

UNITED MONTHLY

Volume 14, Issue 3

March 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.**

Lenten Journey

Dear Brothers and Sisters in Christ,

We are smack dab in the midst of a journey together. Our Lenten Journey began on Ash Wednesday, February 14 and continues for 40 days (not including Sundays). Which means it ends on March 30 the day before Easter. I hope you have chosen to be an active participant in this journey and are not just "along for the ride."

During the 4th century, Lent became a time of reflection and preparation for baptism (or affirmation of baptism) on Easter. Throughout the years, Lent has become a time not only for those new to the Christian faith, but for all of us to also prepare, form and reform our heart and life to Christ by hearing, watching and following his example.

In the 21st Century, for some, Lent has simply come to mean an extra worship service on Wednesday, fish on Friday, giving up chocolate or even taking on exercise practices. None of these are bad choices but they are incomplete without being drawn back to the heart of God through the Gospel. If you feel called to "give something up for Lent," do so by making that "thing" draw you closer to God. For instance, every time you turn down chocolate, remember the reason you are doing so and thank God for giving you the strength to do so. If you choose to give a segment of your precious time to join us in worship, do so for the pure joy of creating a closer walk with God and not because someone expects you to attend. Also remember, in that chance that you fail on a particular day, you are a child of God...named, claimed, forgiven and beloved.

As we make the turn to Holy Week, on Palm Sunday, we walk day by day the way of the cross. There are many services during Holy Week which help to reorient our lives and our values to those revealed in Jesus Christ.

As a community, we will walk the Way of the Cross that leads from "Hosanna", to "Crucify Him!" and "HE IS RISEN!" Those who are immersed in God's Story see that it is not only Christ who is raised, but we are raised with him. The resurrection joy becomes the center of our Christian life as we tell the old, old story that has given hope, assurance and reassurance to generation after generation throughout the years.

May the journey of Lent and the joy of the Resurrection continue to shape the patterns of all our lives, as we die and rise each day following the example of Jesus the Christ, our Savior and Lord.

In Resurrection Joy, *Pastor Jodi*

Easter Week Worship & Activities

**Palm Sunday
(March 24) - 10AM**

(Students will be singing during worship)
Cake/Bake Auction to follow at 11AM

Maundy Thursday (March 28) - 7PM
(First Communion for 3rd graders)

Good Friday (March 29) - 7PM

Saturday (March 30) - 11AM
Community Easter Egg Hunt here at United Lutheran

Easter Sunday - (March 31 - two services)
8AM Traditional Worship
(Rolls and coffee served between the services)
10AM - Contemporary Worship

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 10AM Worship with Holy Communion 7PM Community Lenten service here at United	4	5	6 10AM Ministerial Mtg. 5:15PM Wednesday school 6PM Lenten Supper 7PM Lenten Worship	7 12PM AI-Anon	8	9
10 10AM Worship with Holy Communion 7PM Community Lenten service at Langdon Presbyterian	11 12PM Behavioral Task Force meeting 5PM P.E.O.	12 9AM-3PM Quilting 5PM Esther Circle	13 9AM-3PM Quilting 10:30AM Deborah Circle @ Senior Center 2PM Wheatland Bible Study 5:15PM Wednesday school 6PM Lenten Supper 7PM Lenten Worship	14 10AM-12PM Grafton Pastors' Conference in Edinburg 12PM AI-Anon	15	16
17 10AM Worship with Holy Communion 7PM Community Lenten service at United Methodist	18 6PM Church Council meeting	19 4-5PM First Communion Instruction 5PM Wheatland Supper	20 2PM Rachel Circle 5:15PM Wednesday school 6PM Lenten Supper 7PM Lenten Worship	21 12PM AI-Anon	22 9AM Crafting/Scrapbooking	23 9AM Crafting/Scrapbooking
24 10AM Palm Sunday Worship with Holy Communion 11AM Cake/Bake Auction 7PM Palm Sunday concert @ Emmanuel Evangelical Church	25 5PM P.E.O.	26 10:30AM Pastors' Text Study 4-5PM First Communion Instruction	27 No Wednesday school or Confirmation	28 12PM AI-Anon 7PM Maundy Thursday Worship with Holy Communion (First Communion)	29 7PM Good Friday Worship with Holy Communion	30 11AM Community Easter Egg Hunt here at United
31 <u>Easter Holy Communion Services</u> 8AM Traditional Worship Rolls/coffee served between services 10AM Contemporary Worship						

Faith & Care #1

Leader - Brian & Darby Hart

Shelly Agnes
 Brandon & Sarah Badding
 Carol Badding
 Reily & Stephanie Bata
 Todd & Abby Borchartt
 Sandra Brooks
 Brody & Adrienne Cahill
 Daren & Sarah Christianson
 Todd & Shanda Christianson
 Jamie & Amanda Coyle
 Lawrence & Susan Fay Crockett
 Denis Domres
 Lynn Domres
 Juanita Domres
 Margaret Downs
 Greg & Jolene Everson
 Taylor Everson
 Joanne Field
 Rory & Carey Freer
 Elaine Haugen
 David & Ardyce Hennager
 Joel Jacobson
 Terry & Janet Jacobson

Dale Klein
 Kathy Kram
 Josh & Pam Krivarchka
 Kevin & Teri Lill
 Lyle & Deidre Long
 Dale & Pam Luhmann
 Nathan & Courtney Metzger
 Patty Metzger
 Jeff & Brittanie Mostad
 Ken & Carol Myhre
 Frances Noland
 Ellen Nuelle
 Jim & Shannon Nuelle
 Duane Olson
 Edwin Olson
 Jeff Overby
 Glenn Pederson
 Edward & Bernice Pengilly
 Shane & Janelle Peterson
 Tara Roberts
 Kyle & Kaila Rollness
 Cindy Steinke
 Laura Thielbar
 Ron & Cathy White

ULC Leadership 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 02-19-24 Mtg

Pastor Jodi lead devotions. She recently finished Boundaries training and training with "Grief Support". There is hope that there will be a grief support group offered in our community, maybe starting this fall.

Park River Bible Camp and Red Willow Ministries has hired a new executive director to be shared between both camps. They are still looking for a new program director.

Midweek Lenten services will begin this Wednesday with the youth taking the lead with meals and worship. United Lutheran will be hosting the Community Lenten service, Sunday, March 3 at 7PM. Refreshments will be offered following worship.

The Education Committee has secured the last week of May for VBS and Metigoshe Ministries will be leading again. The committee will be looking for volunteers to assist the counselors and there's a good chance they'll be able to find housing for the counselors. The cake/bake auction has been set for March 24 following worship.

Sara reported for property that they have both long and short term goals for both the church and parsonage. The priority right now is the roof repair between the fellowship hall/narthex. All supplies for the repair have arrived.

Stewardship is planning to do the Wheatland Soup Supper on March 19. They will be looking for items to be donated for this event and are hoping to have music provided by a few piano students.

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

Financial Update 1-31-24

January Offering	\$17,060.93	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$17,060.93	\$15,950.67
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru January	\$17,633.47	\$26,874.14
*Total Expenses thru January	\$16,744.47	\$16,366.66

As of February 20, our Endowment Fund balance was \$108,655.47. 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.

Offering

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

Daylight Savings Time

Daylight savings time begins Sunday, March 10. Don't forget to move your clocks forward one hour!



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 2023, \$2,473 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.

Prayers of...

Healing

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

Grief for the Families of:

Steve and Jamie Olson on the death of Steve's mother, Anna Olson.

David & Jan Haslekaas on the death of Jan's sister, Susie Graveline.

Randy and Kim Rude on the death of Randy's mother, Lorraine Rude.

Joy

Congratulations to Landin & Brynn Johnson on the birth of their son, Levi Linden Johnson.

Congratulations to Kami Kay and Nicholas Roy on the baptism of their son, Sonny Alan. Sonny was baptized on February 18 and his baptismal sponsors are Jace Roy and Natalie Malsom. *(Pictured right, with Pastor Jodi)*

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

Wednesday Worship

Join us as we continue with our Wednesday Lenten worship with meals provided by the youth and their parents at 6PM. Worship at 7PM, meals provided through March 20.

March 6 - "The Whip"

March 13 - "The Man Who Returned"

March 20 - "Through the Veil"

All undesignated offering during Wednesday worship will be given to the Langdon Area Ministerial Association.

Wheatland Neighbors

On March 19, ULC will be hosting a soup supper for our neighbors and friends at Wheatland Estates. It was a very rewarding experience and we would like to do it again! 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 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 19th or contact one of our Stewardship Committee members (Abby Borchardt, Katie Henry, Courtney Metzger, Teri Lill, Julie Johnson or Brynn Johnson) 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 and also a few extras to deliver to our homebound members.



Community Easter Egg Hunt

The Community Easter Egg Hunt travels around each year to different churches, not like in the past when United Lutheran use to host every year. This year, we have been asked to be the host! There will be door prizes and an Easter Egg Hunt! Sponsored by the Langdon Chamber and the Langdon Eagles Auxiliary.

Saturday March 30 at 11AM, for ages 2-12. Registration begins at 10AM.



Easter Lily Reminder

A gentle reminder, we will not be having families place Easter Lilies in the sanctuary this year but 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!

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.

Wednesday School

Classes for March are: (5:15PM)

March 6 - Jesus Meets the Child

March 13 - Jesus Multiplies the Loaves

March 20 - The Last Supper

March 27- **Holy Week, No school**

The Wednesday school students will be singing during Palm Sunday worship on March 24. Thank you to Pastor Jodi for leading them in music!

First Communion

Third graders will have First Communion instruction on Tuesday, March 19, 4-5PM or Tuesday, March 26, 4-5PM at the church. (Your child only needs to attend one of these options) Parents are encouraged to attend the last 15 minutes, although you are welcome to attend the entire class if you wish. It will be beneficial for all of us to be on the same page with explanations, if questions arise at home.

First Communion will be celebrated on Maundy Thursday, March 28, during the worship service at 7PM. It is memorable and appropriate to celebrate First Communion on the night in which Jesus gave his disciples their first communion. However, if you have Easter plans out of town, there is an alternate date of April 7 during worship to celebrate First Communion. Please let Pastor Jodi know as soon as possible which day you will be attending.

Third Graders will receive a mailing with more information at the beginning of March.

Cake/Bake Auction

The Annual Cake/Bake Auction will be held on Sunday, March 24 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).



Vacation Bible School

How will you start your summer? Mark your calendars, VBS will be held Tuesday through Friday, May 28th through May 31. 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!



Springtime and Mental Health

As the weather turns warmer and days become longer, many of us are welcoming the thought of celebrating the end of winter. Unfortunately, spring isn't filled with happiness and renewal for everyone. Some experience seasonal depression, increased anxiety and even low energy levels. Just like we clean our homes every spring, mental health spring cleaning is just as important. The beginning of spring is always a good time to let go of the mental "clutter" we're holding on to. The following tips may be beneficial for a healthy, productive and fulfilling spring season.

First, focus on the present with meditation. Simply put, meditation means giving your total, undivided attention to one thing while remaining in a quiet and calm state for a set amount of time. It can be done while seated or even lying in bed, at any time of day. In most cases, meditation aims to prevent the mind from drifting to other life stressors. It sounds simple but we're so used to having lots of busy thoughts it's not always easy to push them aside. As you navigate the transition from the winter months to springtime, practicing meditation can help you cope with stress, negative thoughts and mood changes.

Second, take a social media detox. The [overuse of social media](#) has been found to be harmful to anyone, from young children to older adults. Not only in terms of what you see and what affects you, but how easy it is to be hurtful to other people, compare yourself to others and strive for perfection. If you find yourself scrolling for hours, it might be time for a [social media detox](#). Knowing when to put your phone away, turning on "do not disturb" mode or closing out of Instagram can make a huge difference in your [mental wellness](#). It can help boost your mood, increase your energy levels and help you feel more emotionally balanced. Remember, you don't have to give up Facebook or TikTok entirely. It's all about finding the right balance and making small, sustainable changes.

Third, let go of negativity. Holding on to too much negativity in our lives can be mentally draining. By letting go of negative thoughts, we can improve our sense of self and our quality of life. Actively make changes to spend less time with people who don't make you feel your best or let them know how their criticism affects you. Consciously adjust your habits and daily routine to replace bad habits with healthier lifestyle choices and remind yourself that everyone has quirks. In terms of negative self-talk, ask yourself whether it's actually making your life better. If the answer is no (which is probably the case for most people), it's time to let go and embrace what you view as your positive qualities.

Fourth, remember that it's OK to say no. For many people, springtime brings added pressure to socialize and spend time outside. If you're feeling overwhelmed by the new set of expectations that come with spring, remember that it's OK to say no. You don't have to say "yes" to every opportunity that comes your way, whether it's extra work, social activities or attending events. No is a powerful word and most of us don't use it enough. Being too available can take a toll on your mental wellness and cause burnout.

Don't hesitate to reach out for mental health care. Contrary to popular belief, you don't need seasonal depression, bipolar disorder or another mental illness to experience difficult mental health symptoms during the spring season. Biologically, seasonal changes can be challenging for anyone. Take care of your whole self in order to enjoy the spring season.

FAST AND PRAY

Join our brothers and sisters in Haiti in fasting and praying Monday and Friday mornings during Lent.

THE ULC SANCTUARY WILL BE OPEN BETWEEN 8:00 AM AND 1:00 PM FOR MEDITATION AND PRAYER ON MONDAYS AND FRIDAYS.

February Memorials

Sharon Chaput - Dale & Pam Luhmann (quilters), David & Ardyce Hennager (general)

Pam Schuler - David & Ardyce Hennager (general)

Anna Olson - David & Ardyce Hennager (music), Dennis & Helga (Olson) Schuschke (general), John & Kathie Johnson (garden), Carol Hart (garden)

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

At-a-Glance and General Announcements

Thank You to:

Those that donated to the Baby Bottle Campaign!

Chloe Koons and Harper Jacobson for their special piano duet on February 4.

Our Youth for taking the lead in the various ways throughout the worship service on Sunday, February 11! Also, for offering coffee and hot cocoa prior to worship and to our members for participating!

Our 4-6 Graders for their special music during the Ash Wednesday service.

Offering Envelopes

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

United Quilters

Quilters meet the 2nd Tuesday and Wednesday of each month (9AM-3PM), September-April. **They will meet again on March 12-13.** 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!

Junior Piano Recital by Sydney

Sydney Crockett will be holding her Junior Piano Recital at Emmanuel Evangelical Church on Tuesday, March 5, 2024 at 7:00 pm. Reception to follow. All are welcome.

Community Lenten Services

Sunday night Community Ecumenical Lenten services have begun on Sunday evenings at 7PM followed by coffee and refreshments. The schedule for March is listed below:

St. Alphonsus - February 25

United Lutheran - March 3

Langdon Presbyterian - March 10

United Methodist - March 17

Emmanuel Evangelical - March 24
(Palm Sunday concert)

Loose offerings will go to the Langdon Area Ministerial Association.

2023 Annual Reports

Extra 2023 Annual Reports are available on the magazine carousel outside the sanctuary.

Assistance

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

Weather Cancellation Notice

If inclement weather should arise, Pastor and Council President will make any decisions to cancel worship by 7:00 AM Sunday morning. A post will be made on our Facebook page and radio (KNDK) will also be notified.

Crafting Weekend/March 22-23

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, usually (Friday-Saturday). For more information, contact Lisa Schuler.

PRBC & Red Willow Ministries

After a national search and in growing partnership, Ms. Jess Gulseth has been selected as the new shared executive director for Park River and Red Willow Bible Camps. Jess holds a Bachelor of Science degree in Broadcast Journalism from Minnesota State University in Moorhead, MN and a Master of Divinity degree from Luther Seminary. She is currently in candidacy to be ordained as a Deacon in the Evangelical Lutheran Church in America.

QPR and Calm Suicide Prevention Training

Monday, March 25, NDSU Research Center. Register by calling NDSU Extension 256-2560 or Cavalier County Health District at 256-2402. Begins at 8AM until 2:30PM. **“You do not need to be an expert to make an impact and save a life!”** A poster with more information is located on the bulletin board in the narthex.

Flu Shots Protect Loved Ones

Getting vaccinated against flu can help protect loved ones, like adults 65 years and older and people living with chronic conditions, both groups of people who are at higher risk of having serious flu complications. Bottom line? Getting an annual flu vaccine is important to protect yourself, your loved ones, and your community against flu. Cavalier County Health District offers flu vaccine by appointment and on a walk in basis pending staff availability.

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

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



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Return Service Requested

Worship and Ministry - March Schedule

March - 3 Worship with Holy Communion

Reader - Deidre Long
Ushers - Scott & Tina LaPorte family
Communion Assts - Deidre Long,
Terry & Janet Jacobson
Acolytes - Aiden & Sophia Vikan
Projectionist - Victor Long
Coffee -

March 10 - Worship with Holy Communion

Reader - Dale Klein
Ushers - Rory & Carey Freer
Communion Asst - Logan Landsem
Acolytes - Finley Crockett & Carl Henry
Projectionist - Brock Freer
Coffee - Rory & Carey Freer

March 17 - Worship with Holy Communion

Reader - Dale Klein
Ushers - Kathy Kram & Milt Clover
Communion Assts - Dale Luhmann,
Pam Luhmann &

March 17 - Worship (continued)

Acolytes - Prestyn Bodnar
& Lavin Johnson
Projectionist - Logan Landsem
Coffee - Dale & Pam Luhmann

March 24 - Worship (Palm Sunday) with Holy Communion

Reader - Abby Borchardt
Ushers - Reily Bata & Nathan Metzger
Communion Asst - Maci Witzel
Acolytes - Kyler Hanson
& Ramsey Peterson
Projectionist - Christian Tollefson
Coffee - Courtney Metzger
& Stephanie Bata

March 28 - Maundy Thursday with Holy Communion (7PM)

Communion Assts - Ella Goodman,
Hailee Hakanson & Liam Johnson
Ushers - Terry & Janet Jacobson
(First Communion for 3rd Graders)

March 29 - Good Friday (7PM)

Usher -

March 31 - 8AM Traditional Easter Worship with Holy Communion

Reader -
Ushers -
Communion Asst -
Acolytes - Parker McDonald
& Kyler Farris
Coffee -

Rolls/juice/coffee served between the worship services

March 31 - 10AM Contemporary Easter Worship with Holy Communion

Reader - Shanda Christianson
Ushers - Todd Christianson
& Brian Hart
Communion Assts - Todd Borchardt,
Abby Borchardt &
Acolytes - Dentyn Schill & Finley Smith
Projectionist - Adam Hart
No Coffee

*Thank you to Linda Olson for being our
communion prep individual for the month of March!*