



Parish The Thought

Volume 54 Issue 1 January, 2021

BALTIC AND EAST NIDAROS LUTHERAN PARISH

Two Churches - One Parish - Centered on the Cross



UPCOMING EVENTS

- Sun Jan 3 Communion
- Mon Jan 4 Annual Report Deadline
- Wed Jan 6 8:30-12:00 East Nidaros Quilting
6:30-7:30 7th & 8th grade Confirmation @ East
- Thu Jan 7 9:00 Bulletin Assembly
- Mon Jan 11 7:00 East Council Meeting
- Tue Jan 12 **Annual Report Assembly**
7:30 Baltic Council Meeting
- Wed Jan 13 6:30-7:30 **7th & 8th grade** Confirmation @ East
6:30-7:30 Food Bank Open
- Thu Jan 14 9:00 Bulletin Assembly
- Mon Jan 18 **NEWSLETTER DEADLINE**
- Wed Jan 20 6:30-7:30 **7th & 8th grade** Confirmation @ East
- Thu Jan 21 9:00 Bulletin Assembly
- Sat Jan 23 10:30-11:30 Food Bank Open
- Sun Jan 24 **Annual Meetings**
- Wed Jan 27 **COMMUNION BALTIC 1:00-2:00 & EAST 5:00-6:00**
6:30-7:30 **7th & 8th grade** Confirmation @ East
- Thu Jan 28 9:00 Bulletin & Newsletter Assembly



JANUARY PULPIT POST

“By Faith”

Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the men of old received divine approval.

Hebrews 11:1-2

To learn about faith, the 11th chapter of Hebrews is a great place to turn. Faith is defined in the first verse as something we hope for but is not seen. The word “faith” appears nearly 30 times in this chapter. This chapter in the bible cites how people like Abel, Enoch, Noah, Abraham, Sarah, Isaac, Jacob, Moses, Rahab, Gideon, Barak, Samson, Jephthah, David, Samuel, and the Israelites, all lived by faith. It is by faith that all these people received God’s favor.

What does it mean to live “by faith”? For this list of people mentioned, living by faith meant they each obeyed what God had told them to do, not knowing the outcome. Abraham listened to God and left his homeland without knowing where he was going. Sarah trusted God would give her a son even though she was past the years of conceiving a child. Noah listened to God and built an ark without any forecasts predicting rain. Living by faith means trusting what God has promised even when our reason would suggest otherwise.

The stories of faith cited in this chapter of Hebrews are much like the stories that we have lived in this past year. It is by faith we have lived each day this year with all the changes the pandemic caused in our lives. By faith, churches closed the doors of their buildings, but opened their services for more people to hear God’s word with recording technologies used by many churches for the first time this year. By faith, many activities of the church were canceled while trusting God to lead us in new ways of “gathering” us together.

The last verses of this chapter point out that when we live by faith, we don’t actually receive what was promised to us. We receive more. God provides something better than what we expected. This gives us great hope as we begin this new year. We, like the “people of old” will live this new year, by faith, and will receive God’s good favor.

Blessings to each of you in this new year,

Pastor Randall J. Questad

Parish Nurse & Health Board

Here we are in January already, the Season of Light, with the cloudy, dark days of winter. Many are not getting enough Vitamin D which we lack of due to the nice long sunny days of summer to maintain good levels. So please discuss with your physician as there is a blood test to determine whether a supplement is needed.

Since South Dakota has now approved the use of Medical Marijuana, would like to share some information on it. What is Medical Marijuana? It uses the plant or chemicals in it to treat diseases or conditions. It is basically the same as recreational marijuana, but taken for medical purposes which needs to be prescribed by a physician.

Researchers are studying whether medical marijuana can help treat a number of conditions such as Alzheimer's, appetite loss, cancer, Crohn's disease, diseases effecting the immune system like HIV/AIDS or MS, eating disorders, epilepsy, glaucoma, mental health conditions such as PTSD, muscle spasms, nausea, pain, or seizures.

Pain is the main reason people ask for a prescription, which could be from headaches, a disease like cancer, or a long-term condition or glaucoma or nerve pain.

Your body already makes marijuana-like chemicals that affect pain, inflammation, and many other processes. Marijuana can sometimes help those natural chemicals work better. Marijuana can be used by smoking, vaporized, eaten (in the form of a cookie or candy), or taken as a liquid extract.

Side effects of marijuana usually don't last long but can include: dizziness, drowsiness, short-term memory loss, euphoria. More serious side effects include severe anxiety and psychosis.

The risks and limits include the fact that medical marijuana is not monitored like FDA-approved medicines. When using it, you don't know it's potential to cause cancer, its purity, potency, or side effects.

Only people who have a card from a doctor should use medical marijuana. Doctors will not prescribe medical marijuana to anyone under 18. Others who should not use it: people with heart disease, pregnant women, or people with a history of psychosis. According to experts, cannabis can help reduce chronic pain, nausea and vomiting due to

chemotherapy, and stiff muscles caused by multiple sclerosis. This is always a decision between the patient and doctor whether this is a safe option to be using to control symptoms.

Our Health Board has been very saddened by the death of our member, Darla who has been a member of the Board since the Parish Nursing Program started in our Parish. She will be deeply missed as she always took a very active role in being a part of the Board.

We are also in desperate need of wheelchairs for the churches. We did have a good supply, but obviously some must not have been returned. Any ideas? The wheelchairs are a very needed item to have available. Any help would be appreciated. There is a surplus of adult diapers. If anyone is in need please let me know.

Blessings,
Marjell Wendland, RN, FCN

MARJELL'S OFFICE HOURS are Thursdays from 9am –3pm, but she will not always be available at the church due to home visits. She can be reached at her home telephone (529-5457—leave a message).

IF YOU ARE HOSPITALIZED.....

Please remember due to federal regulations, hospitals cannot inform the church of your admission without you giving them your permission. Likewise the Pastor and Parish Nurse cannot call or visit you if you are sick without your permission. If you would like a visit please notify the church office at 529-5471 or e-mail nidaros@alliancecom.net.

HOME MEDICAL EQUIPMENT AVAILABLE

Crutches, Bed Rails, Commodes, Walkers, Cane,
Urinal, Boot, Shower Stool, Depends,
Toilet Riser, Wrist Brace

Remember if you are in need of Home Medical Equipment to contact Marjell or the church office.

There is now a sign-out sheet in the Home Medical Equipment room at East, so please complete it when checking out equipment and also when returning, so we have a record of all that we are pleased to be able to offer anyone in the community.

Thanks for your cooperation with this.

Footcare Clinic will be Thursday February 4 and every other month following. The next ones will then be April and June. This change was made by Sanford.

We will still be doing them on the first Thursday of the month and will do our best to accommodate all clients.

Check with me with concerns. Marjell, RN, FCN



Alliance Communications 'Keep the Change' Fund of the Sioux Falls Area Community Foundation has awarded Baltic Lutheran Church a grant for \$1000.00 to be put towards the church's Technology Fund. This puts us a little closer to our goal for audio/video equipment to purchase and install. We appreciate and thank Alliance Communication and the Sioux Falls Area Community Foundation for their generosity.

When you shop Amazon, shop Amazon Smile and support East Nidaros!



Amazon smile is a simple and automatic way to support East Nidaros every time you shop. Simply go to smile.amazon.com and sign into your account the same as you Amazon.com. Eligible products will be marked "Eligible for AmazonSmile donation". Each time you do this, AmazonSmile donates 0.5% of your purchase price to East Nidaros.

East Nidaros: If you would like to have giving envelopes for 2021, please let Alvina know. If you already have giving envelope please continue using what you have on hand.



Baltic Lutheran Council Minutes

November 9, 2020

The monthly meeting of the Baltic Lutheran Church Council was held on Monday evening, November 9, 2020 at 6:00 pm at East Nidaros. President Dale Erickson called the meeting to order.

Council members present were: Dale Erickson, Karen Sinding, John Sinding, J. Serna, Dick Berg, Lori Berg, Myron Nohava, Jeff Boldt and Corynne Teveldal. Pastor Randall Questad was also in attendance.

Pastor Randall led us in prayer.

Motion to approve the October 12, 2020 meeting minutes by Karen and second by J. Motion carried.

Financial Report

Motion by John to accept the treasurer's report. Second by Dick. Motion carried.

Trustees Report

The 2021 proposed budget was discussed.

Discussion was held regarding the Christmas offering. Motion by J. for the Christmas offering to go to the Technology fund. Second by Jeff. Motion carried.

Deacon's report

Nothing new to report

Old Business

PPP forgiveness forms are not available yet.

New Business

Lois Hazel requested a key to the church to have access for flower arrangements for Sunday services. Motion by Myron to approve the key request. 2nd by Karen. Motion carried.

A Covid Relief grant application has been sent in.

Pastor Randall will look into an app to help livestream services from Baltic Lutheran. J. will get quotes on a 75" tv.

Pastor's report

Pastor's report was given at the joint meeting.

The next meeting is, Monday, December 14, 2020 at 7:30.

Motion to adjourn by John and second by Jeff. Motion carried.

Lori Berg, Secretary

Submitted unapproved

BALTIC GENERAL FUND 2020

Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	\$7,785.74	\$9,964.93	\$7,785.74	\$9,964.93
Feb	\$8,459.93	\$9,950.11	\$16,245.67	\$19,915.04
Mar	\$9,474.85	\$8,946.70	\$25,720.52	\$28,861.74
Apr*	\$22,130.05	\$10,650.30	\$47,850.57	\$39,512.04
May	\$8,444.30	\$8,317.66	\$56,294.87	\$47,829.70
June	\$6,768.39	\$9,221.18	\$63,063.26	\$57,050.88
July	\$9,013.34	\$11,183.06	\$72,076.72	\$68,233.94
Aug	\$11,663.61	\$11,182.52	\$83,740.33	\$79,416.46
Sep	\$48,449.48	\$50,513.90	\$132,189.81	\$129,930.36
Oct	\$7,911.03	\$8,689.05	\$140,100.84	\$138,619.41
Nov	\$12,286.74	\$10,376.78	\$152,387.58	\$148,996.19
Dec	\$10,421.58	\$14,200.19	\$162,809.16	\$163,196.38

December is as of December 28, 2020

*Includes PPP (Cares Act) loan of \$11,250.00

BALTIC BLDG FUND	
Jan	\$152.00
Feb	\$155.00
Mar	\$173.00
Apr	\$120.00
May	\$124.00
June	\$90.00
July	\$285.00
Aug	\$195.00
Sep	\$105.00
Oct	\$135.00
Nov	\$95.00
Dec	\$175.00
YTD	\$1804.00

Baltic and East members when mailing items or offering to the church, please use the correct church mailing address. If it doesn't say **Box 198** they will send it back to you as unable to locate .



Joint Council Minutes

November 9, 2020

Attendance: Jeff Boldt, Dale Erickson, J Serna, Myron Nohava, Corynne Tevedal, Lori Berg, Dick Berg, John Sinding, Karen Sinding, Jennifer Hartman, Jesse Hartman, Craig Krogstad, Pastor Randall Questad, David Daugaard, Deb Larson, Alvina Harvey, Kathy Hegge, Marjell Wendland
Call to order: Craig Krogstad

Secretary's Reports: Lori Berg read the February Joint council minutes. No discussion was had on the minutes as read. Minutes approved.

Parish Nursing: Marjell gave an update on the Parish nursing program. She is trying to do what she can do for visits and programs during the pandemic. They are still planning a service of remembrance. And has stated that they are reporting almost as many incidents of alcoholism and depression and covid cases.

Old Business: nothing to report

New Business:

Pastor Randall Report: Pastor gave a report on the Synod day that the ELCA synod had recently, with the emphasis on the 50-40-10 initiative. 50 years of women ordination, 40 years for women of color ordination and 10 years for the LGBTQAI ordinations.

Kendra Kappler is doing her senior project with Pastor Randall this year. She is planning a worship service for February 21 and Pastor Randall is her mentor.

The November calendar does not include communion on Wednesday due to that week being Thanksgiving week, but communion is always available upon request.

Christmas Eve services: Discussion was had on the options for Christmas Eve service this year in light of the pandemic and restrictions for social distancing. We will look to have 3 services offered at 3pm, 5pm at East and 8pm in Baltic. We will also have a sign up Genius created and sent out to sign up for which service you would like to attend for Christmas to ensure we can follow guidelines for social distancing. If people do not have the ability to use sign up genius, they can call the church office to let us know which service they will attend.

December 27th will still be our year in review service, but may look a little different or be a different type of service.

Cont.

Compensation reports and purposed budgets were approved by both councils to bring to each annual meeting in January. A motion was made to move forward as a joint council was made by Myron Nohava and seconded by David Daugaard. Motion passed. Budgets will be brought to the annual meetings for congregational votes.

Annual meetings are set for January 31st for both churches.

A motion to adjourn was made by Dick Berg and seconded by Karen Sinding.

Next council meeting will be in February at the council retreat, date and time to be determined.

Meeting closed with the Lord's Prayer.

Submitted by Jennifer Hartman, East Nidaros Secretary



FOOD PANTRY ITEMS NEEDED

**Monetary Donations
always Welcome!**

**Donations can be mailed to:
PO Box 244 Baltic SD 57003**

- Kleenex
- Toilet paper
- Personal Hygiene Items
- Ketchup
- Knorr Sides
- Peanut Butter
- Cake Mixes
- Brownie mixes
- Mustard
- BBQ Sauce
- Oil
- Paper towels
- Laundry Soap
- Tuna
- Cookie mixes
- Salad Dressing
- Juice
- Jelly
- Coffee
- Pudding cups
- Sugar
- Flour
- Dish soap

**NO OPENED,
PARTIALLY USED OR
OUTDATED ITEMS
PLEASE**

Items may be dropped off at the Baltic School in the red box in the Commons or in the Baltic Narthex or East Nidaros Fellowship Hall.



East Nidaros Council Minutes

November 9, 2020

Attendance: Craig Krogstad, David Daugaard, Kathy Hegge, Alvina Harvey, Jennifer Hartman, Jesse Hartman, Pastor Randall Questad, Deb Larson

Call to order: Craig Krogstad

Secretary's Reports: October minutes were read during the meeting by Kathy Hegge. A motion to accept the minutes as read was made by Alvina Harvey and seconded by Kathy Hegge. Minutes approved.

Treasurer's Report: Financial reports were emailed out prior to the meeting. The soup supper fundraiser brought in just over \$2500 and was a huge success. Thank you to Kathy Hegge and Colleen Nielsen for organizing the fundraiser. A motion to accept the financial reports was made by Jennifer Hartman and seconded by David Daugaard. Motion passed.

Deacon Report: Nothing new to report

Trustee Report: Nothing new to report

Pastor's report: Pastor report to be included in the following Joint Council minutes.

Old Business:

TV/Stand: This is completed and working great.

New Business:

Colleen Nielsen has alerted us that the vacuum is in need of repair. Kathy Hegge will look in to this for Colleen.

A motion to have the Thanksgiving offering go to the St Dysmas Prison ministry was made by Alvina Harvey and seconded by Deb Larson. Motion passed.

A motion to have the Christmas offering and the December noisy can offering to go to Call to Freedom organization was made by Alvina Harvey and seconded by Deb Larson. Motion passed.

Nominating Committee: there was not a nominating committee put in place previously. Open positions were discussed for 2021.

In need of 1 Deacon, 1 Trustee, and a Sunday School Coordinator.

Proposed Budget: The financial team and trustee's met to discuss and prepare the purposed 2021 budget. A motion to bring the purposed budget to the congregation was made by Jennifer Hartman and seconded by Jesse Hartman. Motion passed.

Cont.

Vera Nielsen has stepped down as our funeral coordinator and passed the information on to Kathy Hegge and Colleen Nielsen. We thank Vera for her many years of service to our church.

We would also like to say a huge thank you to everyone who has helped bring the East Nidaros streaming services to the congregation. And a special thank you to Dale Erickson for always being at East to help run the system.

Angel Tree: We will do an angel tree this year for Christmas and it will go to the Foster Kids program in Sioux Falls. Kathy to get more information on this for us.

A motion to adjourn was made by David Daugaard and seconded by Deb Larson.

Next Meeting: December 7th at 7pm

Submitted by Jennifer Hartman, East Nidaros secretary

Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	\$ 3,082.26	\$ 3,939.94	\$3,082.26	\$3,939.94
Feb	\$29,323.02	\$7,840.69	\$32,405.28	\$11,780.63
Mar	\$7,747.71	\$4,464.74	\$40,152.99	\$16,245.37
Apr	\$14,114.93	\$6,382.70	\$54,267.92	\$22,628.07
May	\$1,356.81	\$4,631.75	\$55,624.73	\$27,259.82
June	\$3,435.13	\$8,966.94	\$59,059.86	\$36,226.76
Jul	\$6,726.39	\$6,005.42	\$65,786.25	\$42,232.18
Aug	\$7,546.41	\$5,465.55	\$73,332.66	\$47,697.73
Sep	\$12,250.99	\$6,675.14	\$85,583.65	\$54,372.87
Oct	\$3,342.74	\$14,095.15	\$88,926.39	\$68,468.02
Nov	\$10,161.78	\$8,127.67	\$99,088.17	\$76,595.69
Dec*	\$10,512.90	\$12,206.08	\$109,601.07	\$88,801.77

*Through December 21, 2020

East Nidaros is looking for a Sunday School Coordinator



If interested please get in contact with
Jenni Hartman, Chelsey Koenig or Katie Siemonsma.

The Following Gifts Have Been Given As Memorials:

Baltic

In Memory Of:

Ruth Haugen Baltic Lutheran Church \$10.00

Jerry Fowlds Baltic Technology Fund \$5.00 &

Baltic Building Fund \$10.00

Bruce Fowlds Baltic Technology Fund \$5.00 &

Baltic Building Fund \$10.00

Glen Sebesta Baltic Technology Fund \$5.00

Carol Gout Baltic Lutheran Church \$5.00

Terry Hodne Baltic Technology Fund \$25.00 &

Baltic Building Fund \$10.00

Donald Joyce Baltic Technology Fund \$20.00

Grant Kringen Baltic Technology Fund \$70.00

Darla Singasaas Baltic Technology Fund \$10.00

Gary Thompson Baltic Technology Fund \$15.00,

Baltic Lutheran Church \$65.00 & East Nidaros Cemetery Fund \$20.00

East

In Memory Of:

Darla Singasaas General Fund \$410.00, Technology Fund \$135.00

& Parking Lot Fund \$25.00

Jerry Fowlds LifeScape Angel Tree Fund \$100.00

Glenn Sebesta General Fund \$25.00 &

Parking Lot Fund \$25.00

Don Mairose Parking Lot Fund \$25.00

JANUARY NOISY CAN

Baltic: Baltic Food Bank

East: Baltic Fire Department

Thank you!

Thank you to all who contributed to the Virtual Christmas Program! A special thank you to Jenni Hartman and Chelsey Koenig for helping organize it! And thank you to Karen Sinding for all your help in getting photos and videos to me. I apologize to Karen & John for omitting their photo...and if I missed anyone else, I am so sorry! All of the readers and musical participants were wonderful! There were 60 kids(!) involved with the coloring page messages! And thanks to Kari Sundermann for recording the preschoolers...they were so cute! A huge thanks to Pastor Randall & Kim for all the music and photos! It was wonderful to have so many of our members participate; we have really missed seeing everyone in person! May each of you be blessed with health and peace in the New Year!
~Kathy Hegge



Thank you for all the kind gestures, cards, and gifts received from church groups, families, and individuals during Christmas. We are truly blessed to serve the Baltic-East Nidaros parish. We wish you God's peace and blessings in 2021!



Thank you members for your continued support of Baltic and East Nidaros this year. We have many responsibilities each month to meet and appreciate all that you do for our congregations! Blessings to all of you in the New Year!



MEMBERS

Tanya Vollan Paul Romsdahl
Rhoda Wold Ordell Krogstad
Vickey Lundstrom Tom Siemonsma
Joanne Hamre Ella Riswold
Sharon Hamre Ben Kringen
Roger Moan

FRIENDS & FAMILY OF OUR MEMBERS

Family of Darla Singsass

LeRoy Koopman—Brother-in-law to Ben & Elaine Kringen

Ron Seim—Friend of Melva Lee Hilmoe

Jerome Johnson—Uncle of Deb Karlson & Brenda Bergum

Darrel McMahon—Brother of Ann Romsdahl

John Jorgenson—Friend of the Community

Dawn Williams—Sister of Danae Cords

Jordan Alderman—Nephew of Dave and Deb Qualseth

Fred Tidemann—Brother of Melva Hilmoe

Don Vollan—Uncle of Jimmie Vollan

Mike Wuestewald—Friend of Terry Snow, Tom & Joanna Baatz

Javin Ihnen—Son of Justin and Jessica Ihnen

Eugene Haux—Father of Shane Haux

Jessica Shaw—Friend of Melva Lee Hilmoe

Ole Teveldal— Brett Teveldal's grandfather

Inez Wilson—Rosalie Brende's Aunt

Bob Swenson—Friend of Dorothy Sittig



In the event church or church activities need to be cancelled due to weather, this is how we will communicate the information:

- * **Our Website:** www.balticandeastnidaros.org
Click on News and Announcements
- * **Facebook**
- * **KELO**— Website
(www.keloland.com/weather/closelines)
- * **KSFY**—TV & Website
(www.ksfy.com/weather/closings)

Dear Pioneer Cemetery, Congregational Churches,
The Pioneer Cemetery Board recently met to discuss options to replace ash trees at the Pioneer Cemetery. A total of 20 trees will be purchased at a price of \$150 each. Available varieties include a mixture of maple and oak trees with planting to take place in the spring. Donations and/or memorials for tree purchases are greatly appreciated. In addition, tree purchases in memory/honor of someone would be recognized with a plaque. Please contact Rahn Siemonsma at 605-261-4993 or Cathy Muston at 605-838-8194 with any questions. Donations and memorials can be sent to Doug Uthe at 3040 S. Coral Ct. Sioux Falls, SD 57103.
Thank you,
Pioneer Cemetery Board Members

Baltic members your 2021 offering envelopes are in your mailbox at church.

Jodee is in the office Tuesday, Wednesday and Thursday 9:00 – 3:00
So you can stop and pick them up anytime.
Please use the west door and ring the doorbell.

BALTIC & EAST NIDAROS MEMBERS

If you are planning to give gift cards this holiday season, please consider ordering them through the East Nidaros SCRIP Program. Many stores offer physical gift cards, e-cards, and/or reloadable cards. Every gift card gives a percent of the sale back to the church and there are hundreds of choices, including some local stores like Hy-Vee & County Fair. The ***RaiseRight*** app is a great way to order e-cards for a very low fee! With the app, you can walk into a store, purchase the cards you need through the app and use them instantly (e-cards). To set-up your own account in the app, you will need to enter the East Nidaros Enrollment Code: **B9L6F8C555243**. If you prefer to have physical gift cards ordered through the East Nidaros SCRIP program, please contact Kathy Hegge (366-4116) for details. I will be placing an order at the end of November, so call me if you'd like to place an order or learn more about the **ShopWithScrip** program! This is a great way to do your personal shopping or holiday gifting and support the church, too!

Parish the Thought

Volume 54 Issue1 Jan, 2021

**BALTIC LUTHERAN PARISH
&**

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Baltic, South Dakota 57003

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E-mail address:

nidaros@alliancecom.net

Website address:

www.balticandeastnidaros.org
find us on Facebook

Pastor Randall Questad

Cell: 605-940-2646

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Baltic, SD

