



Parish The Thought

Volume 53 Issue 11

November, 2020

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



UPCOMING EVENTS

- Sun Nov 1 **Communion**
- Wed Nov 4 6:30-7:30 **7th & 8th grade** Confirmation at East
- Thu Nov 5 9:00 Bulletin Assembly
- Mon Nov 9 6:00 Baltic Council Meeting @ East
6:00 East Council Meeting
7:00 Joint Council Meeting @ East
- Wed Nov 11 8:30-12:00 East Nidaros Quilting
6:30-7:30 **7th & 8th grade** Confirmation at East
6:30-7:30 Food Bank Open
- Thu Nov 12 8:30-12:00 East Nidaros Quilting
9:00 Bulletin Assembly
- Wed Nov 18 6:30-7:30 **7th & 8th grade** Confirmation at East
- Thu Nov 19 9:00 Bulletin Assembly
Newsletter Deadline
- Wed Nov 25 **No Communion**
No Confirmation
9:00 Bulletin & Newsletter Assembly
- Thu Nov 26 **HAPPY THANKSGIVING**



NOVEMBER PULPIT POST

“All Circumstances?”

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. *1 Thessalonians 5:18*

I look forward to Thanksgiving each year. I enjoy getting together with family for food and fellowship. Thanksgiving is celebrated mainly as a national holiday, rather than a religious observance. But the idea of giving thanks began long before 1941 when it was declared a national holiday in the United States.

The Psalms in the bible frequently remind each of us to give thanks. Paul's words from 1 Thessalonians fit especially well as we consider Thanksgiving this year. As we near the end of 2020, it has been said this will be a year to forget. Other people say they want to be awake on New Years' Eve this year not so much to see the new year in, but to make sure 2020 is behind us.

Paul declares that we are to give thanks in **all circumstances**. We don't get to declare 2020 in golfing terms and call it our mulligan and redo it with hopes that there will be more to be thankful if we get another swing at it. We can't use Olympic averaging and throw out 2020 as a low scoring year and raise the average of better memories from other years. This year has given us reasons to be disappointed, uncertain, angry, and fearful. How often have you been thankful, especially when things have not gone as you have hoped? According to Paul, we don't get to decide when we find it easy to give thanks and when we feel we can withhold our thanksgiving.

Jesus has promised to lead us through the dark valleys of this life. We have not been guaranteed protection from the darkness and challenges of this life. This year has been a challenge for everyone in many ways. It is my hope that you will not dismiss this year as a year to forget, but as a year that you remember to give thanks to a God who has not forgotten you and whose unfailing promises never fail you in good days and in bad.

Giving thanks for you,
Pastor Randall J. Questad

Parish Nurse & Health Board

With the COVID virus still very active, the Mayo Clinic published some information regarding protecting our skin under the face mask which we should all be wearing.

With the face masks covering our mouths and noses, they help in reducing the risk of the virus transmission, but can then also cause skin irritation at areas of friction like the bridge of the nose, behind the ears and along the jawline. Some suggestions they are making is to find a mask with a good fit, tight enough so it does not fall off, but not so tight that it leaves marks or bruises. Another recommendation is to wash the face before and after use and after removing for the day to wash thoroughly with cleanser and water followed with a moisturizer. Masks should be washed at least daily to disinfect when made of cloth. This can be done by hand or in the washing machine.

At our recent Faith Community Nurse meeting we also had an information session on Dementia. What is dementia? It is not a specific disease. It's a general term that describes a wide range of symptoms associated with a decline in memory or other thinking skills. The most common is Alzheimer's disease, the most common type of dementia. Some early signs and symptoms are: memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks at home, at work or at leisure, confusion with time or place, misplacing things and losing the ability to retrace steps, withdrawal from work or social activities, or changes in mood and personality.

Dementia is not a normal part of aging, it is caused by diseases of the brain. It is not just about having memory problems, there is more to the person than the dementia and it is possible to have a good quality of life with dementia.

Some communication and conversation tips include: treat the person with dignity and respect and focus on the person when talking to them; when approaching, come from the front, identify yourself and keep good eye contact, call the person by their preferred name to their attention, be patient and supportive, speak slowly and clearly using a gentle and relaxed tone and wait patiently for a response. Avoid arguing. If the person says something you don't agree with, let it be. During the

conversation provide a statement rather than ask a question. For example, say “the bathroom is right here”, instead of asking, “do you need to use the bathroom?” Always keep eye contact when having conversation and listen carefully even if you have heard the story many times in the past. Respecting their personal space as approaching too quickly or standing too close may make them uncomfortable. The more you are interacting with a person with dementia, the more comfortable the time can be and always is very important to the person regardless of the time spent. There are several Dementia Support groups available and if any information is needed, please contact me.

This year Thanksgiving Day will be a different type of celebrating than in past year’s so please stay safe, wear your mask, wash your hands and safe distance. We still have much to be Thankful for each and every day.

Thanksgiving 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 December 3 and every other month following. The next ones will then be February and April. 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



MEMBERS

Tanya Vollan Paul Romsdahl
Rhoda Wold Ordell Krogstad
Deo Cowley Vickey Lundstrom
Tom Siemonsma Darla Singaas
Ella Riswold Sharon Hamre Ann Aberson
Norma Nyhaug Larry Thompson
Ben Kringen Terry Tommeraasen

FRIENDS & FAMILY OF OUR MEMBERS

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
Art Aadland—Husband of Ellen Aadland
Dawn Williams—Sister of Danae Cords
Karen Bouwman—Friend of the Community
Jordan Alderman—Nephew of Dave and Deb Qualseth
Fred Tidemann—Brother of Melva Hilmoe
Terry Hodne—Brother of Pam Nesheim
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
Darcy Myrmoe—Sister of Darla Singaas
Ole Teveldal— Brett Teveldal's grandfather
Inez Wilson—Rosalie Brende's Aunt
Joel and Rita Laumer—Rosalie Brende's Cousins
Family Of Tim Fahey—Friend of Jodee Westerbur



Baltic Lutheran Council Minutes

September 15, 2020

The monthly meeting of the Baltic Lutheran Church Council was held Tuesday September 15, 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 and Al VanEck.

Pastor Randall Questad and parish nurse Marjell Wendland were also in attendance.

Motion to approve the August 5, 2020 meeting minutes by Myron and second by John. Motion carried.

Financial Report

Treasurers report was tabled until the October meeting when more reports will be available.

Trustees Report

The parking lot looks great. Thank you again Jeff for all of your work. Decided to not donate to the fire department at this time. We will be having the noisy can for them.

J. checked with Cody Sundermann regarding the parking lot snow removal and he will take care of it again this year. We are checking for someone to do the sidewalk snow removal.

Steeple painting was discussed.

Front door lock repair and motion light repair were also discussed.

Deacon's report

Nothing new to report

Old Business

PPP forgiveness forms are not available yet.

Proposed constitutional change discussed.

No action taken.

New Business

Noisy can donations were designated for the next few months.

September to the Tech Fund

October to the Baltic Fire Department

November to the Baltic Food Pantry

December to the Baltic School Angel Fund

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
YTD	\$1534.00

Parish Nurse Report

Most fall plans by the health board have been put on hold due the covid-19 concerns.

Foot care clinics will still be held.

Pastor Report

Confirmation has started. There will be three confirmed at Baltic Lutheran. He is checking with parents of the 7th and 8th graders and hopefully they will be able to meet together each week.

He is making Baptismal chests as a place for keepsakes such as baptism and confirmation items. He is looking at some type of plaque for confirmation that could be put in the chest.

The next meeting is Monday, October 12, 2020 at 7:30.

We closed with the Lord's Prayer.

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

Lori Berg, Secretary 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	\$48,449.48	\$50,513.00	\$132,189.81	\$129,930.36
Oct	\$6,451.68	\$7,022.74	\$138,641.49	\$136,953.10

October is as of October 20, 2020

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

NOVEMBER NOISY CAN

Baltic: Baltic Food Bank



East Nidaros Council Meeting

September 9, 2020

Attendance: Craig Krogstad, Connie Karl, Alvina Harvey, Jesse Hartman, Jennifer Hartman, Jimmie Vollan, Deb Larson, Tom Siemonsma, Kathy Hegge, Marjell Wendland, Dave Daugaard, Pastor Randall Questad

Call to order: Craig Krogstad

Secretary's Reports: August minutes were emailed out prior to the meeting. A motion to approve the minutes was made by Connie Karl and seconded Alvina Harvey. 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 Jimmie Vollan, seconded by Tom Siemonsma. Motion passed.

Deacon Report: Nothing new to report

Trustee Report: Nothing new to report

Pastor's report: Confirmation started this evening with everyone preferring to do it in person. There are other options for those who wish to not be in person. Confirmation Sunday will be on Reformation Sunday, October 25th.

The Planning Center is close to being complete. We did hire Kevin to help with the transition from Shepherd's Staff.

Faith Ark detail update for Baptisms was given.

Communion will be done 1 more time the way we have been doing it and then in October will be a part of the service again.

Sunday school: Discussion was had on options for keeping Sunday school going during this time and we still need a Sunday school coordinator.

Worship Service: Discussion was had on how the worship services are going now that we are open.

Parish nursing report: Marjell gave an update on the Parish nursing program. The hand sanitizers are still not working correctly. The COVID restrictions will likely remain the same for the foreseeable future.

Old Business:

Painting: Discussion has been ongoing with other options for painters.

Nothing concrete to report at this time.

New Business:

Newspaper Ad: It was suggested that we increase the size and font of the newspaper ad.

Cont.

TV stand and monitors: We need a taller stand that is more movable and a new TV. A motion to purchase the stand and TV was made by Jimmie Vollan and seconded by Tom Siemonsma. Motion Passed.

Joint Council: Question on next joint council and preparation for the budget review. The treasurers and Presidents will meet and decide on this information.

Jenni Hartman made a motion to adjourn. Jimmie Vollan seconded the motion. Motion passed

Next meeting October 7th at 7:30pm, unless a Joint Council is needed then it could be move until the 12th or 13th at 6pm.

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
Oct*	\$3,342.74	\$14,095.15**	\$88,926.39	\$68,468.02

*Through October 26, 2020 **Includes \$5,290.84 Technology upgrades

Scout Troop #582 is looking for a few men!

If you are a young man age 11-17, we are looking for you! Our outdoor programs are built on the "Aims of Scouting": character development, leadership training, citizenship training and personal fitness. That may sound boring to you but we look at it this way... a group of guys your age, tent camping, outdoor cooking, campfires, fishing, hiking, kayaking, etc. What's not to love? If you are interested in (or want more information about) Scouts text or message to 605-351-6668 or email

lwalter@alliancecom.net.

BSA Scout Troop 582 is chartered by Beaver Valley Lutheran Church.

The Following Gifts Have Been Given As Memorials:

Baltic: In Memory Of:

Glen Helgeson

Baltic Church Technology Fund: \$50.00

Marvin Begeman

Baltic Church Technology Fund: \$20.00

Ramona Begeman

Baltic Church Fund: \$30.00

Ruth Haugen

Baltic Church WELCA: \$20.00

Baltic Church Parish Nurse: \$20.00

Baltic Lutheran Church: \$160.00

Baltic Church Building Fund: \$325.00

Baltic Church Tech Fund: \$1895.00

Lyle Myron

Baltic Lutheran Church: \$20.00

Baltic Church Tech Fund: \$85.00

Delores Moe

Baltic Church Tech Fund: \$90.00

**OCTOBER PARISH
RECORD CHANGES**

BALTIC

New Members:

No changes

Transfers Out:

No Changes

Baptisms:

No Changes

Weddings:

No Changes

Deaths:

Ruth Haugen

EAST

New Members:

No Changes

Transfers Out:

No Changes

Baptisms:

Gracelyn Amrie

Brobjorg

Weddings:

No Changes

Deaths:

No Changes

Thank you!

Thank you Baltic Lutheran Church Women for my Adventure Bible.

Lynlee Bohlen

Thank you to everyone who dedicated their time to serving at the Banquet supper.

FOOD PANTRY ITEMS NEEDED

- Kleenex
- Canned beans
- Toilet paper
- Boxed Potatoes
- 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
- Canned Soup
- Canned Vege's
- Pudding cups
- Coffee
- Tea
- Cocoa mix
- Hamb., Tuna and Chicken Helper
- Cereal
- Sugar
- Flour
- Pasta
- Pasta sauce
- Dish soap
- Shampoo
- Body wash
- Toothbrush
- Floss/picks
- Crackers
- Mac & Cheese

**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.

**Monetary Donations
always Welcome**

Baltic Church Thanksgiving offering will go to the Baltic School Angel Fund.

The fund helps kids with lunch bills or other expenses families cannot afford. This could include meals, school supplies, snow pants, gloves or boots, fees for field trips etc. They appreciate any donations. Your envelopes can be mailed to the Baltic Church or the treasurer:

Baltic Lutheran Church
PO Box 198
Baltic, SD 57003-0198

Alana Tommeraasen
PO Box 179
Baltic, SD 57003-0179

Parish the Thought

Volume 53 Issue 11 Nov, 2020

**BALTIC LUTHERAN PARISH
&**

EAST NIDAROS CHURCH
P O Box 198

Baltic, South Dakota 57003

Telephone: (605) 529-5471

E-mail address:

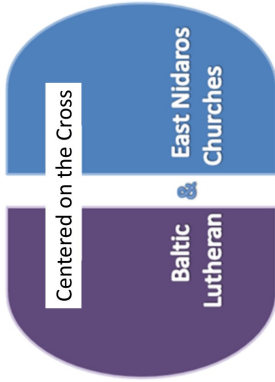
nidaros@alliancecom.net

Website address:

www.balticandeastnidaros.org
find us on Facebook

Pastor Randall Questad

Cell: 605-940-2646



Non-Profit Organization
US Postage
PAID
Permit# 4
Baltic, SD

