoming **3-year olds** to come forward, along with their parents/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."



On Sunday, October 15, the **3rd graders** will be receiving their student bibles. We are excited to further your children's faith formation at United Lutheran!

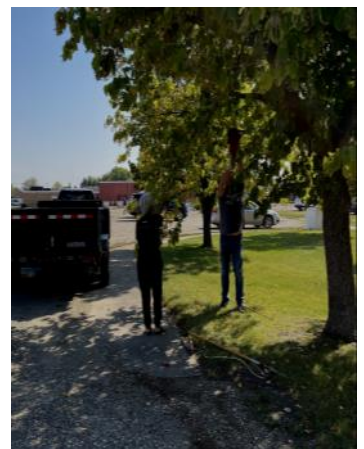


On October 25, the 7-12th graders will be participating in "Trunk or Treat" in Langdon with other church youth groups. The youth will be going around town to collect items for the local food pantry. If you would like to donate items, please leave the items on the front step of your house and the items will be collected. Youth will meet at the church at 6:30 for a supper prior to starting!



"Welcome Child of God" - Congratulations to Kristi Hennager and Derak Mostoller on the baptism of their daughter, Aubrey June. Aubrey's baptismal sponsors are Kelly & Bradley Bunz.

“God’s Work. Our Hands”



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

Grief

The family of Dale & Pam Luhmann on the death of Dale's brother, Dennis.

The family of Carol Goodman on her death. Her memorial service was held on September 23.

The family of Donald Gerth on his death. Don died on Tuesday, September 19.

The family of Darin Kaercher and LeeAnn Knudson on the death of Darin's father, Garnett Kaercher.

Joy

Congratulations to Nicholas and Kami Kay Roy on the birth of their new son, Sonny Alan Roy on September 12.

Birthday blessings to Elroy Rude on his 90th birthday on September 15. Happy Birthday Elroy!

Birthday blessings to Joyce Dahl on her 95th birthday on September 21. Happy Birthday Joyce!

Birthday blessings to Lenora Olson who will be celebrating her 93rd birthday on September 29. Happy Birthday Lenora!

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

Thank you to the individuals/families that stayed to help achieve our service projects with “God’s Work. Our Hands” Sunday on September 10. There were around 34 individuals that stayed to help!

Pruning and trimming trees were completed along with dirt work in and around the flower garden, updating information on the church’s yard sign, writing thank you notes along with preparing gift bags for the Langdon Firemen in our area.

Although we were unable to wash the windows for the Wheatland residents due to the dirt work and laying concrete in front of their property, we are hoping to complete this project once we receive word of completion.

September Memorials

Reuben Steinwand - David & Ardyce Hennager (general), Dale & Pam Luhmann (general)

Ella Campbell - David & Ardyce Hennager (general)

Carol Goodman - David & Ardyce Hennager (music), Jeremy & Lisa Schuler (music), Kevin & Jan Stein (general), Charles & Marie Jordan (garden)

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

At-a-Glance and General Announcements

Thank You to:

Shirley Robinson and Helen Johnson for wonderfully decorating in and around the church with the season of Fall.

The individuals/families that stayed to help achieve our service projects with "God's Work. Our Hands" on Sunday, September 10.

United Quilters

Quilting is resuming the week of October 10-11, (9AM-3PM), meeting 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 Karen Boe or Pam Luhmann if you're interested in helping!

Special Music

As a congregation, we are so thankful to all who are willing to share their special talents throughout the year. If you are a singer and/or instrumentalist, you are welcome to share your talent. Spreading God's word through music is very touching. Lisa Schuler is willing to be contacted if you need any help with music selection or need an accompanist.

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 contact the church office.

Worship Service on November 5

Mark your calendars! On November 5, "All Saints Sunday" - worship service will be at 9AM due to a conflict for Pastor Jodi. Thanks for your understanding!

Offering

We look forward to your contributions, to keep the steady flow of funds to pay the church's yearly budgeted expenses. Whether you are away or watching online, we appreciate those contributions coming in the mail, through Tithe.ly or even bill pay. Thank you!

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.

Assistance

While attending worship, large print bulletins are available and in-ear hearing devices from our ushers. We also have a wheelchair available for anyone needing transfer assistance, located in the narthex.

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 October 27-28.

Fall Vaccine Clinics

CCH District has released their fall vaccine clinic dates which includes several recommended vaccines: flu, covid-19, pneumococcal, RSV, Tdap or shingles. The schedule is located on the bulletin board by Pastor Jodi's office. Save time, fill out your forms ahead of time at ti-nyurl.com/CCHDVacc.

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

Fall Suppers

Grafton Lutheran Turkey Dinner, Sunday, October 15, 11AM-2PM, \$15, dine in or take-out. Proceeds used to benefit many areas.

St. Alphonsus, in the Parish Center, Sunday, October 15, 4-7PM, Turkey & Ham and all the trimmings. Cake Walk at PM. Take out available.

Covid Vaccine Information

Updated COVID-19 vaccines, from both Pfizer-BioNTech and Moderna, will be available this fall. According to the CDC, it is safe and acceptable to receive multiple immunizations, such as the COVID-19 and flu vaccines, during the same vaccination appointment. Check with your healthcare provider if you have questions about getting multiple vaccinations at one time. Call or stop in to Cavalier County Health District to discuss this vaccine.

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



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Permit #46

Return Service Requested

Worship and Ministry - October Schedule

October 1 - Worship with Holy Communion

Reader - Deidre Long
Ushers - Edwin Olson & Terry Jacobson
Communion Prep - Elaine Haugen
Communion Assts - Deidre Long, Pam Luhmann
& Ardyce Hennager
Acolytes - Harper Jacobson & Lizzie Hakanson
Projectionist - Jaymee Reidhammer
Coffee - Ron & Cathy White

October 8 - Blended Worship

Reader - Rebecca Tollefson
Ushers - Jacob & Christian Tollefson
Acolytes - Finley Crockett & Sophie Witzel
Projectionist - Victor Long
Coffee -

October 15 - Worship with Holy Communion

Reader - Kyle Rollness
Ushers -
Communion Prep -
Communion Asst -

October 15 - Worship with Holy Communion (continued)

Acolytes - Sophie Myrvik & Rayelynn Christianson
Projectionist - Adam Hart
Coffee -

October 22 - Contemporary Worship with Holy Communion

Reader - Darby Hart
Ushers -
Acolytes - Maxum Mostad & Merek Mostad
Projectionist - Tyson Gemmill
Coffee -

October 29 - Worship with Holy Communion (Reformation and Youth Sunday)

Faith & Care roles filled by our Youth
Acolytes - Jack Borchardt & Ben Borchardt
Projectionist - Meredith Romfo
Coffee - Kathy Kram