

UNITED MONTHLY

Volume 14, Issue 8

August 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.

The Book of Ephesians

Brothers and Sisters in Christ,

This summer during this season of Pentecost...the growing season in the life of the church... symbolized by the green colors shown in the paraments (banners and alter cloths)...I am preaching a sermon series on the Book of Ephesians. This, which is a letter the Apostle Paul wrote to the church of Ephesus to encourage growth and maturity in Christian faith that would impact the world.

The letter to the Ephesians starts out by praising God for all His blessings and for choosing us to be part of His family. We are reminded that our life in Christ is not really about us; rather, it is about what God's love does in, with and through us. We are grounded in God's love, mercy, and grace, not by what we do or have done, but through what Christ did for us on the cross. This is the Gospel (The Good News of Jesus Christ).

In the second part of Paul's letter to the church of Ephesus, Paul challenges his friends to respond to the Gospel through the way in which they live their lives; personally, within families and in community. He emphasizes that, even with their differences, they are one...one body, one Spirit, one Lord, one baptism. That's a lot of unity. But unity does not mean uniformity! Paul also explores how Jesus' unified family consists of lots of different kinds of people, all empowered by the one Spirit; to use their unique talents and passions to serve and love one another and build up the Church.

Paul challenges every Christian to "take off their old humanity" like a set of clothes and "put on their new humanity," restoring the image of God. Instead of lying, these new humans speak the truth. Rather than harboring anger, they peacefully resolve conflicts. They generously give instead of stealing. They encourage others instead of gossiping and they forgive instead of getting revenge.

Paul closes the letter by reminding his friends that evil exists. He challenges them to stand firm and put on a metaphorical body armor that resembles Christ. Christians, he says, need to embody the same values and strengths of Jesus himself for they are his body in the world today. In a practical sense, this means forming habits, proactively praying and pondering the Scriptures and depending on one another as we continue to grow as followers of Jesus.

The growing season is not complete. This series will continue throughout the month of August. Please join me in worship as we ponder and reflect on Paul's letter to the Ephesians and consider how Paul's call to the Ephesians can continue to inspire us today at the church of United in Langdon to allow the Gospel story about Jesus to reshape every part of our own life stories.

In Christ, *Pastor Jodi*

Here are the Sunday readings from Ephesians; just in case you'd like to follow along, study ahead or review at home:

July 14	Ephesians 1:3-14
July 21	Ephesians 2:11-22
July 28	Ephesians 3:14-21
August 4	Ephesians 4:1-16
August 11	Ephesians 4:25-5:2
August 18	Ephesians 5:15-20
August 25	Ephesians 6:10-20

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 12PM AI-Anon	2	3
4 10AM Worship	5	6	7 10:30AM Ministerial meeting	8 12PM AI-Anon	9 5PM Wedding Rehearsal	10 4PM Worley/ Tetrault wedding
11 10AM Worship	12 6PM P.E.O.	13 5PM Esther Circle	14 2PM Pastor Jodi @ Wheatland Bible Study	15 12PM AI-Anon	16	17
18 10AM Worship	19 6PM Church Council meeting	20	21	22 12PM AI-Anon	23	24
25 10AM Worship	26	27	28	29 12PM AI-Anon	30	31

Faith & Care #2

- | | |
|---------------------------|---------------------------|
| Chair - Carol Hart | Charlie Klein |
| Kari Agotness | 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 | Karen Pederson |
| Ben Crockett | Paul Peterson |
| Daniel Crockett | Stephen Ridley |
| Tara Domres | PJ Rime |
| Brittany Farris | Mackenzie Rindy |
| Bernie Goodman | Darrin & Becca Romfo |
| Dean & Connie Hakanson | Troy & Rachelle Romfo |
| Travis & Megan Hakanson | Bill Roy |
| Beth Hansen | Randy & Kim Rude |
| Seth Hansen | Angie Sanders |
| Lawrence & Katie Henry | Arlaine Short |
| Kyle & Tiffany Hetletved | Brandon & April Smith |
| Tom & Lynda Hoyt | Gordon & Sharon Sondeland |
| John & Kathie Johnson | Carl & Rebecca Tollefson |
| Bob & Nadine Kempert | Carolyn Vik |
| Jim & Connie Kjos | |

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 07-15-24 Mtg

There was a Park River Bible Camp mailing and email requesting help for camp expenses. Discussion was had about \$2000 already spoken for with the \$3000 mission budget line. \$1000 was given to PRBC during Giving Hearts Day for matching funds. Information will be shared about this request in the bulletins and upcoming newsletter.

Pastor Jodi received an invitation from the Synod for a Lily Grant. The grant is a "coaching" type grant which would include leadership participation in visits and a conference in the Twin Cities. She will check in to it further.

Discussion was had about the leak in the church roof. The third patch seems to be holding for now. One estimate is in and waiting for a second for the proposed slanted roof.

Katie reported national "God's Work. Our Hands" Sunday is September 8 (although this date may be different from what the committee chooses for our congregation). The committee will be getting together to plan a date and make plans for that day but are looking for mission ideas from the congregation.

The outdoor worship is coming up soon on Sunday, July 28. The picnic duties were reviewed with Council representatives.

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

Financial Update 6-30-24

June Offering	\$11,510.00	
	<u>Year-to-Date</u>	<u>Budget YTD</u>
Offering Income	\$90,707.93	\$95,704.00
	<u>Current Year</u>	<u>Last Year</u>
Total Income thru June	\$95,160.93	\$105,206.35
*Total Expenses thru June	\$97,744.23	\$94,996.03

As of July 29, our Endowment Fund balance was \$111,533.02. 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!

July Memorials

David Roy - David & Ardyce Hennager (building), Larry & Linda Olson (building), Dale & Pam Luhmann (general), LeeAnn Knudson & Darin Kaercher (general), Mark & Laura Dease (general), Carla Symons (general), Corey & Julie Johnson (building)

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

Prayers of...

Healing

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

Grief

The families of David and Stacey Roy. David died Wednesday, July 10. His funeral service was held here at United Lutheran on Tuesday, July 16.

The family of Wayne and Missy Hiltner on the death of Missy's father, Donovan Linnertz.

Joy

Congratulations to Jacob Muhs and Kellie Hetler on their marriage on Saturday, July 27.

A Happy 97th Birthday to a very special lady, Arlaine Short.

Happy 50th Wedding Anniversary to a special couple, Dean and Connie Hakanson.

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

Thrivent Action Cards

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



Mental Health...Back to School

Preparing kids for back-to-school season often means back-to-school shopping, eye doctor and dental visits, haircuts and a return to a school-time routine. For many parents, it also means learning some essential mental health tips to help manage any back-to-school stress and anxiety kids may experience.

Dr. Howard Y. Liu, M.D., an adult, child and adolescent psychiatrist and chair of psychiatry at the University of Nebraska Medical Center, who also serves as chair of the American Psychiatric Association's Council on Communications, lifts up a few easy mental health tips for back-to-school that he encourages all parents to learn. "One model that I learned when I was in fellowship that I think really applies to parenting is: 'Never worry alone,' Liu reports. "I think that's a great mantra for parents and for the entire household. Remember, not all kids...and especially not all teens...are going to go to their parents when they're worried." According to the Center for Disease Control and Prevention (CDC) studies are showing that 1 in 6 students had enough behavioral or emotional symptoms and impairment to be diagnosed with a childhood mental disorder. A separate study released in February 2023 found that teen girls are experiencing an increase in sadness, violence and suicidal ideation. "Just make sure that (your child knows) that they don't need to worry alone, that you're there for them," Liu says. "That is one key piece." They also need to know that there are other resources such as counselors, teachers, pastors, coaches and friends. No one is alone!

Liu says spending one-on-one time with your child before or after school is a great way to foster essential conversations about their mental and emotional wellbeing. According to the CDC, a reported one in five high school students report being bullied at school and more than one in six say they're bullied electronically. "The interesting thing I have found as a child psychiatrist is that many kids don't talk about bullying unless you directly ask them: 'Have you experienced any bullying?'" Liu says. "So you do have to talk to them about it." He also points out that family mealtime together is an anchor for good communication. He goes on to say, "It doesn't matter what meal...it can be breakfast, dinner, a snack or dessert...doesn't matter, but that time is actually really protective."

Liu also says that while it's very tempting to let kids stay up late and sleep in during the summer, it's vital to start getting them on a solid routine...particularly a sleep routine...prior to the start of school. "Trying to get back in the routine usually can't happen overnight," he says. "So at least three weeks before school starts, try to get back into that sleep routine." According to a 2022 study published in the journal *The Lancet*, children who got an insufficient amount of sleep experienced more mental health and behavior challenges than their peers who received enough sleep. Less sleep was also found to be linked to "stress, depression, anxiety and aggressive behavior."

Because anxiety, stress and depression symptoms are often physical...especially in young children who do not have the vocabulary to voice their thoughts and internal feelings...here are some signs to look for, according to Liu: Stomach aches, Headaches, Diarrhea, Irritability, Nausea/vomiting, Difficulty sleeping or Falling to sleep.

Remember it takes a village to raise a child. You are never alone. Reach out if you have concerns or questions.



Outdoor Worship & Picnic - What a beautiful morning of sunshine, music and fellowship for our annual outdoor worship and picnic on July 28! Thank you to all the committees for their help in organizing the picnic and those that stayed to help clean up! A special thank you to Steve Hart for the use of his speaker system and to our Praise Band. The meal was excellent and craft activities were available for the kids!



Student Faith Formation

Wednesday/Sunday school

We hope everyone is having a great summer and even though we do not want it to end, fall is right around the corner. We are looking at starting dates for Sunday/Wednesday school. As discussed last spring at an open meeting, we are going to try something different this year in hopes of maximizing student participation. We plan to have lessons on Sunday or Wednesday. Your child would only attend once a week. Please let Pam Krivarchka at 701-799-3154 or Katie Johnson at 701-305-0331 know what day you prefer if you haven't already signed up. Please do so by September 1. Wednesday classes will be at 5:15-6PM, Sunday mornings will be 9-9:45AM.

Also, if your student is new to the area or if your student is entering kindergarten, please contact Pam, Katie or the church office to get registered. The start-up dates are scheduled for Sunday, September 22nd and Wednesday, September 25th. The teachers will again consist of parents and community volunteers. If anyone is interested in teaching or substitute teaching, please contact Pam or Katie by September 1. (Older students that help can use these hours towards volunteer middle/high school hours.)

Please watch the ULC facebook page, upcoming bulletins and the September newsletter for updates. We look forward to seeing all the kids again and hope you enjoy the rest of summer! The Education Committee

Confirmation

Confirmation classes are just around the corner, so mark your calendar! A parent-student informational meeting is planned for Wednesday, September 11 at 6PM for the 7-9 Grade students and parents; and 6:30PM for the 10th Grade students. Confirmation classes for 7-9 Graders will meet most Wednesdays, starting September 18 at 6PM during the school year after that. Stay tuned for more information!

A Message from Park River Bible Camp

Faithful Camp Community,

In the past few weeks, we have deeply felt God's faithfulness, comfort, and peace. Amidst our grief, God's presence has been evident, especially through the unwavering support of the Park River and Red Willow Bible Camp communities. Your prayers, well wishes, and help mean the world to us. Thank you for being a vital part of this ministry.

As many of you have heard, our ministries tragically lost two cherished staff members in a car accident on June 11. Over the past few weeks, we have been focused on caring for our staff, coordinating the many logistics that come with circumstances like these, and connecting with the families of those we lost.

Our camp experiences have continued as planned this summer, thanks to our partnership with The Lutheran Outdoor Ministry Network, who was gracious and quick in their support of our camp. We're so grateful that seven different camps across the region have sent staff members to help us keep our programs running while we grieved and healed.

Our ministry is for people—for friends, colleagues, neighbors and families like yours—and is facilitated by a passionate group of young adults. Despite the challenges, they are ready to continue this summer and we plan to continue with our summer experiences. This means that the financial costs of running a great camp experience continue as well, and this is where you can financially partner with this ministry.

We ask for your help in supporting our staff and ensuring our faith-forming programs continue without interruption. Our operating funds are lower than needed, and your donations can make a significant difference.

You can support this summer's ministry in three ways:

You can make a one-time gift right now. Every financial gift matters and will be used to support this summer's ministry. You can give online right now at prb.camp/give or send a gift by check to 106 Solid Rock Circle, Park River, ND 58270.

You can set up an automated, recurring gift online. These recurring gifts have a positive impact in camp's planning and financial management. You can quickly and easily set up this recurring gift online at prb.camp/give. Plus, every new recurring gift receives a free camp t-shirt.

If you would consider a more significant gift to camp, we'd love to talk with you personally. Call camp at 701-284-6795 or email director@parkriverbiblecamp.org to set up a time to talk about the impact you'd like to make this summer and beyond.

Our camp has overcome hardships before, sustained by the Holy Spirit and supporters like you. Thank you again for being part of this legacy, and part of what God has in store for Park River Bible Camp and all the lives it has and will continue to impact.

With deep gratitude, **Jessica Gulseth**, *Executive Director* Park River Bible Camp & Red Willow Ministries

Gary Helland, *Board Chair*, Park River Bible Camp

"God's Work. Our Hands"

Do you have an idea for serving others? The Stewardship Committee is looking for ideas in which we are "united to serve others" and serving for "God's Work, Our Hands" Sunday. If you can offer any suggestions, place the tear-off portion of the bulletin in the offering plate or give it to an usher during communion. You can also let a Stewardship Committee member know too.



Bake-less Bake Sale

The United Women's Bake-less Bake Sale is still happening. 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.

At-a-Glance and General Announcements

Thank You to:

Carol Hart for leading worship on Sunday, July 7 while Pastor Jodi was away on vacation.

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

Backpacks Need

Social Service is looking for gently used backpacks. If you have any to share, please drop them by the Social Service office.

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!

Assistance

While attending worship, 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.

United to Serve Others

Do you have an idea for serving others? Share it on the tear-off portion of the bulletin and place it in the offering plate or give it to an usher during communion.

The Stewardship Committee would be interested in knowing your ideas too for "God's Work. Our Hand's Sunday!"

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.

Bake-less Bake Sale

The United Women's Bake-less Bake Sale is still happening. 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.

Helping with Worship

We have a great core group of youth helping run our projection system each week and we thank them for their contribution to the worship experiences at United Lutheran. Assistance with the projection responsibilities on Sunday morning is an important part of our congregational worship and is most appreciated. We are looking for a few more individuals (any age) to be part of this rotation. As a student, this service can be used as volunteer hours through the middle & high school! As an adult, this may satisfy your desire in helping with worship and being kind of behind the scenes! (Each individual on the rotation has a turn about every 8-10 weeks) If you may interested or have any questions, please reach out to the church office

Hospital Annual Picnic

Langdon Prairie Health Foundation annual picnic & family fun night, open to all, free will offering. Thursday, August 8, serving 5PM until gone, St. Alphonsus cafeteria/park & hospital courtyard. Live music, kids' adventure & face painting, bikes for give away.

American Legion Picnic Fundraiser

All proceeds go towards the American Legion Memorial Monument, sponsored by Schroeder Furniture and held at the furniture store, August 8, 11AM-1PM, free will offering, serving hamburgers, hotdogs, salads, chips and lemonade.

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.

Off the Charts Music Festival

FREE Contemporary Christian music festival, Saturday-Sunday, August 17-18, featuring Sidewalk Prophets, Stephen Stanley, Sean Rodriguez and KB and more! Cavalier City Park - Games, food, fun and music! Check out their website for more information at www.offthechartsnd.com or their Face book page.

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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Permit #46

Return Service Requested

Worship and Ministry - August Schedule

August 4 - Worship

Reader - Kari Agotness
Usher - JoAnn Mueller & PJ Rime
Communion Asst - Kari Agotness
Projectionist - Christian Tollefson
Coffee - Rick & Carolyn Crockett

August 11 - Worship

Reader - Katie Henry
Ushers - John Johnson & Paul Myrvik
Projectionist - Victor Long
Coffee - Arvid & Sandy Boe

August 18 - Worship

Reader - Becky Tollefson
Ushers - Angie Sanders & Jacob Sanders
Communion Assts - Christian & Jacob Tollefson,
April Smith
Projectionist - Jaymee Reidhammer
Coffee - Carolyn Vik

August 25 - Contemporary Worship

Reader - Rachele Romfo
Ushers - Rachele & Meredith Romfo
Projectionist - Tyson Gemmill
Coffee - Karen Pederson

*Thank you to Elaine Haugen for being
our communion prep individual for the month of August!*