



Parish The Thought

Volume 54 Issue 10

October, 2021

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



UPCOMING EVENTS

- Sun Oct 3 **Holy Communion**
Baltic WELCA meeting following worship
- Tue Oct 5 2:00 Bible Study @ East
7:00 East Nidaros Council Meeting
- Wed Oct 6 8:30-12:00 East Nidaros Quilting
5:30-6:30 Intro Confirmation @ Baltic
6:30-7:30 Confirmation @ Baltic
7:15 Health Board Meeting
- Thu Oct 7 8:30-3:00 Footcare Clinic
8:30-12:00 East Nidaros Quilting
- Sun Oct 10 3:00 New Member Orientation @ Baltic
5:00 Youth Group kickoff @ East
- Mon Oct 11 6:30 Baltic Council Meeting
- Tue Oct 12 2:00 Bible Study @ East
- Wed Oct 13 5:15 Confirmation Serving @ The Banquet
7:15 Health Board Meeting
- Tue Oct 19 **NEWSLETTER DEADLINE**
2:00 Bible Study @ East
- Wed Oct 20 6:30-7:30 Confirmation @ Baltic
- Sun Oct 24 11:00-1:00 Swedish Meatball Dinner
@ Baltic School Commons
- Tue Oct 26 2:00 Bible Study @ East
- Wed Oct 27 6:30-7:30 Confirmation @ Baltic
- Sun Oct 31 **Holy Communion**
Piano Dedication @ Baltic



OCTOBER PULPIT POST

“Here I Stand”

***For freedom Christ has set us free. Stand firm, therefore,
and do not submit again to a yoke of slavery.***

Galatians 5:1

October 31, 1517, is the day recognized as the beginning of what has become known as the Protestant Reformation. It was on this day that Martin Luther nailed the 95 Theses to the castle door in Wittenberg, Germany. This was only the beginning of a wildfire of changes that Luther had no idea this seemingly little action would spark.

We continue to celebrate the last Sunday in October each year as Reformation Sunday, but another significant event during the Reformation occurred on April 18, 1521, when Luther was put on trial and was asked to recant several of these 95 theses. It was at this point Luther stood firm on the Word of God and said, “Here I stand; I cannot do otherwise; God help me!” Luther refused to compromise the authority of God’s Word to the authorities of this world.

Here I Stand still *stands* as a famous quote from Martin Luther. Luther believed in the freedom that Paul proclaimed in Galatians and would not budge in this promise given through God's word of forgiveness spoken to sinners. When Christ declares that you are free, you are free indeed.

On this Reformation Day, October 31, 2021, we are planning a special worship service with Dr. Steve Paulson will preach the sermon on this freedom. Martin Luther wrote many hymns and believed in the importance of music in worship. We will be singing one of his most familiar hymns *A Mighty Fortress is Our God* during worship. Ellen Aadland and Marge Hegge will be complimenting this worship service by accompanying us on organ and piano.

This will be a great day of worship and we look forward to having you singing and hearing of this great freedom we have in Jesus Christ. The freedom in which we still stand.

Parish Nurse & Health Board

With the month of October, we feel the brisk, cool days of fall with the turning of the leaves until all have fallen for the cold, winter days ahead. Our summers have been busy trying to get back into a “somewhat normal routine” due to the COVID and now with the new (and possibly more) variances what that will mean. Loneliness has been an affecting factor for many during this time and that’s why we all were encouraged to “reach for our phone” to communicate and even with the COVID becoming less, many are still using their phones to combat the loneliness they feel.

October is Breast Cancer awareness month. I have pamphlets and information available for anyone who would like to have. Just check with me. Since Breast cancer is the second leading cause of cancer deaths in women today and is the most common cancer among women, excluding non-melanoma skin cancers. Over the course of a lifetime, 1 in 8 women will be diagnosed with breast cancer. Breast cancer starts in the tissues of the breast. There are two main types of breast cancer: (1) ductal carcinoma starts in the tubes (ducts) that move milk from the breast to the nipples. Most cancers are of this type. (2) Lobular carcinoma starts in parts of the breast called lobules, that produce milk. Symptoms: Early breast cancer usually does not cause symptoms. That is why regular breast exams are important. As the cancer grows, symptoms may include: *breast lump or lump in the armpit that is hard, has uneven edges and usually does not hurt.

*Change in size, shape or feel of the breast or nipple. For example: you may have redness, dimpling or puckering that looks like the skin an orange.

*Fluid coming from the nipple-may be bloody, clear to yellow, green. It is extremely important to have a mammogram yearly or as directed by your physician. Also doing a self-breast exam monthly to determine any changes. Breast cancer is treatable so always follow the advise of your physician in your screening needs.

A study in a recent issue of Nutrition Action regarding Dairy and Breast cancer and that dairy foods raise the risk of breast cancer. Researchers pooled data on 1.1 million women in 21 studies who were followed for 6 to 20 years. Scientists saw no clear link between dairy foods and breast cancer overall. Women who consumed at least 2 oz of yogurt a day had a

10 percent lower risk of estrogen-negative breast cancer than those who ate none. So not to worry, dairy does not raise the risk.

TIP: What to do: If stuck in a seat-at work, in a car, on a plane, or elsewhere for hours? Try tapping your heels and bouncing your knees. It might help if you've got some good music to fidget to!

Fall Blessings,
Marjell Wendland, RN, FCN

Footcare Clinic will be Thursday October 7th 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



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 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.

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.

The Following Gifts Have Been Given As Memorials:

Baltic: In Memory Of:

Karen Hanson Baltic Lutheran Church \$20.00

East: In Memory Of:

Karen Hanson East Window Fund \$25.00

Gloria Krier East Window Fund \$50.00

AUGUST PARISH RECORD CHANGES

BALTIC

New Members: *No Changes*

Transfers Out: *No Changes*

Baptisms: *Ava Simons*

Weddings: *No Changes*

Deaths: *No Changes*

EAST

New Members: *No Changes*

Transfers Out: *No Changes*

Baptisms: *No Changes*

Weddings: *No Changes*

Deaths: *No Changes*

Your former pastor, Roger Olness, has resigned from the roster of Ministers of Word and Sacrament of the Evangelical Lutheran Church in America at the request of his synod bishop. A complaint was received about Roger's behavior during his service at Our Redeemers of Benson. When the bishop brought the complaint to Roger, he admitted that he had engaged in inappropriate behavior with an adult female during his service. The bishop requested his resignation from the roster of Ministers of Word and Sacrament. He resigned. Roger is no longer a pastor in our church body. The synod bishop found no evidence that Roger has engaged in other inappropriate sexual behavior with anyone else. If you have questions, might have been the victim of inappropriate behavior by this former pastor, or seek additional information, please contact the synod office at 507-637-3904.



East Nidaros Council Minutes

August 3, 2021

Attendance: Craig Krogstad, Alvina Harvey, Tom Siemonsma, Kathy Hegge, David Daugaard, Deb Larson, Pastor Randall

Craig Krogstad called the meeting to order and reported that he would need to leave at 6:30 and would, therefore, not be attending the Joint Council Meeting following this meeting.

Secretary Report: The minutes were emailed out after the previous joint council meeting. No discussion on the report.

Financial Report: The reports were emailed prior to the meeting. No discussion on the reports.

Parish Nursing report: No report at the council meeting (she gave a report at the Joint Council Meeting).

Pastor Randall Report: Pastor Randall will give his report at the Joint Council Meeting.

Old Business:

New Business: The trustees were asked to spray Tempo around the church (inside and outside walls, windows, and doors) prior to the VBS on Friday, August 13th. The trustees were also asked to look into getting the gutters cleaned. We also need to repair the roof above the stairway to the new basement.

We are needing volunteers willing to take turns setting up and running the LiveStream Services. Kathy & Colleen are not going to continue doing it all the time, so new teams will need to be trained to do it.

More of the windows in the Fellowship Hall are having issues and Tom Siemonsma will contact Marc Tommeraasen to give us a bid on this large project.

We will also be setting up Fellowship Groups again (starting in mid-September). The schedule will be in the newsletter.

A Joint Rally Day will be on Sunday, September 12th at the Morton Center. More details will be decided at the Joint Council Meeting.

Noisy can: September Noisy Can will go to CASA, the Sioux Falls Area Court Appointed Special Advocate Program which seeks to promote and protect the best interests of abused and neglected children through the advocacy efforts of trained community volunteers.

The meeting was ended to join with the Baltic Council for the Joint Council Meeting at 6:30

Submitted by Kathy Hegge (Jennifer Hartman was unable to attend)

| Month | Monthly Income | Monthly Expenses | Year to Date Income | Year to Date Expenses |
|-------|----------------|------------------|---------------------|-----------------------|
| Jan | \$4,844.14 | \$3,777.56 | \$4,844.14 | \$3,777.56 |
| Feb | \$13,765.50 | \$6,537.17 | \$18,609.64 | \$10,314.73 |
| Mar | \$4,418.85 | \$9,431.85 | \$23,028.49 | \$19,746.58 |
| Apr | \$15,512.25 | \$8,053.60 | \$38,540.74 | \$27,800.18 |
| May | \$8,824.30 | \$13,545.06 | \$47,365.04 | \$41,345.24 |
| Jun | \$3,276.55 | \$6,437.65 | \$50,641.59 | \$47,782.89 |
| Jul | \$11,714.05 | \$6,123.11 | \$62,355.64 | \$53,906.00 |
| Aug | \$2,744.49 | \$5,696.10 | \$65,100.13 | \$59,602.10 |
| Sep* | \$5,655.28 | \$7,224.88 | \$70,755.41 | \$66,826.98 |

*As of Sep 25, 2021.

EAST NIDAROS SOUP SUPPER
Sunday, November 7,
2021
4:30-6:00

SERVING
 CHILI
 CHICKEN NOODLE
 CHEESY HAM & POTATO
 BREADS~CRACKERS
 FABULOUS FALL DESSERTS



FREE WILL DONATION

EAST NIDAROS SUNDAY FELLOWSHIP SERVERS

East Nidaros will resume having members serve our fellowship beginning Sunday September 19, 2021.

The first name in each group will contact the others in the same group and plan for making coffee and bringing baked goods or fruit to share.

Please plan to serve approximately 25-35 people each week (including SS students).

If unable to serve on your Sunday(s), it will be YOUR responsibility to find a replacement and inform the others in your group.

If you have any questions, please contact Kathy or Colleen.

Thank you for your participation!

Kathy Hegge (605) 366-4116

Colleen Nielsen (605) 321-3851

Sun Sep 19

| | |
|-----------------------|--------------|
| David & Connie Karl | 608 386-8139 |
| Adam & Tracy Petersen | 254-6603 |
| Tom & Becky Siemonsma | 359-2151 |

Sep 26 & Oct 3

| | |
|-------------------------|----------|
| Randy & Trudy Hartman | 261-2360 |
| Dan & Cindi Schmidt | 310-7204 |
| Scott & Sara Grunewaldt | 595-4596 |

Oct 10 & 24

| | |
|-----------------------|----------|
| Ron & Kristi Krogstad | 360-2725 |
| Alyssa & Brady Welk | 254-3215 |
| Jodee Westerbur | 366-6557 |

Oct 31 & Nov 7

| | |
|----------------------------|----------|
| David & Melissa Daugaard | 999-8290 |
| Janet Leffring & Larry Hem | 963-2137 |
| Dan & Patty Frantz | 359-0881 |

Nov 14 & 21

| | |
|----------------------|----------|
| Lori Kappler | 321-2018 |
| Keith & Paula Harvey | 360-9281 |
| Louie & Karen Doom | 261-8403 |

Nov 28 & Dec 5

| | |
|----------------------|----------|
| Deb Larson | 351-7958 |
| Mark Brobjorg | 351-5917 |
| Nicole & Ryan Voeltz | 940-9851 |

Sun Dec 12

| | |
|-----------------------|--------------|
| David & Connie Karl | 608 386-8139 |
| Adam & Tracy Petersen | 254-6603 |
| Tom & Becky Siemonsma | 359-2151 |



Welcome

New Members interested in joining
Baltic Lutheran Church or East Nidaros Lutheran
Church are invited to meet with Pastor Questad
Sunday October 10th at 3:00 for a new member
orientation at Baltic Lutheran Church.

You're Invited!

Parents and students from grades 9-12 are invited to an informational meeting at East Nidaros on Sunday, October 10, 2021 at 5:00 to discuss some ideas to form a community youth group. Area pastors and their youth will be cooperating with us in this planning. One significant discussion will be about coordinating a youth trip of some kind to be done in the Spring/Summer of 2022.

The evening will begin with a light dinner and a get to know each other event. We look forward to seeing you there!

Please text Pastor Randall at 605-940-2646 with the number of people from your family that hope to attend.



Baltic Lutheran Council Minutes

August 3, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran Church on August 3, 2021. Council members present were: Dale Erickson, Lori Berg, Dick Berg, Shirlene Allgier, Karen Sinding, John Sinding, Myron Nohava, J. Serna, Al VanEck, Jeff Boldt, Gary Gregg and Alana Tommeraasen.

Dale Erickson called the meeting to order.

Motion by John Sinding and second by Al VanEck to approve the July minutes. Motion carried.

Financial Report:

July reports were distributed by Alana. Motion by Karen and second by Shirlene to approve July financial reports, motion carried.

Trustees' Report:

Jeff Boldt has not found anyone that does stucco repair, only on a larger scale. Jeff will give it a shot on his own. Parking lot cracks look ok for this year.

Dale contacted Renaissance Warrantied Services LLC, the company that repainted the permanent siding on the church in 2015. Karen and Dale e-mailed pictures of where the paint has peeled. Of the 8 peeling spots photographed, only one qualified as it was actual siding, the rest consisted of flashing and window frames which are not guaranteed by them. They will come next spring to paint, until then we are in limbo. Front door lock had to be repaired because of key stuck in lock. (\$167.74 – flat fee from Bob's Lock and Key)

Both AC capacitors burned out July 27th. Waterbury came on Wednesday and replaced both. They thought it was caused by a power surge. Once we get the bill we will see if we can file an insurance claim.

Dusk to Dawn light was installed on the farthest south outside door. Annual estimated cost of \$1.06.

Reminder of church usage: last one out should turn off lights and lock all exit doors. If no key available, lock all deadbolts from inside and exit from the farthest south wing door. (No deadbolt)

New Technology people needed soon for Sunday Facebook live. We will do a signup sheet.

Deacons' Report:

Noisy Can for September: Baltic School Angel Tree

Cont.

Old Business:

New Business:

1. On-line giving using Planning Center Giving is in process, Kathy will discuss at joint meeting.
2. Church library status. Bargain Basement may take some books. Open to those who want.

Parish Nurse Report:

Pastor's Report:

Next Meeting: September 14, 2021, at 6:30pm at Baltic Lutheran.

Motion by Al VanEck and second by J. Serna to adjourn. Motion carried.

| BALTIC GENERAL FUND 2021 | | | | |
|---------------------------------|----------------|------------------|---------------------|-----------------------|
| Month | Monthly Income | Monthly Expenses | Year to Date Income | Year to Date Expenses |
| Jan | \$6,981.07 | \$9,476.16 | \$6,981.07 | \$9,476.16 |
| Feb | \$9,170.31 | \$11,517.44 | \$16,151.38 | \$20,993.60 |
| *Mar | \$20,240.55 | \$8,758.26 | \$36,391.93 | \$29,751.86 |
| Apr | \$14,719.98 | \$12,484.38 | \$51,111.91 | \$42,236.24 |
| May | \$9,334.18 | \$9,823.57 | \$60,446.09 | \$52,059.81 |
| Jun | \$7,298.37 | \$8,955.38 | \$67,744.46 | \$61,015.19 |
| Jul | \$11,090.80 | \$9,855.20 | \$78,835.26 | \$70,870.39 |
| Aug | \$8,928.50 | \$9,843.30 | \$87,763.76 | \$80,713.69 |
| Sep | \$8,840.74 | \$10,013.73 | \$96,604.50 | \$90,727.42 |

September is as of September 21, 2021

*PPP Loan \$11,250.00

| |
|---|
| <p>BALTIC AUGUST NOISY CAN: \$262.00 for VBS EAST AUGUST NOISY CAN: \$62.97 CASA</p> |
|---|

| BALTIC BLDG FUND | |
|-------------------------|-----------------|
| Jan | \$100.00 |
| Feb | \$120.00 |
| Mar | \$140.00 |
| Apr | \$105.00 |
| May | \$140.00 |
| Jun | \$145.00 |
| Jul | \$45.00 |
| Aug | \$50.00 |
| Sep | \$60.00 |
| YTD | \$905.00 |



Baltic is in need of members to prepare Holy Communion Christmas Eve December 24th Sunday December 26 and Sunday January 2nd.



FOOD PANTRY ITEMS NEEDED

Monetary Donations

always Welcome!

Donations can be mailed to:

PO Box 244 Baltic SD 57003

- White sugar
- Brown Sugar
- Powdered Sugar
- Pancake Syrup
- Boxed Noodles
- Cream Soups
- Ketchup
- Mustard
- BBQ Sauce
- Oil
- Relish
- Laundry Soap
- Salad Dressing
- Knorr Sides
- Saltine Crackers
- Snack Crackers
- Canned Chicken
- Personal Hygiene Items
- Breakfast Bars
- Granola Bars
- Jelly
- 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.

Crossroads Fall Leadership Event

October 12th at Beaver Valley Lutheran

Be sure to mark your calendar and attend our Gathering/Leadership Event. The main speaker will be Bishop Constanze Hagmaier. A light supper will be served at 5:00 pm with event beginning at 6:00 pm.

Stewards of God's Gifts

We love because God loved us first. We can forgive others because we have been forgiven. We can also give to others from the abundances that we have first received from God who has created all things. Our ministry and mission outreach projects at the Baltic and East Nidaros Parish remain strong because of your faithful giving.

Online giving is now available on the church website.

There are three options for giving Online on the website, text to give and mail.

Please visit the website to learn more at balticandeastnidaros.org

Thrivent and Baltic Lutheran WELCA Action Team Project:
SWEDISH MEATBALL DINNER,
October 24, 2021, 11am – 1pm in the Baltic School Commons.
WELCA donates the money received to local charities.

Baltic WELCA is looking for volunteers to help prepare and/or serve at the Swedish Meatball Dinner the week-end of October 23 – 24, 2021 in any way you are able. Please contact Joann Moan at 529-5550. We are also asking ALL congregants to give a monetary donation to help defray our costs. Your donation can be given to Paula Gunderson or mailed to
Baltic Lutheran Church,
Attn: Paula Gunderson, PO Box 198, Baltic, SD 57003.
We appreciate your support and sincerely thank you.

On September 11, 2021, members of the **Baltic WELCA** met to plan the Meatball dinner scheduled for October 24, 2021.

It was decided not to have signup sheets this year for volunteers since there is still a low attendance for weekly services.

You may get a phone call from a group chairperson asking for your help. If you do not get a phone call and would like to volunteer, please contact one of the WELCA officers. In lieu of everyone bringing a dessert, we are asking for a monetary donation as we are going to be ordering the desserts. Details on who to give your donation to will be forthcoming. There was discussion that the kitchen is in need of another 100 cup coffee maker and a new microwave.

The next meeting will be October 3, 2021 following worship service.
Kaye Snow, Secretary

Pioneer Cemetery will be celebrating its **150th Anniversary** with an open house at West Nidaros and cemetery tours from 2 to 4 pm on Saturday, October 23rd, 2021.

This being the first cemetery in Minnehaha County was dedicated on October 23, 1871 by then Itinerant pastor, Rev. Emil Christianson and was overseen by several members of the Old Nidaros Congregation. Today, the Pioneer Cemetery functions under the four member churches- Baltic, East Nidaros, Renner and West Nidaros.

To prepare for the anniversary the board members and volunteers have been busy repairing and resetting some tombstones, cleaning up and planting new trees, replacing the cemetery map case, and preparing for over-seeding later this fall. There will be refreshments served at West Nidaros during the open house as well as some additional historical information about the Pioneer Cemetery over the last 150 years .

Pioneer Cemetery Board Members include:

Rahn Siemonsma, President
Ron Krogstad- Vice President
Dan Uthe-Treasurer
Cathy Muston-Secretary
Roger Lien
Wayne Gunderson
Jason Fersdahl



Livestreaming will no longer be recorded at both churches every Sunday. Beginning in Sept. we will start rotating. **We will add a sign up at both churches to request volunteers to do the recording.** There is someone experienced at both churches they are more than willing to share their knowledge to allow others to help and give those who have so faithfully volunteered a break. Look for sign ups at the churches.

OCTOBER NOISY CAN

Baltic: Baltic Sunday School

East: TBD

**BIBLE
STUDY**



BIBLE STUDY

Tuesdays at East Nidaros at 2:00.

All are welcome.



Nov. Newsletter Deadline: Oct. 19, 2021

**Dell Rapids Reformed Church will be hosting their
annual Soup Supper.**

Please join them Wednesday October 6, 2021

5:00-7:30 pm

They will be serving

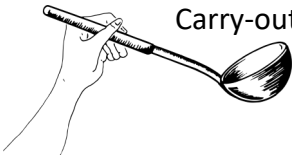
Soup: Chili, Chicken Noodle, Vegetable beef

Buttered Buns, and a variety of Pies and Desserts

Coffee and Juice

FREE WILL DONATION

Carry-out is encouraged, but seating is available



Parish the Thought

Volume 54 Issue 10 October, 2021

BALTIC LUTHERAN CHURCH
&
EAST NIDAROS LUTHERAN CHURCH

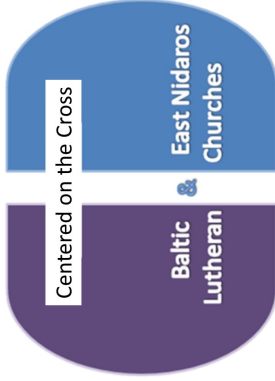
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