

UNITED MONTHLY

Volume 14, Issue 6

June 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.

A Season of Growth

Dear Brothers and Sisters in Christ,

We have entered the Season of Pentecost in the church year, also referred to as "ordinary" time. This in no way means common, plain or boring, but rather it comes from the term ordinal which means "numbered." These are the numbered weeks of the church year outside of the major feasts and the seasons that surround them...like Advent, Christmas, Epiphany, Lent and Easter. Ordinary time or the Sundays after Pentecost are the Sundays in which we focus on various aspects of faith and life in the world as a people of God.

The color for the season is green...a color associated with new life and growth. It is our "growing season" and it is the longest season of the church year. It is the season that gives us room to breathe, to explore, to learn more about Jesus and his teachings and to find where they intersect with our own lives. This season after Pentecost focuses on the mission of the church in the world and its responsibility in carrying on the work that Jesus gave us to do. We are called to be vehicles of God's grace, love and peace in the world around us. As our baptismal vows indicate, we are to continue in the apostles' teaching and fellowship. In the breaking of bread and in the prayers, we are to proclaim by word and example the Good News of God in Christ. We are to seek and serve all persons, loving our neighbor as our self. We are to strive for justice and peace among all people and respect the dignity of every human being. As I said, this is not a boring season.

Sometimes we wonder where God is. How could God be letting this happen? Why didn't God come and save the day and perform a miracle like it happens in the Bible? Where is God in those moments? This season reminds us that God is with us. In our moments of pain and suffering and aloneness, God is there working through His people...His church. God is there in that compassionate card or phone call. God is there in the offerings of help, the hugs and the people who will sit with us as we journey into the depths of our lives. God does not promise that life will be easy. What God does promise is to be with us and journey with us through whatever comes our way.

We are the very extension of God to the world in which we live through our actions, through our words and through our very being. As people of God, we are all called to see our tasks as part of our life with God. Mowing the lawn, taking care of our children, driving people to and fro, cleaning, helping, being with others...I could go on and on. Our "ordinary" everyday lives are full of moments with God. It is up to us to remind ourselves and those around us that God is in the small "ordinary" moments, just as much as God is in the big moments of life. Blessings to your "greening" and growth.

In Christ,

Pastor Jodi



June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 EaND Synod Assembly
2 10AM Worship (No Communion) EaND Synod Assembly	3 6PM P.E.O.	4	5	6 12PM Al-Anon	7	8
9 10AM Worship (New Member Sunday)	10	11 5PM Esther Circle	12 10:30AM Deborah Circle @ Senior Center 2PM Wheatland Bible Study	13 12PM Al-Anon	14	15
16 10AM Worship	17 6PM Church Council meeting	18	19	20 12PM Al-Anon	21	22
23 10AM Contemporary Worship	24	25	26	27 12PM Al-Anon	28	29
30 10AM Worship at Mt. Carmel Dam						

Faith & Care #4

- | | |
|--------------------------|-------------------------|
| Chair - Lisa Schuler | Charles & Marie Jordan |
| Miles & Teresa Anderson | 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 | Josh & Sarah Overby |
| Dan & Peggy Fischer | Trevor & Jennifer Romfo |
| Darren & Lisa Gellner | Jace Roy & Lindsey Hegg |
| Kraig Gellner | Mark & Shauna Schneider |
| Greg & Sara Goodman | Joan Schrader |
| Ryan & Ashley Gustafson | Bob & Diane Simmons |
| Ashton Hedger | Kassandra Spanier |
| Zach & Andrea Jacobson | Jeannie Steinwand |
| Corey & Julie Johnson | Carla Symons |
| Devon & Katie Johnson | Willie Thom |
| Jay & Delane Johnson | Ryan & Shannon Wagner |
| Landin & Brynn Johnson | Shannon & Sheri Winnege |
| Linden & Helen Johnson | |

ULC Leadership 2024

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

Committee Council Representatives

- | | |
|-------------|-----------------|
| Education | Kim Hart |
| Endowment | On Rotation |
| Hospitality | Andrea Jacobson |
| Property | Sara Goodman |
| Stewardship | Katie Henry |

Non-voting Representative

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

Council Notes 05-20-24 Mtg

The final amount brought in for Vacation Bible School's Cake/Bake Auction was \$4,750.00. There are three Edmore students receiving Confirmation instruction here at United and the church received a nice donation from High Plains Ministry for including these students in our program.

The EaND Synod funds are down and they are requesting an increase of 5% in yearly mission giving from churches in our Synod. Our congregation is currently paying \$17,000. LeeAnn Knudson will be attending Synod assembly with Pastor Jodi.

Pastor Jodi reported for Education that in the fall they will try a hybrid version of Wednesday and Sunday school. Classes will be offered twice per week assuming teaching for both sessions is secured. Bible school with Metigoshe Ministries is upcoming and preparations are underway.

Sara reported for property and she will reach out to the roofing company to find out status of roof project. Discussion of beautification around the property on whether to wait until after roof project is complete. Organ cleaning will not occur until after the project is done.

The church outdoor worship and (indoor) picnic will be July 28. Discussion was held about menu items and preparation. Worship will be held at Mt. Carmel Dam on June 30, similar to last year.

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

Financial Update 4-30-24

April Offering	\$20,747.99	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$65,751.93	\$63,802.67
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru April	\$67,797.78	\$72,204.40
*Total Expenses thru April	\$65,182.17	\$63,103.56

As of May 27, our Endowment Fund balance was \$108,933.36. 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.

General Giving

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!

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 Sunday, June 9.

May Memorials

Arden Norum - Dale & Pam Luhmann (music)

Sharon Chaput - Linden & Helen Johnson (music)

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

Thrivent Cards/Mission

Did you know that all Thrivent members can apply for two Thrivent Action Team grants per year? These grants (\$250 each) can be used for seed money in start up funds for serving in mission projects for the church or our community.

With “God’s Work. Our Hand’s” Sunday coming in September, this grant money would be a great way to fund some of the mission projects for our church. Thank you for your consideration!

Prayers of...

Healing

Caven Dahl (Hodgkin's lymphoma), David Roy, Steve Bulat, Ken Carlson, Bev Domres, Bonnie Hoffer and our brothers and sisters in Haiti.

Grief

The family of Daryl & Linda Timian on the death of Linda’s father, Arden Norum.

Joy

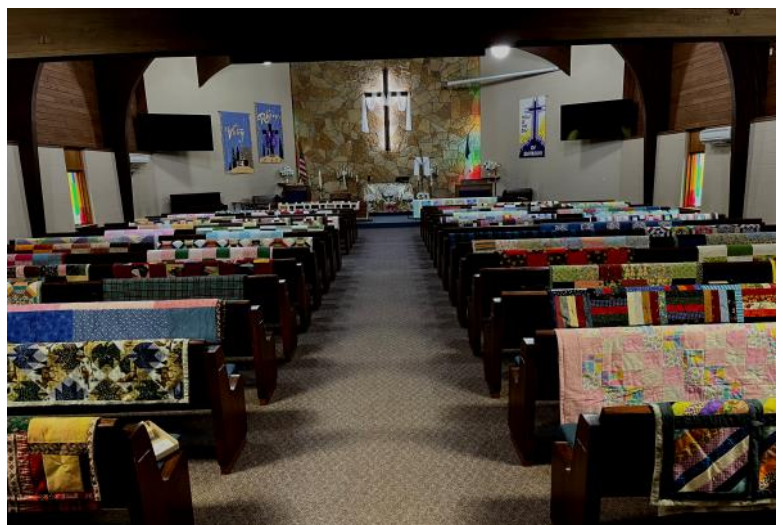
The recent marriage of Anna Jacobson and George Desborough. May they be blessed with many years of happiness!

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

Quilt Blessing



During worship on Sunday, May 5, we blessed the quilts made by our quilters this past year (September 2023 through May 2024). A big thank you to this special group of women who have contributed much of their time making beautiful quilts! Just this year, they made and/or donated: 11 to Social Services, 20 to World Mission, 13 Comfort Quilts or for older children, six each for Senior graduates and for the Domestic Violence and Abuse Center, eight for Church Emergency (larger ones), one for PRBC Quilt Auction and three baptisms. In appreciation for all the work our quilters do each month, they were gifted a new cordless multi-directional steam iron. Pictured above are: Elaine Haugen, Pam Luhmann, Joanne Field, Marilyn Rude, Karen Boe, PJ Rime and JoAnn Mueller. Missing from the photo were: Linda Olson, Linda Timian and Carol Hart.



The Quilters will not meet again until September but are always looking for extra hands. If you can cut, sew or tie, come and help fulfill their mission! All materials, tools and machines are provided; little experience is required! Contact Pam Luhmann or Elaine Haugen with any questions.

Worship at Mt. Carmel Dam

Please take note, there will **not** be worship service in the church sanctuary on June 30. Instead, join us for a fun outdoor worship experience at Mt. Carmel Dam at 10AM. When entering the gate at Mt. Carmel Dam, travel south all the way to the end of the road and then turn east. You will find a covered shelter and BYOLC! (Bring your own lawn chair).

Camp Scholarships

It's not too late to sign your child up for bible camp! If your child is interested in attending a Lutheran bible camp (PRBC, Metigoshe Ministries or Red Willow), 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!

Park River Bible Camp is offering a 20% discount if you register for a summer camp in the month of May!

Student Activities

Wednesday school students made May Day baskets and cards on May 1 for the residents of Wheatland Estates and were able to deliver them the same day. The older kids 4-6 grade made the May Day Cards.

Vacation Bible School with Metigoshe Ministries is in progress, beginning this past Tuesday.

Thank you to Mostad Properties for offering their furnished Airbnb apartment for the VBS counselors to stay for very little cost!



Teacher Appreciation

We thank the following individuals that helped make Wednesday school this past year a success; along with our Education Committee. You are all appreciated!

- | | |
|---------------------|------------------|
| Skyler Moline | Taryn Romfo |
| Bobbi Hayes | Andrea Jacobson |
| Kaila Rollness | Catelyn Goodman |
| Caitlin Kreklau | Brittanie Mostad |
| Katie Johnson | Carla Gemmill |
| Pam Krivarchka | Megan Schill |
| Beth Hansen | Sarah Overby |
| Megan Hakanson | Kristy McDonald |
| Nicole Koons | Abby Borchartt |
| Shanda Christianson | Marcie Crockett |
| Emily Balsdon | Katie Henry |
| Graci Witzel | Jenny Schrader |
| Shelly Agnes | |

Education Committee: Brittanie Mostad, Angie Sanders, Kim Hart, Kristy McDonald, Pam Krivarchka and Katie Johnson.



Senior Recognition

We honored our ULC high school graduates on Sunday, May 19. Congratulations to our youth who completed their high school education: Isabella Olson, Jaya Henderson, Taryn Romfo, Cora Badding, Edward Freer and Adam Hart. Each graduate received a beautiful quilt made by our own quilting group along with a devotion book. Congratulations and many blessings are sent your way from all of us at United Lutheran!

Thank you to the graduates for helping lead us in worship that day. May God's love and guidance be with you all!

Mental Health.....Outdoor Benefits

I can't count the number of times my mom said..."Get outside! It's good for you!" Little did I know she was up on the latest studies regarding nature and mental health. Actually, she said this before a lot of research looking at the correlation between nature and mental health were performed. I guess it was just a mom thing...Moms always know best! Now, there are many studies that demonstrate how spending time in nature can improve mood, lower anxiety and improve cognition and memory. There is scientific proof that making time for nature is important in order for us to maintain resiliency and promote self-care in a world that demands a lot from us.

Nature has been found to be an effective tool to manage stress. Stress stimulates our sympathetic nervous system, which is responsible for increasing our blood pressure, heart rate and blood sugar in order to react to a stimulus that is causing us stress. And while not all stress is bad...for example, stress can motivate you to meet a work deadline or keep an eye on your kids at the pool...prolonged or chronic exposure to stress can chip away at your emotional and mental well-being. Studies have shown that exposure to nature can regulate the sympathetic nervous system in as little as five minutes. This means that we can get an almost immediate benefit from stepping outside. And doing so on a recurrent basis may prevent cumulative effects from stress, which could mean a lower risk for chronic disease, illness and mortality.

In addition to alleviating stress, research indicates that exposure to nature can be an effective coping strategy for those with chronic mental health conditions, including depression, anxiety, post-traumatic stress disorder (PTSD) and attention-deficit/hyperactivity disorder (ADHD). Prolonged immersion in nature and nature-based therapy programs have shown promise as a way of managing PTSD. Even for those without serious mental health conditions, nature may help you manage emotions like loneliness, irritability and possibly even road rage. There is also evidence that nature exposure is associated with better cognitive function...like memory, attention, creativity and sleep quality.

The best part is that nature makes it easy to soak in these benefits. Being present in nature doesn't ask or require anything of us, so it frees up our mind to think more deeply and clearly about things. So, next time you're outside, take a moment to look, listen, touch, and smell. Notice the environment around you and simply be present.

Mission Work

Thank you to the Esther Circle for preparing 21 Personal Care Kits for Lutheran World Relief as part of their mission effort. The kits were packed and dropped off in Fargo. If you have any questions and would like more information on how to prepare kits such as these, the circle encourages others to explore the many ways we as a congregation can help others through Lutheran World Relief. The project was fun and didn't take a lot of effort. Money was used from their mission treasury to finance the project. Thrivent Action cards are a great way to fund a project like this!



Church Gardeners

Two of our faithful gardeners (Carol Hart and Kathie Johnson) spring planting in the rock garden by the crosses. These gals are hard workers and we thank them very much for their time and labor!



At-a-Glance and General Announcements

Thank You to:

Hazel Smith and Lisa Schuler for their special music during worship on May 5.

LeeAnn Knudson for representing United Lutheran, along with Pastor Jodi at Synod Assembly on June 1-2.

Mostad Properties for offering their furnished Airbnb apartment for the VBS counselors to stay for very little cost!

Colbie Johnson for her special music on May 12 during worship; along with the Wednesday school students for providing special music that day as well!

Wednesday school students for the May Day baskets and cards that were prepared and delivered to the residents of Wheatland Estates!

Edwin Olson for spraying the parsonage yard for weeds.

Jeff & Betty Vikan for boxing up the quilts to ready for shipment to Lutheran World Relief and to Ted and Linda Dahl for transporting them to Grand Forks.

Summer Bible Camps

Attending Bible camp can be foundational for faith formation of young people and there are many summer Bible Camp opportunities for grade-school kids and up! From one-day, partial-week and full-week sessions, there are lots of ways to have outdoor ministry be part of your summer schedule! Park River Bible Camp, Metigoshe Ministries and Red Willow Bible Camp are all great opportunities nearby. Check out their websites!

PRBC has a 20% off registration special if you register for a summer camp during the month of May. United Lutheran is willing to pay half the cost for your child to attend any Lutheran Bible Camp. Please let the church office know if your child will be attending a camp and we can take care of helping with this expense.

Visitation

If you know of individuals that might be homebound or 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. Also, if you'd like to be part of this committee, please reach out to Pastor Jodi.

Outdoor Worship & Indoor Picnic

Mark your calendars, the outdoor worship and church picnic will be held on Sunday, July 28. Church council will be responsible for the duties that go along with the picnic. There will be a few changes to the picnic going forward in which the picnic will be held inside the fellowship hall. (Contemporary worship will still be held on the front lawn of the church). The food menu will have some changes too.

New Members

June 9, we will be welcoming new members at United Lutheran. If you are looking for a new church home or 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 offices.

Summer Offering

With attendance down during summer, we appreciate your contributions. Whether you are away on vacation or watching online, your weekly offerings continue to keep a steady flow of funds to pay the church's yearly budgeted expenses. We thank you for that!

Kitchen & Lost Items

With the recent gatherings at the church, are you missing items? It may be in the church kitchen. Missing baby items, toys, sunglasses, readers, etc., they may be laying on the lost & found shelf in the narthex. There are two very nice jackets that have been left behind on the coat rack. Please check if one is yours!

2024 Soil Health Tour

June 12, 8:45AM-3:10PM. Real farmers practicing conservation in Cavalier County. Hosted by NDSU Extension, NRSC, and Cavalier County Soil Conservation District. Call 256-2582 or 256-2484, ext. 3 for more information.

Thresher's Breakfast

The Cavalier County Museum will be hosting their Annual Thresher's Breakfast in Dresden, June 16th from 8:30AM to 1PM.

Helpful Information

Al-Anon - Thursdays, 12PM, ULC, providing support for relatives and friends of alcoholics. Call 701-270-2254 with questions.

Alcoholics Anonymous - Langdon - Wednesdays, 7PM, south wing of Langdon Prairie Health, **Cavalier** - Tuesdays, 8PM, Pembina County Memorial Hospital, **Lakota** - Thursdays, 7PM, Lakota

Mental health distress - Dial 988 for support for anyone experiencing mental health distress – whether that is thoughts of suicide, mental health, substance use crisis, emotional distress and even just worried about a loved one who may need crisis support.

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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Permit #46

Return Service Requested

Worship and Ministry - June Schedule

June 2 - Worship

Reader - Nancy Coyle
Ushers - Greg & Sara Goodman
Projectionist - Victor Long
Coffee - Karen Boe

No Communion

June 9 - Worship

Reader - Liam Johnson
Ushers - Devon & Lavin Johnson
Projectionist - Jaymee Reidhammer
Coffee - Sheri Winnegge

June 16 - Worship

Reader - DeLynn Carlson
Ushers - Willy Thom & Edwin Olson
Communion Assts - Darrel & Karen Kempert
& DeLynn Carlson
Projectionist - Tyson Gemmill
Coffee - Linden & Helen Johnson

June 23 - Contemporary Worship

Reader - Andrea Jacobson
Ushers - Zach & Andrea Jacobson family
Projectionist - Meredith Romfo
Coffee - Joan Schrader

June 30 - Worship at Mt. Carmel Dam

Faith & Care roles filled by volunteers

*Thank you to Karen Pederson for being
our communion prep individual for the month of June!*