

UNITED MONTHLY

January 2024

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.

Wise Men's Lessons

Dear Brothers and Sisters in Christ,

*But seek first His kingdom and His righteousness,
and all these things will be added to you, Matthew 6:33.*

Every year we are invited to seek Jesus anew, just as the Wise Men of old sought and found the Infant Christ. In their journey to His manger, their lives were uplifted and changed, for they found what they sought, and they recognized the treasure of their discovery. I think the Wise Men's journey can teach us a few lessons as we begin a new year seeking Christ above all things.

First...The Wise Men sought the Newborn King, leaving behind their cares and routines. Each day of our lives, we too have the choice to seek things that will connect us to God. Yet, most of us spend precious time immersed in our daily activities and busy lives. Many of us get caught up in technology, carried away by the voices and the noises so prevalent in our culture. Scrolling through Facebook, Instagram or Tik Tok, we seek something...without even knowing what it is. And in the end we are left unchanged.

This year, seek **Him**. Resolve to spend a few minutes in prayer at the beginning of your day. Read the Bible or a devotional. Find a book or an app that leads you through daily meditations. Whatever you choose, choose to use some of your time growing in knowledge and hunger for Him. This new year seek the King of Kings in a deliberate way and devote your time to Him. Honor Him with your time consistently and you will be blessed and changed.

Secondly...The Wise Men were astronomers from the East who gazed upon the stars regularly. They knew the appearance of the heavens and the pattern of the skies. They quickly identified and noticed the bright star that led them to the Newborn King. In most cases, if we are not watching for something, we will not see it. Anticipate that God will do something new in your life this year. Wait expectantly, not buried in your daily cares and circumstances. Remember that God can enter into any circumstance, at any time, in any way, to bring change. We serve a big God who longs to fill us with the fullness and abundance of His grace. Wait upon the Lord in faith and hope, and you will recognize His gifts to you.

Lastly...Offer your gifts to God continuously. The Wise Men brought their most valuable and symbolic gifts to present to the Newborn King. The Lord has given each of us very particular personal gifts, meant for His divine purposes. By using these gifts, we glorify Him. Some people's gifts may seem more "obvious" to us than our own. This year, pray and work to understand the nature of your special giftedness before God. There are no greater or lesser gifts. All the gifts He gives are meant to bring glory to God and His love and light to others. This year, give Him everything, continuously, and invite Him to radically change you however He sees fit. The Light of the World will guide us, just as the Star led the Wise Men!

May Christ's blessings fill you throughout 2024!

Pastor Jodi

Mark Your Calendars!
Sunday, January 28
11AM Annual Meeting after
worship with potluck to follow

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Happy New Year!	2	3 7PM Youth Group	4 12PM AI-Anon	5	6
7 10AM Worship with Holy Communion	8 5PM P.E.O.	9 9AM-3PM Quilting 5PM Esther Circle	10 9AM-3PM Quilting 10:30AM Deborah Circle @ Senior Center 2PM Wheatland Bible Study 5:15PM Wednesday school 6PM Parent/Student Confirmation Mtg.	11 10AM-12PM Pastors' Grafton Conference gathering in Grafton 12PM AI-Anon	12 <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">Pastor Jodi away</div>	13
14 10AM Worship	15	16 12PM Writer's Group	17 2PM Rachel Circle 5:15PM Wednesday school No Confirmation	18 12PM AI-Anon	19	20
		<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">Pastor Jodi away January 12 - January 20</div>				
21 10AM Worship with Holy Communion	22 5:30PM Church Council meeting	23 9AM-12PM Boundaries Training Workshop	24 5:15PM Wednesday school 6PM Confirmation	25 12PM AI-Anon	26 Crafting Weekend (more info on page 9)	27 Crafting Weekend (more info on page 9)
28 10AM Contemporary Worship with Holy Communion 11AM Annual Meeting with potluck to follow	29	30	31 5:15PM Wednesday school 6PM Confirmation			

Faith & Care #3

Chairmen - David & Jan Haslekaas	Steve & Jamie Olson Tom Olson Justin Overby Norma Pengilly Lynn Peterson Marie Peterson Jason & Melanie Reidhammer Hans & Diane Reinhardt Sandra Ritterman Shirley Robinson Elroy & Marilyn Rude Suzanne Sanders Lance & Megan Schill Mike & Connie Schrader Bob & Patricia Scott Arlaine Short Burnell & Renae Skjervheim Kevin & Jan Stein Daryl & Linda Timian Brian Vikan Jeff & Betty Vikan Jim & Faye Wilhelmi
Mitchell & Melissa Almen Dennis & Linda Balsdon Leland & Carolyn Balsdon Tyler Balsdon Aaron Dahl Darryl & Bev Dahl Keith Dahl Ted & Linda Dahl Mark & Laura Dease Jerry & Bev Domres Kendall & Carla Gemmill Steve & Kim Hart Shane & Kari Henderson Scott & Tina LaPorte Steven & Kristin McDonald Tara McFadden Leota Mikkelsen Randy & Phyllis Mikkelsen Larry & Linda Olson	

ULC Leadership 2024

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 12-18-23 Mtg

LeeAnn called the meeting to order and Pastor Jodi led devotions on the discussion of Luke 2:1-20.

Julie reported that transferring money from the general fund check book in to the building dedicated fund this year has gained the building fund account over \$1600 in interest. The church has received over \$5,500 from the Cavalier County Health District grant in sharing vaccine messages and the grant will end in May. Discussion was had regarding the Tithe.ly app and making it more accessible for ease of continuous giving. Julie is working on a reimbursement with the property insurance since our policy date was adjusted to December 1.

Pastor Jodi reported Confirmation and Wednesday school will be wrapping up for Christmas break. The Synod will be hosting a bible study open to all congregation members.

Katie reported that \$7,750 was brought in for Harvest Sunday. All the Harvest Sunday recipients have received their gifts.

The new proposed budget for 2024 was shared and approved to be presented at the annual meeting. There was discussion of Constitutional changes for the upcoming meeting. Potluck following the annual meeting on January 28. Hospitality will be in charge of setting up and serving.

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

Financial Update 11-30-23

November Offering	\$14,063.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$167,261.56	\$172,823.75
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru November	\$173,027.50	\$176,803.61
*Total Expenses thru November	\$221,420.83	\$171,013.55

***Please note, actual expenses are \$171,420.83. The amount shared above includes 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 January 2, our Endowment Fund balance was \$105,187.99. 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!

Property Update



After much searching, the property committee has finally been able to attain and secure a company that specializes in the type of church repair needed in fixing the leaking between the roofs. United Lutheran is first on their schedule for this spring. We are open to donations to tackle this issue as there may be more hidden damage once the siding is removed from the back of the sanctuary wall. We love our church building but many areas of the building has started to show its age which is very unfortunate.

When trying to purchase a new projector for several years, only to have it continue being on backorder, Council passed a motion to purchase TV's that would provide needed updates and better viewing for the worship services. The TVs were purchased through funds dedicated from a member's Thrivent Choice Dollars and through a grant. We thank Steve Hart for ordering and installing all the equipment needed for the TV upgrade for all of us to follow and enjoy in worship. He had several helpers with this project. Thanks everyone!



Top - Steve Hart, Brian Hart and Brandon Hart

Above - Danny Hart, Adam Hart, Landon Welsh and Drew Peterson

New Members

On Sunday, December 3, we formally welcomed new members as part of our congregational family. Please welcome our new members!

Suzanne Sanders and sons,
Dylan & Alex Bott

Brody & Adrienne Cahill
and daughter Marlowe Cahill

Annual Meeting

United Lutheran Church will hold its Annual Meeting of the congregation after worship on Sunday, January 28, 2024. Bring a dish to share and join in for a potluck and fellowship after the meeting.

Wednesday School

Classes for January are: (5:15PM)

- January 10 - The Wise Men
- January 17 - Boy Jesus in the Temple
- January 24 - John the Baptist
- January 31 - The Beatitudes

Harvest Sunday

Thank you to those that contributed to Harvest Sunday! \$7,750 was raised and collected through December 3:

- Building/Repair fund - \$3,100
- Week-End Kids Hunger Project - \$1,162.50
- Cavalier County Transit - \$1,162.50
- Cavalier County Cancer Crusaders - \$1,162.50
- Langdon Area Schools lunch program for outstanding student balances - \$1,162.50

Thank you for your generous support of Harvest Sunday!

Confirmation/Youth

Classes for January are: (6PM)

- January 10 - Parent/Student Confirmation Meeting
- January 17 - No Class...Pastor Jodi gone
- January 24 - Ash Wednesday Lesson
- January 31 - Holy Week Lesson

Youth Group meets January 3 at 7PM

Open to all students of grades 7-12.

Nominating Committee Position

The Nominating Committee has almost completed their important work filling Council Committee positions. They are still in need of one person to fill the "Nominating Committee". Prayerfully consider how you may help fill this position for 2024. Feel free to reach out to the Committee members: Carol Hart, Trevor Romfo, Bernie Goodman, Deidre Long or Patricia Scott.

Confirmation: Gifts for Dacotah Oyate/Food Pantry

The Confirmation class was busy the month of December. They started out by participating in purchasing Christmas gifts for the Children of Dacotah Oyate Lutheran Church in Tokio, ND. They partnered up and chose gifts from a registry created by the Spirit Lake Conference Pastors. Twelve gifts were purchased as well as dental hygiene products and the gifts were delivered to St Olaf Lutheran Church in Devils Lake. Across the Eastern North Dakota Synod, 116 gifts were sent. We can do mighty things when we are church together with our brothers and sisters of Eastern North Dakota. Thank you Sarah Badding for helping with this project.

Food Pantry Christmas Packages



The Confirmation class also packed Christmas Food Packages at the Cavalier County Food Pantry to be given out in the Langdon Area. Does anyone know how long it takes 25 youth to pack 98 packages?.....30 minutes including set up and clean up! This group of kids have a lot of energy and are fun to have in class. Thank you Kristy McDonald and Brenna Swanson for your help with this project.



Wednesday School Christmas Caroling



On Wednesday, December 20, the Wednesday school church kids, Kindergarten-6th grade went caroling at Maple Manor and Wheatland Estates. Blessings for both young and old; for bringing much joy and music to the residents. The generous/caring hearts of these students; may they be blessed for their kindness shown!



Thank you to all who have placed poinsettias on the altar this Advent and Christmas season. The poinsettias will be displayed on the altar through the Christmas season. If you have placed a poinsettia on the altar and didn't receive acknowledgement, please accept our apologies if your loved one's name was not listed below. A special thank you to Shirley Robinson and Helen Johnson for overseeing the care of the poinsettias.

In Memory of

Sharon Olson
By Edwin Olson & family

Walter Rude
By Randy, Kim & Kennedy Rude

Kevin Boe
By John & Karen Boe

Jean & Dean Burnham
Curtis Burnham
By their family

Iris & Lyle Lothspeich
By Corey & Julie Johnson & family

Hjalmer & Florence Gustafson
Ervin Gustafson
By Jim & Faye Wilhelmi & family

Howie Nelson
By Amy Voss

Betty Nelson
By Amy Voss

Joe & Violet Mack
By Kathy Kram & family

Bob Vik
By Carolyn Vik

In Memory of

Janice Pederson,
Morris & Alice Magnus
Leonard & Gladys Pederson
By Glenn Pederson, Teri & Kevin Lill
Tammy & Tom Verke
Jason Pederson

Gary & Joyce Ridley
By Stephen Ridley & family

Don Haugen & Ella Campbell
By the Haugen family

Adam Olson
By Linda, Larry, Chris
Meagan, Gabby and Jocee Olson

In Honor of
Living Family Members
By Priscilla Rime



Exploring Acts

Congregation members across the Eastern North Dakota Synod are invited to participate in a synod-wide Scripture read! Together, we will dwell in the words and stories of the book of Acts. Learn more at www.eandsynod.org/events/exploring-acts

Each day, you are encouraged to read one chapter of Acts and every Sunday afternoon, gather via Zoom from 2:00-3:30 for conversation with Dr. Eric Barreto, Professor of New Testament at Princeton Seminary. This event kicks off with an introductory Zoom session on January 7, reading schedule begins January 8.

Zoom Meeting ID: 898 7923 8361

Zoom Meeting Schedule:

- January 7, 2:00-3:30 (Introduction)
- January 14, 2:00-3:30
- January 21, 2:00-3:30
- January 28, 2:00-3:30
- February 4, 2:00-3:30 (Wrap-up)

Reading Schedule:

- January 7: Introductory Zoom (no assigned reading)
- January 8: Acts 1
- January 9: Acts 2
- January 10: Acts 3
- January 11: Acts 4
- January 12: Acts 5
- January 13: Acts 6
- January 14: Acts 7 & Zoom Conversation
- January 15: Acts 8
- January 16: Acts 9
- January 17: Acts 10
- January 18: Acts 11
- January 19: Acts 12
- January 20: Acts 13
- January 21: Acts 14 & Zoom Conversation
- January 22: Acts 15
- January 23: Acts 16
- January 24: Acts 17
- January 25: Acts 18
- January 26: Acts 19
- January 27: Acts 20
- January 28: Acts 21 & Zoom Conversation
- January 29: Acts 22
- January 30: Acts 23
- January 31: Acts 24
- February 1: Acts 25
- February 2: Acts 26
- February 3: Acts 27
- February 4: Acts 28 & Zoom Conversation

Annual Meeting

The United Lutheran Church Annual Meeting will be Sunday, January 28 following worship. There is a motion being brought forward from Council that will require a congregational vote. It pertains to changing the bylaws concerning the church committees. A copy of the proposed changes is on the bulletin board in the hall by the kitchen. The most significant changes increase term limits to three terms instead of two and decrease the number of members on each committee. Talk to a council representative if you have questions.

A potluck meal will be served by the Hospitality Committee following the meeting. If you're able to help clean up following the potluck, that would be most appreciated!

Christmas Program



Christmas Program, Dec. 10

Above - Kindergarten through 3rd Grade

Above right - 4-6th Grade

Right - Impromptu Adult Christmas Program (Thank you parents for volunteering, unknowingly to a few of them!)



Thank you to the music students with presenting their special prelude music for the Christmas program on December 10 and also to Lisa Schuler. Students performing for the prelude were: Ben Borchardt, Kollyns Schill, Brynlee Koons, Addison Chaput, Colbie Johnson, Jack Borchardt, Lavin Johnson, Myla Domres, Lexi Close, Kalleigh Rollness, Korbyn Rollness, Liam Johnson, Harper Jacobson and Sophie Myrvik. A big thank you to Kathie Johnson and our Wednesday school teachers for their work with the Christmas program. Lastly, the 41 students for working hard to prepare!

Band, Plus One

Several students from the Sixth Grade Elementary School band played music for the congregation on Sunday, December 17 at the beginning of worship. Thank you Lane Lindseth (directing), Lisa Schuler (extra student, flute player) and students!

- Sophie Myrvik - Clarinet
- Sophia Vikan - Clarinet
- Harper Jacobson - Alto Sax
- Gavin Gemmill - Trumpet
- Jack Borchardt - Trombone
- Dentyn Schill - Trombone
- Finley Crockett - Percussion
- Carl Henry - Percussion



Prayers of...

Healing

Caven Dahl (Hodgkin's lymphoma), David Roy, Julie Nelson, Steve Bulat, Joyce Johnson, Ken Carlson, Mavis Dahl and our brothers and sisters in Haiti.

Grief

Josh & Pam Krivarchka family on the death of Josh's father, Duane.

Leland and Carolyn Balsdon families on the death of Leland's mother, Vernice.

Daryl & Linda Timian family on the death of Daryl's mother, Ella Timian.

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

December Memorials

Juanita Domres - Kevin & Jan Stein (building)

Ella Timian - Carol Hart (quilting)

Duane Krivarchka - Lenora Olson (building)

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



New Year's Resolutions and Mental Health

After a week of festive celebration, the start of a new year often brings a sense of renewal and reflection. But amidst all of this, it's crucial to keep our feet on the ground when it comes to our mental health. You may have heard the popular saying 'New Year, New Me' from friends and family or social media. While setting resolutions is common, it's good to approach this period with an understanding of yourself and your mental health.

Common Myths and Facts

I need to transform myself this year. The idea of a complete transformation can be overwhelming. Instead, focus on personal growth and small sustainable changes such as adding one healthy element to your day. Celebrate progress rather than aiming for an unrealistic overhaul.

Success means perfection. In reality, perfection is unattainable and can lead to unnecessary stress. Embrace imperfections as part of being human and plan resolutions considering possible barriers and changes in circumstances. And remember, setbacks often teach lessons and promote growth.

It is easy to make one small change. Small changes, like reading 30 minutes a day or exercising three times per week, seem easy, but sticking to it usually poses the biggest challenge. Any change, no matter how small, requires effort and adding something new to an already busy daily schedule means less time for other things.

Statistics show that last year's top resolutions centered around diet and physical activity. While exercising and a healthy lifestyle are crucial to health and wellbeing, it may be time to shift the perspective. Perhaps broadening the horizon to include self-awareness, resiliency, mental health awareness and social connections provides for a greater holistic approach to a brighter year ahead. Dedicating a few minutes daily to mindfulness meditation or deep breathing exercises, coupled with keeping a gratitude journal can be helpful. This practice reduces stress, promotes mental clarity and nurtures a positive mindset by appreciating life's positive aspects. And having someone to share the joys and sorrows makes the journey more manageable.

Here's to a new year filled with positive changes, self-discovery and a healthier mindset.

At-a-Glance and General Announcements

Thank You to:

DeLynn Carlson for her beautiful work in preparing the narthex and sanctuary for the Christmas season. Although DeLynn did the majority of the work, she had a few last minute helpers in Peggy Fischer and Julie & Corey Johnson. Thank you to Shirley Robinson and Helen Johnson for their beautiful work decorating the fellowship hall and altar.

Finley Smith, Lisa Schuler and Catelyn Goodman for their special music provided in the month of December.

Dennis & Linda Balsdon and Corey & Julie Johnson for preparing and serving the lunch following the Christmas program. Also, to those that stayed to help clean up afterwards!

The Praise Band and all the special music provided through both Christmas Eve services and to Sydney Crockett, Lisa & Brenna Schuler, John Johnson, Becky Tollefson and Kim Hart.

Pastoral Care

Pastor Jodi will be away January 12-20. If there is pastoral care needed, Pastor Jessica Merchant from Edinburg can be reached at (218) 230-4479.

Offering Envelopes

2024 offering envelopes are available to be picked up from the table in the fellowship hall.

If you have not used offering envelopes in the past but wish to, please let the church office know. If you have been giving regularly through bill pay, we did not prepare an envelope packet for you but we surely can, please let us know.

United Quilters

Quilters meet the 2nd Tuesday and Wednesday of each month (9AM-3PM), September-April. If you can cut, sew or tie, you are welcome to come and help fulfill our mission. All materials, tools and machines provided; little experience required!

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.

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.

Weather Cancellation Notice

If inclement weather should arise, Pastor and Council President will make any decisions to cancel worship by 7AM Sunday morning. A post will be made on our Facebook page and radio (KNCK) will also be notified.

Address Information

If you are leaving to go south and would like to continue receiving the newsletter, please let the church office know of this change. The newsletter is also found on our website unitedlangdon.org

Crafting Weekend/January 26-27

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.

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

Flu Shots Benefit Young Children

Did you know flu can be more serious for children than a cold? That's why it's also important to get your children vaccinated against flu this year. Children younger than 5 years old - especially those younger than 2 - and children of any age with certain chronic health conditions, like asthma and diabetes, are at a higher risk of developing potentially serious flu complications. Because these groups of children are at higher risk, it is especially important they get a flu vaccine to reduce their risk of getting sick or being hospitalized or dying from flu if they do get sick. Cavalier County Health District offers flu vaccine by appointment and on a walk in basis pending staff availability.

Pastor Jodi's Contact Information

pjmyrvik@polarcomm.com
Cell phone number 701-265-2409

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



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Return Service Requested

Worship and Ministry - January Schedule

January 7 - Worship with Holy Communion

Reader - Faye Wilhelmi
Ushers - Connie & Mike Schrader
Communion Assts - Faye Wilhelmi,
Patricia Scott & Sandy Ritterman
Acolytes - Harper Jacobson & Brooklyn Mondor
Projectionist - Jaymee Reidhammer
Coffee - Jim & Faye Wilhelmi

January 14- Worship (No Communion)

Reader - Linda Balsdon
Ushers - Dennis Balsdon & David Haslekaas
Acolytes - Finley Crockett & Raiden Wagner
Projectionist - Tyson Gemmill
Coffee - Dennis & Linda Balsdon

January 21- Worship with Holy Communion

Reader - Kim Hart
Ushers - Ted & Linda Dahl
Communion Assts - The Kendall Gemmill family
Acolytes - Sophi Witzel & Alex Bott
Projectionist - Meredith Romfo
Coffee - Jan & David Haslekaas

January 28 - Contemporary Worship with Holy Communion - Annual Meeting and Potluck

Reader - Laura Dease
Ushers - Mark & Laura Dease
Communion Asst - Christian Tollefson
Acolytes - Lizzie Hakanson & Maxton Almen
Projectionist - Brock Freer

*Thank you to PJ Rime and Carolyn Vik for being our
communion prep individuals for the month of January!*