

# UNITED MONTHLY

Volume 13, Issue 3

March 2023

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.**

## Dear Brothers and Sisters in Christ,

For centuries being a worshiper of God has meant offering the right sacrifice...following the right set of rules...obeying a certain set of guidelines...and worshipping on the right day, week or in the right place.

Do you remember the woman at the well? Jesus is trying to tell her about living water, He points out the mistakes she has made in her life. Do you remember what she does? She tries to change the subject. She says, "What about this worship thing? Where do you think we should worship? My people worship over here but your people say we have to worship in Jerusalem. What do you think?"

Jesus' answer is that there is a time coming when people will be able to worship wherever they want, however they want as long as they worship in Spirit and in Truth. **"God is spirit, and those who worship him must worship in spirit and in truth," John 4:24.**

I think one of the greatest problems we have today...with worship...is the same problem humans have had through the centuries. We as humans have a tendency to make worship mechanical. We think we need a certain type of building. We think we need a certain order of the service. We think the worship songs we sing should be a certain style or that they should be a certain tempo. We have all these ideas of what makes worship enjoyable and pertinent for us. We think that in order to encounter God, we must approach Him at a certain time, in a certain place and on a certain day. But God is not limited by our limited concepts of worship. He wants us to worship Him in Spirit and in Truth.

The problem, you see, is that it's not about us. Worship is about God. Worship gets our FOCUS on God...on who he is and what he does and is able to do. When we worship, we need to worship God. We need to be grateful for the good things we enjoy and we need to express our gratitude to God. We need to express that God is worthy of our praise, worthy of our attention and worthy of our time. When good things happen to us we need to be thankful to the one who gives us the good things. When bad things happen, we need to come to Him and acknowledge that He is big enough to take care of our problems. Worship builds our understanding of how amazing God is.

Worship also helps build our CONFIDENCE in God. We hear and see stories of what God has done in the ancient past and how God is working in the lives of our neighbors today. Worship helps show us that God can open doors that we think are shut and can turn circumstances and situations upside down. That's how God works. God can do great things!

The focus of worship is indeed God. Yet worship should affect us. Worship has the ability both to inform us and transform us. When we worship, we remember who God is and who we are as God's people. The sending at the end of our worship service here at United Lutheran Church proclaims that we go forth to experience Jesus, serve others and live the word. Thanks be to God! May it be so for all of us!

See you in worship,

**Pastor Jodi**

# March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5:15PM Wednesday school 6PM Lenten supper 7PM Worship	2 12PM Al-Anon	3 2PM World Day of Prayer at Langdon Presbyterian Church	4
5 10AM Worship with Holy Communion 7PM Community Lenten service at St. Alphonsus	6	7	8 10:30AM Deborah Circle @ Senior Center 2PM Pastor Jodi at Wheatland for Bible Study 4:30-6PM Mobile Food Pantry 5:15PM Wednesday school 6PM Lenten supper 7PM Worship	9 10AM Pastors' Conference, First Lutheran in Grafton  12PM Al-Anon	10 9AM Crafting/Scrapbooking	11 9AM Crafting/Scrapbooking
12 10AM Blended Worship 2PM Pastor Jodi at Maple Manor 7PM Community Lenten service at United Methodist	13 5PM P.E.O.	14 9AM-3PM Quilting 9:30AM Caregiver Support Group 1:30PM Pastor Text Study at Zion 2PM Rachel Circle 5:30PM Esther Circle	15 9AM-3PM Quilting <b>No Wednesday school</b> 6PM Lenten supper 7PM Worship	16 12PM Al-Anon	17	18
19 10AM Worship with Holy Communion 7PM Community Lenten service here at ULC	20 5:30PM Church Council meeting	21 12PM Writer's Group 1:30PM Pastor Text Study at Grafton	22 5:15PM Wednesday school 6PM Lenten supper 7PM Worship	23 12PM Al-Anon	24	25
26 10AM Contemporary Worship 7PM Community Lenten service at Langdon Presbyterian	27 5PM P.E.O.	28 1:30PM Pastor Text Study at Edinburg 3:45-5:15PM First Communion Instruction	29 5:15PM Wednesday school 6PM Lenten supper 7PM Worship	30 12PM Al-Anon	31	

# Faith & Care #2

- |                           |                           |
|---------------------------|---------------------------|
| Chairman - Carol Hart     | Jim & Connie Kjos         |
| Kari Agotness             | Charlie Klein             |
| Gerald & Sue Anderson     | Caitlin Kreklau           |
| Steven & Michele Anderson | Robert & Lillian Lowery   |
| Gene & Barb Arens         | JoAnn Mueller             |
| David & Teri Bodnar       | Paul Myrvik               |
| Arvid & Sandy Boe         | Grant & Betty Nelson      |
| Rick & Carolyn Crockett   | Eldon & Karen Pederson    |
| Ben Crockett              | Paul Peterson             |
| Daniel Crockett           | Bill Reinhardt            |
| Tara Domres               | Stephen Ridley            |
| Brittany Farris           | PJ Rime                   |
| Bernie & Carol Goodman    | Mackenzie Rindy           |
| Dean & Connie Hakanson    | Darrin & Becca Romfo      |
| Travis & Megan Hakanson   | Troy & Rachelle Romfo     |
| Seth & Beth Hansen        | Bill Roy                  |
| Lawrence & Katie Henry    | Randy & Kim Rude          |
| Kyle & Tiffany Hetletved  | Angie Sanders             |
| Tom & Lynda Hoyt          | Arlaine Short             |
| Zane Jacobson             | Brandon & April Smith     |
| John & Kathie Johnson     | Gordon & Sharon Sondeland |
| Bob & Nadine Kempert      | Carl & Rebecca Tollefson  |
|                           | Carolyn Vik               |

# 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   | To be determined               |
| Hospitality | Terry Jacobson                 |
| Property    | Sara Goodman                   |
| Stewardship | Katie Henry                    |

### Non-voting Representative

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

## Council Notes 01-20-23 Mtg

Expenses for the month of January look large as this shows the \$30,000 transfer from the general fund in to the dedicated building fund. Discussion was whether some of the Savings account funds could be placed into Thrivent to achieve higher earned interest but yet have it easily accessible.

The Baby Bottle Campaign has ended. Pastor Jodi reported that Confirmation students will be meeting with their mentors during Lent and helping with the Wednesday services along with the older Youth.

Katie reported that Stewardship met and have a soup supper at Wheatland planned for May 7 with hopes of the congregation helping to supply some of the needed food items. The committee discussed other plans for this summer and also "God's Work. Our Hand's" Sunday in September.

A motion was made to purchase a commercial carpet cleaner to be used in the areas of the church on an as needed basis with the moisture problems.

Inactive membership was discussed and will be added to the agenda again for next month's meeting.

A safety assessment for the community churches will be completed on April 11-12 by the Department of Homeland Security.

A motion was made for Steve, LeeAnn and Julie to have their names added to the signature cards at Choice Bank.

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

## Financial Update 01-31-23

January Offering	\$26,391.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$26,391.00	\$15,711.25
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru January	\$26,874.14	\$20,043.43
*Total Expenses thru January	\$46,386.66	\$15,765.53

Please note January expenses includes a \$30,000 transfer from the general fund in to the dedicated building fund.

As of February 27, our Endowment Fund balance was \$100,104.69. 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!

## March Madness and Mental Health

Tournament play is in mid-swing for many athletes, making March an important time to cheer on the importance of mental health for our young athletes.

Nobody questions an athlete taking time to recover from a sprained ankle or broken wrist. Those injuries are easy to see and come with a clear understanding that they cannot be ignored. But what about when athletes need to step away to tend to their mental health needs? Depression and anxiety are not diagnosed by an X-ray or MRI, yet they can be every bit as limiting or debilitating as a physical injury. Too often, these issues are ignored in the name of grit and asking for help often carries a stigma for athletes. "If you're tough, there's a misconception that you should be able to just do it yourself. You don't have to get help. You need to 'tough it out.' 'No Pain, no gain' becomes the philosophy." Only that idea, psychologists say, creates bigger problems as time goes by.

Stress isn't unique to athletics but the unique culture of sports can serve as a pressure cooker. The competitive environment often preys on any perception of weakness. Add the perfectionist mindset of many competitors and it becomes a powerful force, but one that can also leave athletes feeling unsatisfied no matter how well they perform. Combined with the pressure to win and high expectations placed on athletes by coaches, parents, spectators and self are when trouble starts to brew.

Finding a healthy balance can be difficult. Many athletes won't actively seek mental health help when they need it. Instead, somebody...maybe a coach, parent or peer...might notice that "something seems off" and encourage them to talk about it.

Signs that an athlete may need an assessment of their mental health include: sleeping problems, irritability, low energy and changes in eating.

Open conversation and an acknowledgment that mental health needs to be a priority is the beginning of the process to improved mental health. Prominent athletes such as Michael Phelps and Simone Biles sharing their experiences has drawn more attention to the topic in recent years. For young athletes, in particular, starting this conversation is critical to building a culture where it's OK to talk about the mental health aspect of competition.

Advice for parents of young athletes starts with recognizing and understanding that everyone can be impacted by mental health issues. Mental health is a disease not a weakness. If you're a parent with a young athlete in your house, encourage them to talk. Then, make sure you listen with an open mind. Focus on understanding their situation, not on making your point. Give them a voice. Make sure they feel heard so that you're not continuing a cycle of ignoring issues. Don't be afraid to bring up the issue. The risk of not addressing mental health is far greater in the long run.

It really comes down to "being the best that one can be" and sometimes that requires a little extra help. Consult with your family doctor or school counselor if you have questions.

## Cake/Bake Auction

The Annual Cake/Bake Auction will be held on Sunday, April 2 after worship! The Auction funds allow United Lutheran to offer Vacation Bible School free of charge for our students and those outside our congregation. We ask that all Wednesday school families please bring **at least one** baked item to be auctioned off. Others in the congregation are free to help support this event. (Please keep in mind, ULC is peanut-free).

VBS will be held Tuesday through Friday, May 30th through June 2nd. Pre-registration is required for all children. Camp Metigoshe will once again be with the students. Watch for more information to come and thanks for your support!



## Wheatland Neighbors

On March 7, ULC will be hosting a soup supper for our neighbors and friends at Wheatland Estates. The Stewardship Committee is organizing the supper and providing a portion of the meal but is asking the congregation to help provide some of the food items. If you are able to provide a batch of soup or crockpot of soup, a dozen buns/bread or a pan of bars, please sign up on the sheet in the narthex located next to the sanctuary doors. Your help is much appreciated and they ask that your donated food items be brought to Wheatland by 4PM on March 7th or contact one of our Stewardship Committee members (Abby Borchardt, Ashton Hedger, Katie Henry or Teri Lill) to arrange to have your items picked up. We are hoping to have enough food so the residents of Wheatland could take a few leftovers back to their apartments.

## Here I Am to Worship

I hope my article on worship has increased your sense of wonder and awe regarding what worship is all about. Our Wednesday evening worship services during Lent will explore the aspects of worship through the presentation of five skits, "All About Worship." The youth will assist with worship in a number of ways including participation in the skits and the skits are meant to be humorous, fun and thought provoking.

Join us in Wednesday worship, beginning March 1 at 7pm. Meals will also be provided by the youth and their parents at 6pm prior to worship throughout the month of March. Come hungry and be filled physically and spiritually.

There has been a slight change in schedule from our previous newsletter.

**"Come. Let us worship and bow down..."**

**March 1 "At the Ball Game"**

**March 8 "Poor Peter"**

**March 15 "The Worship Wonder"**

**March 22 "We're Off"**

**March 29 "Worship's Strongest Link"**

## Confirmation/Youth

Confirmation students will not meet for class during the month of March but will meet with their mentors for a 10-15 minute discussion after each Wednesday evening service. Youth Group will not meet in the month of March as the students are helping with the Wednesday Lenten services.

## Youth Sundays

Our older youth lead worship on February 15 and participated in Bible Jeopardy. On February 22, the younger youth helped with Transfiguration Sunday with their "Mountain Top Experiences". Harper Jacobson and Chloe Koons were able to provide special music during the offering of both Sundays.



## Wednesday School

Wednesday school continues to meet in the month of March at 5:15PM:

Class discussions:

March 1 - Aaron Makes a Golden Calf

March 8 - God Gives Caleb Courage

March 15 - **No class**

March 22 - God Makes Balaam's Donkey Talk

March 29 - Rahab Protects the Spies

**The Wednesday school students will be singing during Palm Sunday worship on April 2.**

## First Communion Instruction

Third and fourth graders will have First Communion instruction on Tuesday, March 28, 3:45-5:15PM. Students receiving First Communion will then be held April 6 during Maundy Thursday service at 7PM. (April 16th is an alternate date for First Communion if families are unable to be here on April 6 due to the long school break). A letter will be mailed notifying these families of this information.



## Thrivent Choice Dollars

Are you a member of Thrivent Financial who's eligible to direct Choice Dollars? If so, these dollars are yours to allocate!

In 2022, \$4,239 in Choice Dollars were directed by Thrivent Financial members to United Lutheran. These dollars have been used in our congregation for non-budgeted needs and outreach.

Choice Dollars charitable outreach funds can make a world of difference to our congregation. By directing Choice Dollars, eligible Thrivent members recommend where they feel Thrivent should distribute a portion of its charitable funds. Directing Choice Dollars is easy. Simply go to [Thrivent.com/thriventchoice](https://www.thrivent.com/thriventchoice) to learn more and find program terms and conditions or call 800-847-4836 and say "Thrivent Choice@" after the prompt.

Eligible Thrivent Financial members who have available Choice Dollars have until March 31 to direct them.



## Winter Clothing Drive

The Stewardship Committee is encouraging donations of items needed for students at the elementary school level. Winter clothing items from youth size 6/8 and larger are needed. Gloves and mittens are in huge need. Also, winter boots in kid size 12 on up through youth size 6/7 boots. An orange basket is located in the narthex for anyone wishing to help with this much needed project.

## February Memorials

**Ole Olson** - Larry & Linda Olson (building), John & Kathie Johnson (endowment), Linden & Helen Johnson (endowment), Jim & Faye Wilhelmi (garden), Kevin & Jan Stein (garden), Dale & Pam Luhmann (garden), Lenora Olson (garden), Corey & Julie Johnson (building), Elroy & Marilyn Rude (general), Anna Olson (general), Steven & Jamie Olson (general), Jeff & Becky Overby (general), Paul & Debbie Peterson (building), David & Ardyce Hennager (building), Edwin Olson (music)

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

## Prayers of...

### Healing

Lois Jones (Val Olson's cousin, cancer), Diane Reinhardt, Bob Kempert, Caven Dahl (Hodgkin's lymphoma), David Roy, Gatland Maritz and our brothers and sisters in Haiti.

### Grief

The family of Ole Olson. Ole passed away on February 15 and his funeral was held here at United on Tuesday, February 21.

### Joy

During worship on February 26, Pastor Jodi and the congregation blessed our United Lutheran athletes and sent them off to their upcoming state tournaments. Best wishes and good luck to all, play smart and help others experience Jesus through your sportsmanship: Cora & Aubrey Badding, Meredith Romfo, Jaya Henderson, Alex Gellner, Gage Goodman, Graci Witzel, Catelyn Goodman and Coach Nic Roy.

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

## Community Lenten Services

Sunday night Community Ecumenical Lenten services have been scheduled for Sundays, 7PM followed by coffee and refreshments. The schedule is listed below:

St. Alphonsus - March 5  
 United Methodist - March 12  
 United Lutheran - March 19  
 Langdon Presbyterian - March 26  
 Emmanuel Evangelical - April 2 (Palm Sunday concert)

Offerings will go to the Cavalier County Ministerial Association.



# At-a-Glance and General Announcements

## Thank You to:

Chloe Koons, Harper Jacobson and Lisa Schuler for their special music during worship in the month of February.

Those that helped support the Baby Bottle Campaign that was held during the month of February.

Our Youth for taking the lead in the various ways throughout the worship services on February 12 and 19! Also, for offering coffee and hot cocoa prior to worship and to our members for participating!

Charlie Jordan, our technology genius, stops on a dime to help us out in the office!

## Easter Lily Reminder

A gentle reminder, we will not be having families place Easter Lilies in the sanctuary this year and going forward. Although, feel free to purchase other floral arrangements. The church has purchased synthetic Easter Lilies to beautify this space. Pastor Jodi is extremely allergic to the Lilies and we would like to keep her healthy. Thank you for your understanding!

## World Day of Prayer

The community is invited to attend the World Day of Prayer service at the Langdon Presbyterian Church this Friday, March 3 at 2PM. Written by the women of Taiwan, the service is focused on the words from Ephesians 1: "I have heard about your faith." The event will take place in the church fellowship hall; an offering will be taken and lunch will be served. Everyone is invited!

## Annual Congregational Reports

2022 annual reports of our congregation are available on the magazine carousel outside the sanctuary.

## Offering Envelopes

2023 offering envelopes are available to be picked up from the table in the fellowship hall.

## Daylight Savings

Daylight savings time begins Sunday, March 12. Don't forget to move your clocks forward an hour!

## Quilting

Quilters meet the second Tuesday and Wednesday of each month, September-April. If you can cut, sew or tie, you are welcome to come and help fulfill their mission. All materials, tools and machines provided; little experience required! They will be meeting again on March 14 & 15, 9AM-3PM.

## Visitation

If you know any 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. ULC also has a wheelchair available for anyone needing transfer assistance, located in the narthex.

## Caregivers

This is a confidential group sharing a variety of challenges they are experiencing. The group meets the second Tuesday of the month at 9:30AM in the library. If you are in a caregiver role, support is available.

## Mobile Food Pantry

The Great Plains Mobile Food Pantry will be at our church parking lot, distributing food baskets for our community Wednesday, March 8, from 4:30-6PM. Come if you are in need! Volunteers are needed to help from approximately 4:15-6:15PM.

## Crafting Weekend

All are welcome, bring your crafts and enjoy fellowship time. Friday-Saturday (March 10&11), starts at 9AM at ULC. Any questions, feel free to contact Lisa Schuler.

## National Crisis Hotline

Dial 988 for a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis or any other kind of emotional distress.

## Al-Anon/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.

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

## Vaccine Information

Only 1 in 3 older adults is considered up to date on COVID-19 vaccination. An individual is considered up to date on COVID-19 vaccination if they have completed a primary vaccine series and have received the most recent booster dose recommended by the CDC (when they are eligible). While a 94% majority of people 65 and older have completed their COVID-19 vaccine primary series, only 33% have received their updated booster dose. When looking specifically at nursing home residents and staff, as of late October 2022, only two in five residents and less than a quarter of nursing home health care staff were up to date on COVID-19 vaccination in the U.S.

Medicare Part D will now pay for shingles and tetanus vaccine with no cost to recipients. Schedule your vaccine today to be protected against these serious diseases.

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 - March Schedule

### **March 5 - Worship with Holy Communion**

Reader - Adam Hart  
Ushers - John Johnson & Paul Myrvik  
Acolytes - Aiden & Sophie Vikan  
Communion Prep - Karen Pederson  
Communion Asst - Kari Agotness, Logan Landsem  
& Terry Jacobson  
Projectionist - Victor Long  
Coffee - Carolyn Vik

### **March 12 - Blended Worship**

Reader - Carol Hart  
Ushers - Charlie Klein & Edwin Olson  
Acolytes - Carl Henry & Prestyn Bodnar  
Projectionist - Brock Freer  
Coffee - Carol Hart

### **March 19 - Worship with Holy Communion**

Reader - Katie Henry  
Ushers - Seth Hanson family  
Acolytes - Finley Crockett & Dentyn Schill  
Communion Prep - Karen Pederson  
Communion Assts - Carol Goodman, Sandy Boe  
& PJ Rime  
Projectionist - Adam Hart  
Coffee - Gerald & Sue Anderson

### **March 26 - Contemporary Worship**

Reader - Rachele Romfo  
Ushers - Kyle Hetletved family  
Acolytes - Ramsey Peterson & Ella Goodman  
Projectionist - Meredith Romfo  
Coffee - Bob & Nadine Kempert