

# UNITED MONTHLY

Volume 14, Issue 7

July 2024

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

**We live out this mis-  
sion statement with  
our core values of  
  
Joyful Worship,  
Authentic Community,  
Faithful Witness and  
Ridiculous Generosity.**



**United Lutheran Church  
is a congregation of the  
Evangelical Lutheran  
Church in America.**



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

## Fountain or a Drain?

Dear Sisters and Brothers in Christ,

*"For You are the Fountain of Life; the light by which we see." Psalm 36:9*

I find it so refreshing, energizing and rejuvenating to watch kids splash and giggle as they run through sprinklers or fountains on a hot summer day. It makes me smile and happy inside. So...when I happened upon the phrase..."Be a fountain, not a drain!" It got me thinking...

Am I most often a fountain or a drain? How about you?

Are you most often a fountain or a drain? Do people leave your presence refreshed, encouraged, uplifted and inspired, or are they discouraged, down and tired? Fountains refresh, revive and sustain. Drains remove, deplete and suck the life out of people.

Your very presence can encourage and empower or discourage and de-energize. When you choose to be fully present and listen deeply, you demonstrate respect and people feel it. When you express sincere curiosity and interest, it lifts a person's spirit. However, when you judge and criticize or ignore and dismiss another person, it has the opposite effect. Being a fountain is all about truly caring about others and not just yourself. There is nothing more powerful than a simple act of kindness. Even the smallest act can have an amazing effect on someone.

Word choice is even important. Words like devastation, frustration, overwhelm, resentment, upset and can't; bring people down. Drama, gossip, sarcasm and victim language de-energize. On the contrary, words like gratitude, joy, appreciation, support, happy, excited, and amazing bring a life-giving spirit into the communication.

You will be a either a fountain or a drain today. It is your choice. You will bring life, or death, to those around you. Your words will influence their thoughts, and that will affect their emotion and energy. I encourage to "Be a Fountain" and choose to make a positive difference in someone's life. Bring a sip of water to a thirsty soul! Giving is the greatest joy and a fountain that is overflowing!

God's Fountain...*"For God so loved the world, he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16*

Our Fountain...*"Therefore, be imitators of God as beloved children." Ephesians 5:1*

May your fountains be overflowing.

In Christ,

*Pastor Jodi*



# July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Happy Fourth of July!	5	6
7 10AM Worship (No Communion)	8	9 5PM Esther Circle	10	11 12PM Al-Anon	12	13
Pastor Jodi is away on vacation July 5-13. Pastor Jessica Merchant is available for pastoral emergencies, 218-230-4479						
14 10AM Worship	15 6PM Church Council meeting	16	17 2PM Pastor Jodi @ Wheatland Bible Study	18 12PM Al-Anon	19	20
21 10AM Worship	22	23	24	25 12PM Al-Anon	26	27
28 10AM Contemporary Outdoor Worship & Picnic (No Communion)	29	30	31			

# Faith & Care #1

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

# 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
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# Council Notes 06-17-24 Mtg

Pastor Jodi lead in devotions from Philippians 4:4-9 to begin the meeting. She indicated Vacation Bible School went very well. Coordination and leadership with Metigoshe Ministries was great.

Pastor Jodi and LeeAnn spoke about Synod Assembly they attended on June 1-2. The theme was "Challenge: Learn, Discern, Respond". Giving to the Synod has been decreasing yearly from the churches in our Eastern ND Synod but giving is also down in other Synods.

Much discussion was held about the current leaking of the roof. A motion was approved to move forward with a pitched roof over the fellowship hall, kitchen and narthex. Estimates will be obtained from Marcotte Builders and the Langdon Building Center. Since this will be a larger project than what was originally anticipated, there will be a special congregational meeting to vote on approval of the project.

The Outdoor Worship and picnic will be held July 28. Worship will still be held on the front lawn but the picnic portion will be held in the fellowship hall.

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

# Financial Update 5-31-24

May Offering	\$13,446.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$79,197.93	\$79,753.33
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru May	\$83,197.46	\$95,858.16
*Total Expenses thru May	\$81,424.85	\$78,944.85

As of July 2, our Endowment Fund balance was \$110,746.17. 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!

## June Memorials

**Arden Norum** - Carol Hart (quilting), Harvey & Patty Metzger (garden), Linden & Helen Johnson (building)

**James Wendt** - Duane & Ruth Ann Olson (building), Laura Thielbar (building)

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

## New Members

In the worship service on June 9, we formally welcomed new members as part of our congregational family. We are excited that they chose United Lutheran to be their new church home! Please welcome our new members:

Kim Kalis & Ramona Kalis  
Orris Gjesdal  
Dylan Sr. & Alexandria Johnson  
with their children, Madelyn & Dylan Jr.  
Sean & Ariel Rhinhart with their  
children, Avery & Ellex

## Prayers of...

### Healing

David Roy, Steve Bulat, Ken Carlson, Bev Domres, Bonnie Hoffer, Mike Bisenius and our brothers and sisters in Haiti.

### Grief

The families of Louie Sperling and Fred Sperling, a memorial and graveside service was held at St. John's Lutheran Cemetery on June 9.

The camp ministries of Park River Bible Camp and Red Willow in the loss of their two summer staff members involved in a fatal car crash on June 11.

The family of Elroy & Marilyn Rude on the death of Marilyn's sister.

### Joy

Congratulations to Dylan and Alexandria Johnson on the baptism of their son, Dylan Marshal, Jr. Dylan's baptismal sponsors are Raelinda Hulett and Devon Johnson. Welcome Dylan Jr., child of God! *(pictured above right)*

Special 50th Wedding Anniversary wishes to Larry and Linda Olson which was on June 9.

Congratulations to Chase Rohde and Kylee Moline on the baptism of their son, Avery Chase on June 23. Avery's baptismal sponsors are Chandler Moline and Emily Messner. Welcome Avery, child of God! *(pictured right)*

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



*Above* - Pastor Jodi (holding Dylan Jr.), Dylan Sr., Madelyn and Alexandria Johnson.



*Right* - Chase Rohde, Avery & Kylee Moline.

## Outdoor Worship & Picnic

Our annual outdoor worship and picnic will be held Sunday, July 28 on the front lawn. Feel free to bring a lawn chair (folding chairs will also be available). Bring a friend, too!

Council committees have responsibilities for the picnic which are listed on the bulletin board located by the east sanctuary doors. If you serve on one of these committees please coordinate together to ensure your duties are taken care of. Thank you!

A gentle reminder, United Lutheran Church is a peanut free building. This means **no peanuts, tree nuts such as almonds, cashews, walnuts, or pistachios, or legumes, such as peas, chickpeas, lentils or soybeans; green beans and kidney beans are okay.** Please keep this in mind if bringing food for fellowship after worship, potlucks, picnic, funerals or other events at church.

## Camp Scholarships

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!

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!

## 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 on September 8, this grant money would be a great way to fund some of the mission projects for our church. Thank you for your consideration!



## Vacation Bible School

Many thanks to all who participated in our Vacation Bible School, May 28-31. Five counselors from Metigoshe Ministries led our 43 campers who had a great time! Thank you to our Education Committee for preparing snacks and their presence during the week and to parents and grandparents for entrusting your kids to us for Vacation Bible School!

Our annual cake/bake auction helps raise funds for VBS (so all attending can attend free of charge) and sponsorship monies for those attending a Lutheran summer Bible camp. Over \$4,700 was raised from the auction so thank you to all who supported the auction! Again, thank you to Mostad Properties for supplying the furnished Airbnb for the counselors to stay in!



The VBS kids singing at Wheatland Estates and Maple Manor Care Center.



## Bake-less Bake Sale

The United Women's Bake-less Bake Sale is going on. Letters were mailed from the three different circles and if you have contributed, thank you so much for your generosity. Funds from the bake sale are used to support mission work. If you have questions, please contact your circle chairman or the church office. If it's easier, checks may be dropped off in the church office.

# 2024 END Synod Assembly

On June 1-2, 2024, the Eastern North Dakota Synod, ELCA gathered together at the Holiday Inn in Fargo, ND for the thirty-seventh annual Synod Assembly under the theme of "Challenge: Learn, Discern, Respond." There were a total of 296 people in attendance (183 Lay Voting Members; 80 Rostered Minister Voting Members; 33 Visitors). The business items included hearing reports from officers, adopting the 2025 Synod Mission Plan (budget), elections for Synod Council, Committees, and Voting Members to the 2025 Churchwide Assembly and adopting two resolutions. The resolutions were on Compensation and Benefit Guidelines for 2025 and a Reconciling in Christ Welcome Statement.

Participants also heard a State of the Synod from Bishop Tessa Moon Leiseth and State of the ELCA from our churchwide representative, Kristen Opalinski. We had two worship services with an emphasis on our indigenous ministries in Opening Worship and care for creation at our Closing Worship with the Rev. Deborah Blood, UCC Conference Minister, preaching. Two keynote presentations were shared by Dr. Kelly Sherman-Conroy, Native Theologian.

There were seven workshops offered for participants on a variety of topics. Rostered Ministers and Congregations celebrating significant anniversaries were acknowledged. The Strategic Plan for the Synod was launched thanks to a year-long process of listening and discerning across the synod. A reception was held to celebrate five new Endowment Funds that have been created. The 2025 Synod Assembly will be held on June 7-8, 2025.

Thank you to generous congregations and individuals for contributing to this year's offering at Synod Assembly. Over \$10,400 has been raised for the Native American Endowment Fund.

Bishop Tessa shared the process for listening and discerning to create our mission, name our core values and create ministry result areas.



(Pictured right - LeeAnn Knudson, Pastor Jodi, Sophie Myrvik and Finley Crockett)



A few pictures from our worship service at Mt. Carmel Dam on June 30. It was a beautiful day in the great outdoors and engaged with God in His amazing creation!



## Mental Health.....

Being a fountain rather than a drain is a powerful mindset that can positively impact your life and those around you. Here are some ways to embody this concept:

**Give More Than You Take:** Be generous, offer grace and inspire others. Strive to make a positive difference by giving of yourself, not just material possessions.

**Stay Positive:** Surround yourself with positivity, count your blessings and maintain hope. Complaining less and focusing on encouragement can help you be a fountain of life to yourself and others.

**Set Boundaries:** Recognize emotional drains and learn to say "no" when necessary. Setting healthy boundaries protects your energy.

**Vibrate Higher:** Elevate your energy by being non-judgmental, kind, and uplifting in your interactions. Remember, being a fountain means contributing positively to the world, while being a drain depletes energy. Choose wisely!

# At-a-Glance and General Announcements

## Thank You to:

Janet Jacobson for leading us in worship on June 2 while Pastor Jodi was away at Synod Assembly.

Jan Stein from our Hospitality Committee for providing new welcome gift bags!

The individual with the generous heart that organized the back cold storage room!

Those that attended worship on June 30 at Mt. Carmel Dam. We hope you enjoyed the great outdoors and engaged with God in His amazing creation!

## Emergency Contact

Pastor Jodi will be away on vacation July 5-13th. Pastor Jessica Merchant will be available for any pastoral emergencies by calling 218-230-4479

## CCHD Grant

We have come to the conclusion of the Cavalier County Health District grant that was shared with us and various other churches to advertise vaccine messaging on the back of the bulletin cover and in our monthly newsletter. By sharing their message, United Lutheran received \$7,570 in the little over two years of this grant.

## Bake-less Bake Sale

The United Women's Bake-less Bake Sale is going on. If you have contributed, thank you so much for your generosity. Funds from the bake sale are used to support mission work. If you have questions, please contact your circle chairman.

## Assistance

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

## Blended/Contemporary Sundays

A reminder that the black binders in the pews have the words to the contemporary music used on the 2nd and 4th Sunday of each month. The song numbers are listed accordingly in your bulletin.

## Forgotten Items

There were two very small nice sweat-shirts left behind from VBS. Please check to see if one of them belongs to your child.

## Summer Bible Camps

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.

## 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!

## Muhs Fest

Fifth Annual Muhs Fest, this Saturday, July 6, Mt. Carmel Dam, corn-hole tournament and rib cook off, \$20 per team in the tournament and \$20 for the rib cook off. Free will meal following cook-off judging. Proceeds donated to the Cavalier County Cancer Crusaders in memory of Michael Muhs. Contact Danny Muhs at 370-6344 for more information.

## Community Garden Boxes

Once again, the Cavalier County Health District is in collaboration with LAHS and NDSU Extension for the Community Garden Box Project. Vegetables and fruits will be available for late summer and fall harvest at no cost for community members so take advantage of the produce on maturity.

## Helpful Information

**AI-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

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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 - July Schedule

### **July 7 - Worship**

Reader - Sandra Brooks  
Usher - Edwin Olson  
Projectionist - Adam Hart  
Coffee - Ron & Cathy White

**No Communion**

### **July 14 - Worship**

Reader - Deidre Long  
Ushers - Lyle & Deidre Long family  
Projectionist - Logan Landsem  
Coffee - Greg & Jolene Everson

### **July 21 - Worship**

Reader - Jamie Coyle  
Ushers - Jamie & Amanda Coyle family  
Communion Asst - Ardyce Hennager  
Projectionist - Brock Freer  
Coffee - Ardyce Hennager

### **July 28 - Contemporary Outdoor Worship and Picnic**

Reader - Darby Hart  
Usher - Terry Jacobson  
**(No Communion)**

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