



Parish The Thought

Volume 53 Issue 10

October, 2020

BALTIC AND EAST NIDAROS LUTHERAN PARISH Two Churches - One Parish - Centered on the Cross



UPCOMING EVENTS

- Thu Oct 1 9:00-3:00 Foot Care Clinic
9:00 Bulletin Assembly
- Sun Oct 4 **Communion at Baltic & East**
- Mon Oct 5 7:30 East Council Meeting
- Wed Oct 7 8:30-12:00 East Nidaros Quilting
6:30-7:30 **7th & 8th grade** Confirmation at Baltic
- Thu Oct 8 8:30-12:00 East Nidaros Quilting
9:00 Bulletin Assembly
- Mon Oct 12 7:30 Baltic Council Meeting
- Wed Oct 14 6:30-7:30 **7th & 8th grade** Confirmation at Baltic
6:30-7:30 Food Bank Open
- Thu Oct 15 9:00 Bulletin Assembly
- Wed Oct 21 6:30-7:30 **9th grade** Confirmation at Baltic
- Thu Oct 22 9:00 Bulletin Assembly
Newsletter Deadline
- Sat Oct 24 1:30-2:30 Food Bank Open
- Sun Oct 25 **Reformation Sunday/Rite of Confirmation**
- Wed Oct 28 **1:00-2:00 Communion at East**
5:00-6:00 Communion at Baltic
6:30-7:30 **7th & 8th grade** Confirmation at Baltic
- Thu Oct 29 9:00 Bulletin & Newsletter Assembly



OCTOBER PULPIT POST

“Worship Reflections”

You shall put these words of mine in your heart and soul, and you shall bind them as a sign on your hand and fix them as an emblem on your forehead. Teach them to your children, talking about them when you are at home and when you are away, when you lie down and when you rise.

Deuteronomy 11:18-19

We have these words recorded in Deuteronomy only because they had been passed on to the next generations by speaking and repeating them. At the time, these words were first spoken, the hearers of these words did not have the benefit and luxury of the written word as we do today. These important words were not highlighted in scripture by using a bright yellow marker. They were highlighted by repetition. These words of God were not forgotten because they were taught to their children. They were talked about in their homes and when they went to work or visited other people. They were spoken as soon as they got up in the morning and were spoken again before they went to sleep at night. Repeating God’s Word bound God’s promises in their hearts and minds. We live in a time with the wonderful advantage of having so many convenient ways to access God’s word. We can listen to God’s word without stepping foot in God’s house. We have access to God’s word at our fingertips on our computers or on mobile devices without relying on our memory. This easy access to God’s word does not change what was commanded in this verse from Deuteronomy. God’s word must be taught to your children and talked about over and over so that it is put in hearts and minds.

With this in mind, the Baltic-East Nidaros Parish has made another resource available on our website so that God’s word will be bound in your heart. ***Worship Reflections can*** be found under the Worship page on the website. This will provide another opportunity for you to highlight important themes from the previous worship service. Check it out and teach it to your children, talk about it when you are at home and when you are away.

Parish Nurse & Health Board

With the COVID virus this year, all things are being held in a different manner or not at all. On St. Luke's Sunday, October 18, would be our Sunday to lift up the Breast and Prostate Cancer month with recognition of survivors and medical information. We will still bring both forward, but not in the usual way.

Prostate Cancer may not have any signs or symptoms in its early stages, but when screening for prostate cancer, the physician will draw blood work (PSA) and do a manual exam to check for any enlargement of the prostate. Questions the physician may ask would be if having any trouble with urinating, any decreased force in the urine stream, any blood in the urine or swelling in the legs, discomfort in the pelvic area or bone pain. Breast Cancer is the leading cause of cancer deaths in women today and is the most common cancer among women, excluding non-melanoma skin cancers. Breast cancer is a cancer that starts in the breast tissues and early breast cancer usually does not cause symptoms. That is the reason your physician will recommend regular breast exams. By self-breast exams, physician exams, and mammograms, early detection is very possible. As a cancer progresses some things that may be noticed would be a lump in the armpit which may be hard, has uneven edges and does not hurt, change in the size, shape or feel of the breast or nipple or fluid coming from the nipple. Always follow the advice of your physician in your screening needs. Breast cancer may also be found in men, so any noticeable changes should be brought to your physician's attention. In last month's article, I discussed stress during the Pandemic and this month depression is being brought forward as many people are suffering from depression during this time.

Depression affects nearly one in six people at some point in their lives. Depression is a serious medical condition—and the top cause of disability in American adults. It is a MEDICAL ILLNESS – a health problem related to changes in the brain. Like other illnesses, it usually improves with appropriate treatment. It is twice as common in women as in men, but it may be that women are more likely to seek help. People were once advised not to “dwell on” problems by talking about them but today there is evidence that guided discussion with a professional can make

things much better along with medication. The first step is to talk to a MENTAL HEALTH PROFESSIONAL and if needed in an emergency situation please call the HELP LINE AT 211 and they will get you to a professional. You may also contact me and I can refer you to a professional.

One of the most important things one can do when experiencing stress or depression is to SAY A PRAYER. It is one of the most potent antidotes to stress/depression. Connecting with our higher power helps gain strength and clear the mind.

Remember to follow the guidelines of washing hands, wearing face masks, and social distancing to stay as illness free and healthy. Also remember to get your flu shot.

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 October 1 and every other month following. The next ones will then be December and February. 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



Health Board Highlights

- ◆ Prayer Shawls
- ◆ Foot Care Clinics- every other month-check for an appointment
- ◆ AED batteries purchased and installed
- ◆ Hand sanitizer problems
- ◆ Thank you from SIGH Clinic
- ◆ Hopefully, the Luncheon April 24, 2021
- ◆ Met with councils per Zoom meetings
- ◆ Newsletter articles
- ◆ Door and Hospital visits
- ◆ FCN Picnic
- ◆ Fall Conference November 6

Likely no fall events – depending on status of COVID
Health Board Meetings on Hold for now-anything urgent will be addressed .



Congratulations to the
Wendland/Woolheater Gold Team
on placing 3rd in the Shetek GO18 Tournament.

The Following Gifts Have Been Given As Memorials:

Baltic: In Memory Of:

Marie Martin

Baltic Technology Fund: \$30.00

Marvin Begeman

Baltic Technology Fund: \$10.00



Baltic Lutheran Council Minutes

August 5, 2020

The monthly meeting of the Baltic Lutheran Church Council was held via zoom on Wednesday evening, August 5, 2020 at 7:30 pm. President Dale Erickson called the meeting to order.

Pastor Randall led us in prayer.

Council members present were: Dale Erickson, Karen Sinding, John Sinding, J. Serna, Dick Berg, Lori Berg, Myron Nohava, Jeff Boldt, Alana Tommeraasen and Bryce Witzel. Pastor Randall Questad and parish nurse Marjell Wendland were also in attendance.

Motion to approve the July 8, 2020 meeting minutes by Bryce and second by J. Motion carried.

Financial Report

Motion by Dick and second by Karen to approve both the June 2020 and July, 2020 treasurer reports. Motion carried.

The mid-year audit report has been done for January-June. A suggestion was made to add the youth fund into Quick books.

Trustees Report

The parking lot construction is tentatively planned for the end of August.

A pre-construction meeting will be held at the end of the week.

The chimes carillon replacement has been purchased and will be sent this week. Thank you to the Hammers for their donation to cover the expense. Thank you also to Dale for quickly handling the replacement.

Deacon's report

Nothing new to report

Old Business

PPP forgiveness forms are not available yet.

New Business

A discussion was held regarding resuming in person church services. A motion was made by J. to resume in person services. Bryce seconded the motion. Motion carried.

Multiple options were discussed for making the services safe for everyone attending.

A task force of members of Baltic Lutheran and East Nidaros was set up to discuss the changes needed to safely hold services. The task force members are Craig Krogstad and Kathy Hegge from East Nidaros and Myron Nohava and Dale Erickson from Baltic Lutheran.

Pastor Report

Katie Pauly will not be available much to help with confirmation.

The new data base is being worked on.

The new website is up.

The National Youth Gathering has been postponed for 2021.

The next meeting is Tuesday, September 15, 2020 at 7:30. Location to be determined at a later date.

We closed with the Lord’s Prayer.

Motion to adjourn by Bryce and second by J. Motion carried.

Lori Berg, Secretary

Submitted approved

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	\$5,135.33	\$6,949.28	\$88,875.66	\$86,365.74

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
YTD	\$1399.00

September is as of September 21, 2020

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

**Meals on Wheels Drivers
Wanted**
 Please contact the church office
 if you would be willing to
 deliver noon meals in Baltic on
**Monday, Tuesday,
or Wednesday.**



East Nidaros Council Meeting

August 4, 2020

Attendance: Kathy Hegge, Tom Siemonsma, Connie Karl, Jesse Hartman, Jennifer Hartman, Alvina Harvey, Marjell Wendland, Pastor Randall, Deb Larson, Mary Lee Lohnes, Craig Krogstad

Absent: Jimmie Vollan, David Daugaard

Call to order: Craig Krogstad

Secretary's Reports: July minutes were emailed out prior to the meeting. A motion to approve the minutes was made by Deb Larson and seconded Connie Karl. Motion passed.

Treasurer's Report: Financial reports were emailed out prior to the meeting. A motion to approve the reports as presented was made by Connie Karl, seconded by Mary Lee Lohnes. Motion passed.

Deacon Report: Nothing new to report

Trustee Report: Nothing new to report

Pastor's report: Pastor will hold communion on August 13th at both Baltic and East Nidaros. ELCA has postponed the 2021 Youth Gathering. Several people have been asking for communion and when we will have church reopening for worship services. Sunday School will be a work in progress as we see how the school year starts for the students. Pastor will be looking at different options for google classroom this year. Katie Pauley will not be available this year for confirmation so Pastor will be looking for parental help as things get started this year. Susan Hookie is looking to step down from Sunday School Coordinator and would welcome someone to take that over for this year. She has been the coordinator for many years and has done a wonderful job.

Parish Nursing report: Marjell gave an update on the Parish nursing program, including information for opening up for church services. The hand sanitizers are a work in progress. We are having issues getting hand sanitizers.

Old Business: Nothing new to report for the church painting at this time. Deb Larson has typed up the letter to the congregation and Kathy will email it out to the group after the meeting for further discussion.

New Business: Church reopening discussion. Pastor Randall, Dale Erickson and Craig Krogstad met and discussed options for reopening worship services. A letter will be sent to the congregation with the guidelines for attending worship, these guidelines would match what Baltic congregation. A motion to open the church on August 16th was

made by Connie Karl, seconded by Alvina Harvey. Motion passed. Craig Krogstad, Dale Erickson and Pastor Randall will get together to set the guidelines for worship. They will contact council members if needed for assistance. Live worship streaming will continue no matter what happens with the in person worship.

Jenni Hartman made a motion to adjourn. Mary Lee Lohnes seconded the motion. Motion passed

Next meeting will be TBD.

Submitted by Jennifer Hartman, East Nidaros Secretary.

East Nidaros Income/Expense Report

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

SEPTEMBER PARISH RECORD CHANGES

*Through September 22, 2020

**Includes \$6,300.01 Grain Donation

<u>BALTIC</u>	<u>EAST</u>
New Members: <i>No changes</i>	New Members: <i>No Changes</i>
Transfers Out: <i>No Changes</i>	Transfers Out: <i>Scott Krogstad</i>
Baptisms: <i>Taryn Marie Sundermann</i>	Baptisms: <i>No changes</i>
Weddings: <i>No Changes</i>	Weddings: <i>No Changes</i>
Deaths: <i>No Changes</i>	Deaths: <i>No Changes</i>

WELCA will not host the Meatball Dinner this year. Due to Covid-19 the Baltic School is not allowing outside vendors into the school.

DRIVE-THRU SOUP SUPPER ORDER FORM

East Nidaros Fuel Fundraiser

Choose Your PICKUP DATE:

___ SAT NOV 7th 9:00am at East Nidaros

___ SUN NOV 8th after Worship (11:30am) at East Nidaros

Contact Info: Colleen 321-3851 or Kathy 366-4116

Homemade Soups (Heat & Serve) Quantity (# of Quarts)

CHILI (\$10/Quart) _____

CHICKEN NOODLE (\$10/Quart) _____

CHEESY POTATO w/HAM (\$10/Quart) _____

Frozen Crockpot Dinners	Serves 2-3	Serves 4-6
	(\$10)	(\$18)

CHICKEN TACO SOUP	QTY: _____	_____
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BEEF BARLEY STEW	QTY: _____	_____
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TURKEY & BLACK BEAN CHILI	QTY: _____	_____
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CHICKEN PARMESAN	QTY: _____	_____
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NAME _____

PHONE NUMBER _____

PAYMENT INCLUDED \$ _____

Drop off order form at either church, church office during business hours or email to: HEGGEKKKC@YAHOO.COM

FOOD PANTRY ITEMS NEEDED

- Kleenex
- Canned beans
- Toilet paper
- Mashed Potato flakes
- Muffin Mix
- Salt
- Peanut Butter
- Pepper
- Spices
- Knorr sides
- Oil
- Canned Fruit
- Tuna
- Paper towel
- Laundry Soap
- Women's Razors
- Cookie mix
- Pancake Mix
- Salad Dressings
- Juice
- Jelly
- Coffee

**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 Fuel Fundraiser Soup Event

What could be easier than picking up a container of fresh, homemade soup to take home and heat up on a cool, autumn day? Or how about a meal that you can put in your freezer for one of those days when you'd like the meal to be ready to eat when you get home? East Nidaros will be hosting a "Drive-Thru" event instead of their annual Soup Supper this year. We will be taking orders for homemade, ready to heat/serve soups as well as prepared, frozen meals for your slow-cooker. Order forms will be available at both churches, the church office and on the website

(for you to print). **Orders will need to be turned in no later than Friday, October 30th with pick-up dates on Saturday, November 7th and Sunday November 8th.** Soups will be in a 1-quart container (2-3 servings). Soup choices: Chicken Noodle, Chili and Cheesy Potato with Ham. Freezer meals will be available in 2 sizes: 2-3 servings or 4-6 servings. Freezer Meal choices: Slow Cooker Chicken Taco Soup, Beef Barley Stew, Turkey Black Bean Chili, and Chicken Parmesan. Prices will be listed on the order form. This is our fuel fundraiser event. Please contact Colleen Nielsen (321-3851) or Kathy Hegge (366-4116) if you have any questions.

Parish the Thought

Volume 53 Issue 10 Oct, 2020

**BALTIC LUTHERAN PARISH
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EAST NIDAROS CHURCH
P O Box 198

Baltic, South Dakota 57003

Telephone: (605) 529-5471

E-mail address:

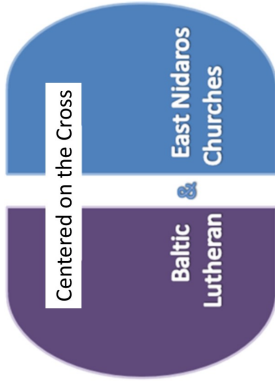
nidaros@alliancecom.net

Website address:

www.balticandeastnidaros.org
find us on Facebook

Pastor Randall Questad

Cell: 605-940-2646



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