

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



UPCOMING EVENTS

- |            |  |
|------------|--|
| Wed Dec 1  | 8:30-12:00 East Nidaros Quilting<br>6:30-7:30 7th & 8th grade Confirmation @ Baltic<br>7:15 Health Board Meeting |
| Thu Dec 2  | 8:30-12:00 East Nidaros Quilting<br>9:00-3:00 Footcare Clinic<br>9:15 PQ Communion @ DNRC & Orchard Hills        |
| Sun Dec 5  | Holy Communion at the Rail<br>East Nidaros Quilt Recognition   |
| Tue Dec 7  | 2:00 Bible Study @ East<br>6:30 Baltic Council Meeting<br>7:00 East Council Meeting                              |
| Wed Dec 8  | 6:30-7:30 7th & 8th grade Confirmation @ Baltic  |
| Sun Dec 12 | Check'n on the 2nd   |
| Tue Dec 14 | 2:00 Bible Study @ East  |
| Wed Dec 15 | 6:30-7:30 7th & 8th grade Confirmation @ Baltic  |
| Sun Dec 19 | Sunday School Christmas Programs   |
| Tue Dec 21 | <b>NEWSLETTER DEADLINE</b><br>1:00 Bible Study @ East<br>2:30 PQ Worship @ DNRC                                  |
| Fri Dec 24 | <b>Christmas Eve Worship 5:30 East &amp; 8:00 Baltic</b>   |
| Sun Dec 26 | No Sunday School<br>Year In Review<br>Holy Communion   |
| Wed Dec 29 | No Confirmation  |
| Thu Dec 30 | <b>Newsletter Assembly</b>   |



# DECEMBER PULPIT POST

## *“The End and the Beginning”*

**“I am the Alpha and the Omega,” says the Lord God, who is and who was and who is to come, the Almighty. *Revelation 1:8***

December is a good month to take a moment to look back at the fast-paced blur of the previous months of this year. There may be some reason to believe this year has flown by faster than usual when compared to the unforgettable canceling of so many events in 2020. After living through two very different years, we are reminded in this verse from Revelation that God is always with us no matter how quickly or slowly life is passing by us.

Celebrating the birth of Jesus in December is another example of how Jesus seems to reveal himself in unusual ways. While the rest of the world may be celebrating the end of the year, in the church during December we anticipate and celebrate the beginning of the life of Jesus. The name that is first given to Jesus, Emmanuel, confirms that the waiting is over. Jesus IS WITH US.

At the end of this year, we are reminded that it is also time that we start retelling the story of Jesus beginning with his birth at Christmas. However, the story of Jesus begins not at his birth, but at the birthing of creation itself. John reveals, “In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God.” The Word of God is not a book to read, but it is Jesus himself speaking to you.

There is no better way to launch into the new year than by hearing children tell the story of Jesus' birth in a way that they can only tell it. Church Christmas programs are a great opportunity to invite someone you know that might need to hear the good news that God is with them too. It is my hope that during December you will find the time to hear the good news that Jesus who was in the beginning is with you today and promises to be with you forever.

Merry Christmas,  
Pastor Randall Questad

# Parish Nurse & Health Board

Advent and the Holiday Season are once again here. Where has this year gone? We have all been so busy with caring for ourselves through the COVID, it is now time to reflect on God's blessings and thankful to be sharing the good news of Christ's birth.

With the bustle of the season which may be much different this year, can easily become "Holiday Stress". Stress is the body's response to defend itself, and is a response to life's daily changes and challenges. Stress can be good or bad. Some symptoms are fatigue, anxiety attacks, headache, constant pressure or hurried, chest pain, high blood pressure, stomach or sleeping problems, increase in substance abuse, relationship problems, sadness, or depression. Some causes of holiday stress are finances, work, family/friends, and physical demand.

Some ways to deal with Holiday Stress are to exercise, a nutritious diet, forget about perfection, good support system, resolve conflicts, being realistic, enough sleep, continue normal routines, plan ahead, plan a budget, ask for help, take a breather and laugh. Preventing Holiday Stress is to take time for yourself, avoid excessive change, time management, and dealing with what is really important.

The next Footcare clinic is December 2, and these clinics will continue into the new year. These clinics have been a very important part of the Parish Nursing Ministry in this Parish as it involves the entire community. These clinics are especially important for diabetics as they are susceptible to having foot problems and disorders such as ulcerations, infections and even gangrene which can lead to hospitalization and amputations in the diabetic population. The majority of foot problems begin with the formation of skin ulcers. Early detection and treatment can prevent 85% of amputations. Some steps to keeping feet healthy are healthy life-style choices including: following diet, no smoking and taking medications as ordered and physical activity. Protecting feet from hot and cold can be dangerous for anyone with poor circulation. Socks and padded footwear are essential when feet are cold especially at night, or during the winter months. Hot water bottles, heating pads or electric blankets that are used to warm the feet may burn them, so should never be used. Whether diabetic or not, taking care of our feet is a must. The Parish has been very generous also in providing diabetic socks for the SIGH Clinic. *Cont.*

As I complete 18 years of Parish Nursing Ministry in this Parish, my wish for you is to have a faithful, happy life enjoying all of God's Blessings he provides each and every day.

Have a Blessed New Year  
Marjell Wendland, RN, FCN

Footcare Clinic will be Thursday December 2nd 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



## **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](mailto:nidaros@alliancecom.net).

**January Newsletter Deadline:  
December 21, 2021**



## BIBLE STUDY

Tuesdays at East Nidaros at 2:00.  
All are welcome.

### OCTOBER PARISH RECORD CHANGES

#### BALTIC

**New Members:** *Rory, Kelly, Logan & Leighton LaValliere Nicholas, Christy, McKinley, Lincoln & Carter Langland*  
**Transfers Out:** *No Changes*  
**Baptisms:** *No Changes*  
**Weddings:** *No Changes*  
**Deaths:** *Larry Thompson*

#### EAST

**New Members:** *No Changes*  
**Transfers Out:** *No Changes*  
**Baptisms:** *No Changes*  
**Weddings:** *No Changes*  
**Deaths:** *No Changes*



### FOOD PANTRY ITEMS NEEDED

**Monetary Donations  
always Welcome!**

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

- White sugar
- Brown Sugar
- Ramen Noodles
- Pancake Syrup
- Boxed Noodles
- Canned Fruit
- Ketchup
- Mustard
- BBQ Sauce
- Coffee
- Juice
- Laundry Soap
- Boxed Potatoes
- Taco Seasoning
- Knorr Sides (Pasta & Rice)
- Saltine Crackers
- Snack Crackers
- Canned Chicken
- Pop Tarts
- Cereal
- Peanut Butter
- Jelly
- Dish soap
- Baking Items
- Spices
- Kleenex
- Tuna
- Spaghetti Sauce
- Canned Vegetables
- Personal Hygiene Items

**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.



# Baltic Lutheran Council Minutes

## October 11, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran Church on October 11, 2021. Council members present were: Dale Erickson, Shirlene Allgier, Karen Sinding, John Sinding, Myron Nohava, Gary Gregg and Alana Tommeraasen, and Pastor Randall. Not present, Al VanEck, Lori Berg, Dick Berg, J. Serna, and Jeff Boldt.

Dale Erickson called the meeting to order.

Pastor Randall opened in prayer.

Motion by Myron Nohava and second by John Sinding to approve the September minutes. Motion carried.

### **Financial Report:**

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

### **Trustees' Report:**

Generous gift offer of electronic sign from Will Hubers to Baltic Lutheran. He will move and wire to new location on Lovely Ave. Waiting for Fire Department approval and City Hall.

Thank you to Dick Berg for repairing stucco on outside basement wall of south wing.

Renaissance Warrantied Services LLC - paint peeling in several places, but only 1 place on the guaranteed siding.

Sewer was plugged by tree roots. Roto Rooter came out for almost 4 hours on Friday, October 1st to open. Cost was \$846.68. In the future we will check more often, and have Custodian place Root Killer in sewer at least every 6 months, if not more. Myron suggested Roto Rooter every 2 years.

Boiler was inspected and everything was fine.

MidAmerican Energy came to check out a gas smell, everything was ok. Still looking for New Technology people for alternating Sunday Facebook live. Pastor was thinking about acolytes helping.

Snow removal lined up for winter. Cody Sundermann will do the parking lot. Wayne G? Need someone for sidewalks, maybe Connor Wendland?

### **Deacons' Report:**

Noisy Can for November: Baltic Food Bank.

Thanksgiving Offering: 1/2 to Banquet; 1/2 to Baltic Food Bank. Motion made by Karen, second by Gary, motion carried.

*Cont.*

**Old Business:**

Church library status, offered to members and the remainder has been taken to the Bargain Basement.

**New Business:**

Publishing and distributing the Annual Report, same as last year. This way we can distribute the notice and report, Constitutional Amendment, quorum change from 32 to 20 (membership has decreased).

Youth (YPL) fund can be used for the new youth gathering, or other youth expenses. Just need to let Alana know. She will note the account in the financial reports.

**Pastor’s Report:**

Confirmation orientation went well. We have a few 8th graders, more 6th and 7th graders. Confirmation will be on May 8th this year.

Working out a list for quilts for seniors.

Youth gathering, had a good turn out. Will be meeting monthly and rotate churches. (East,

Baltic, Renner, Willow Creek & Benton) Looking at the gathering going to Rocky Mountain High or possibly the Hills. Thinking the last week in July or right when school gets out.

Will be having a special service on Reformation Sunday. We will promote on Facebook.

**Joint Council Meeting: November 9, 2021 at 6:00 East Nidaros Church.**

Pastor Randall led the closing prayer.

Motion by Shirlene and

second by Gary to adjourn.

Motion carried.

*Thank You*

**BALTIC OCTOBER NOISY CAN:**

\$198.00 for Baltic Sunday School Fund

**EAST OCTOBER NOISY CAN:**

\$73.73 Youth Trip

Norma Johnson has moved and would

like to share her address:

805 S. 173<sup>rd</sup> Court Apt. 2015

Omaha, NE 68118

Ph. 402-779-8112



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
Oct	\$85.00
Nov	\$105.00
<b>YTD</b>	<b>\$1,095.00</b>

**Baltic members your 2022 offering envelopes will be in your church mailbox. If you were missed or would like envelopes let Alana know.**

## 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	\$10,566.21	\$12,085.11	\$98,329.97	\$92,798.80
Oct	\$10,763.59	\$10,809.10	\$109,093.56	\$103,607.90
Nov	\$7,461.85	\$8,920.28	\$116,555.41	\$112,528.18

November is as of November 22, 2021

\*PPP Loan \$11,250.00

### Fellowship Coffee and Treats

<b><u>Nov 28 No Fellowship &amp; Dec 5</u></b>	<b><u>Nov 28 &amp; Dec 5</u></b>
<b><u>Baltic</u></b> Dick & Lori Berg                      529-5440 Mark & Manda Sheaffer   360-8074 Cody & Kari Sundermann   310-9145	<b><u>East Nidaros</u></b> Deb Larson                                      351-7958 Mark Brobjorg                                351-5917 Nicole & Ryan Voeltz                      940-9851
<b><u>Dec 12 &amp; Dec 19</u></b>	<b><u>Dec 12</u></b>
<b><u>Baltic</u></b> Sherry Hanson                                261-1942 Tom & Joanna Baatz                      212-5420 Dale & Judy Thompson                      428-5476	<b><u>East Nidaros</u></b> David & Connie Karl   608-386-8139 Adam & Tracy Petersen   254-6603 Tom & Becky Siemonsma   359-2151
<b><u>Dec 26 No Fellowship</u></b> (Baltic)	





# East Nidaros Council Minutes

## October 5, 2021

**Attendance:** Connie Karl, Alvina Harvey, Jesse Hartman, Jennifer Hartman, Kathy Hegge, Jimmie Vollan, Mark Brobjorg, Pastor Randall Questad

**Call to order/Opening Prayer:** Jimmie Vollan

**Secretary Report:** The minutes were sent out prior to the meeting. A motion to accept the minutes as sent was made by Alvina Harvey and seconded by Jimmie Vollan. Motion passed

**Financial Report:** The financial reports were emailed out prior to the meeting. There is a new section on the reports for donations for new windows. A motion to accept the report as presented was made by Jennifer Hartman and seconded by Jesse Hartman. Motion passed.

**Deacon Report:** Jimmie has been doing some visitations via phone calls at this time. He will do some in person but is being as safe as possible.

**Trustee Report:** Kathy met with Marc T to discuss windows. He is going to put together 2 bids for different options for new windows. He, also, suggested for us to contact Pella to discuss options for our current windows.

Things to look at for Trustees:

Bookshelves in the storage room need to be moved downstairs.

Confirmation pictures needs to be moved back into the office.

Kitchen door doesn't latch fully when closed.

Doors need some adjusting and TLC to make sure they are working properly.

Stove in the basement has been unplugged and there is a single burner hot plate for the quilting lady's tea.

The fridge in the basement has been defrosted but there are some bottles of soda that need to be dumped.

Discussion was had if we need to have the stove and fridge in that old kitchen at all. No resolution was made at this time but will be discussed at a later date.

The entry hallway ceiling needs repair. It is a roof repair job that will need to be reviewed and fixed.

Gutters still need to be cleaned out before winter.

**Pastor Randall Report:** Pastor has been busier again with things getting back to a more normal state. Bible Study has been started and has gone very well.

He did bring up the need for a contingency plan should he get sick. *Cont.*

New Member orientation meeting is coming up this week. There is some interest, and he will report back how that goes.

Confirmation has started and he will have roughly 11 or 12 kids.

Thankful for the presence in the Homecoming parade. We will plan on doing that every year.

Reformation Sunday is coming up and he has some special things planned.

Kid's will be singing in church once a month during the whole year. The first one is coming up on October 17<sup>th</sup>.

The Banquet serving is coming up October 13<sup>th</sup>. We still need people to sign up and help serve. Confirmation kids will be helping that night.

Hooligans will be there that night.

Old Business:

Nothing else right now

Noisy Can: October: Youth Trip

November: SIGH Socks

Thanksgiving Offering: Church on the Street Welcome Home Baskets

Christmas Offering: Royal Family Kids

December: Ronald McDonald House

Angel Tree: Church on the Street Welcome Home baskets

A motion was made to accept the above for the Noisy can and special offerings was made by Alvina and seconded by Kathy. Motion passed.

Next meeting November 9<sup>th</sup> at 6pm at East Nidaros. This will be a joint meeting.

A motion to adjourn was made by Alvina and seconded by Mark. Motion Passed.

Submitted by Jennifer Hartman

East Nidaros Secretary

**Thrivent & East Nidaros Action Project 2021 Angel Tree** to benefit Church on the Street Our angel tree this year will benefit families that have become housed. Church on the Street is asking for "Welcome to Your Home Baskets". Basket ideas are, a mop bucket filled with cleaning supplies, a soup pot filled with kitchen gadgets or reusable shopping bags filled with non-perishable food. Basically, anything that you use in your own home. Go ahead have fun and be creative or just purchase items and we will make up a bag. Cash donations are always welcome, and we will do the shopping! Your check can be made to East Nidaros Angel Tree Project. Feel free to bring your items anytime between now and December 19, 2021. As always, thank you for your support!!

# Thank you!

A huge Thank You to everyone for your helped Saturday and Sunday preparing and serving the Meatball dinner. A special thank you to the men who helped carry the heavy items, setting up tables, moving items from the church to the school and back, and helping with the cooking. We had an amazing turnout on Sunday. We were able to serve 255 guests with net proceeds of \$1816.48!!

The Meatball Ladies



Thank you to all the people that have given their time and talent to our quilting mission. We also are thankful for all the material and supplies that we have been given.

Anyone who wants to help is more than welcome.

East Nidaros Quilting Group

*The Following Gifts Have Been Given As Memorials:*

**Baltic:** In Memory of

**Pat Gildemister** Baltic Lutheran Church \$10.00  
Baltic Technology Fund \$5.00

**Larry Thompson** Baltic Building Fund \$20.00  
Baltic Technology Fund \$25.00  
Baltic Lutheran Church \$55.00

## DECEMBER NOISY CAN

**Baltic:** Baltic Food Bank  
**East:** Ronald McDonald House

## CHRISTMAS OFFERING

**Baltic:** Baltic Air Conditioning Fund  
**East Nidaros:** Royal Family Kids

# Parish the Thought

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**BALTIC LUTHERAN CHURCH**  
&  
**EAST NIDAROS LUTHERAN CHURCH**

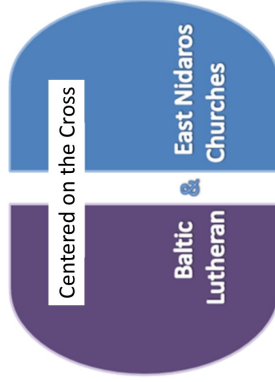
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