



hello,  
FEBRUARY!

# Parish The Thought

Volume 54 Issue 2

February, 2021

## BALTIC AND EAST NIDAROS LUTHERAN PARISH

Two Churches - One Parish - Centered on the Cross



UPCOMING EVENTS

- Wed Feb 3      8:30-12:00 East Nidaros Quilting  
5:30-6:30 6th grade Confirmation @ Baltic  
6:30-7:30 7th & 8th grade Confirmation @ Baltic
- Thu Feb 4      8:30-12:00 East Nidaros Quilting  
8:30-3:00 Foot Care Clinic  
9:00 Bulletin Assembly
- Sun Feb 7      **Communion**
- Wed Feb 10    6:30-7:30 **7<sup>th</sup> & 8<sup>th</sup> grade** Confirmation @ Baltic  
6:30-7:30 Food Bank Open
- Thu Feb 11    9:00 Bulletin Assembly
- Mon Feb 15    **NEWSLETTER DEADLINE**
- Wed Feb 17    **Ash Wednesday Services**  
5:30 East  
7:00 Baltic
- Thu Feb 18    9:00 Bulletin Assembly
- Wed Feb 24    6:00 **Lent Service** @ East
- Thu Feb 25    9:00 Bulletin & Newsletter Assembly
- Sat Feb 27    10:30-11:30 Food Bank Open
- Sun Feb 28    4:00 Joint Council Retreat & Council Meetings  
@ Morton Center



# FEBRUARY PULPIT POST

## *“Rebellion and Redemption”*

**I am the LORD, and there is no other; besides me there is no god.**

*Isaiah 45:5*

The 2021 Lenten Season is about to begin. We will not be offering meals before services this year, but you are welcome to join us in-person or on-line as we also plan to Livestream these services. Included in this newsletter is the Lenten Schedule for our mid-week services. Weekly messages will be delivered by myself, Pastor Tom Stadem serving the Benton-Willow Creek Parish, Pastor Jared Rakness and student pastor Adam Guthmiller serving West Nidaros and this year we welcome Pastor Laura Philips who was recently installed at Renner Lutheran.

The theme for this year’s mid-week worship services centers on Isaiah 45:5. This verse sounds like the Introduction to the Ten Commandments and the First Commandment. **“I am the Lord your God. You shall have no other gods.”** This commandment appears at the top of the list all other commandments since when we place other people and things above God all the other commandments also fall. The people of Isaiah’s day also had replaced worshipping only God with worshipping other idols. As you will hear in this Lenten Series, idolatry continues to lead us away from our one God today.

Isaiah preached to his congregations that they had forgotten how the Lord had delivered their ancestors from bondage and slavery in Egypt, but now they had become enslaved in idolatry. Isaiah delivered first this word of law that convicted God’s chosen people of their sin. Isaiah also preached the second word of the gospel that they could not find their deliverance from their self-made idolatry within themselves. Their only salvation could be found in their one and only God whose goal is always to redeem.

You and I still live in the reality of having other gods. You and I cannot deliver ourselves from the tight grip this bondage has on us. The good news is that this is the very reason that Jesus went to the cross to take away your sin. I invite you to engage in this Lenten series knowing that your jealous God will deliver you from whatever idols you have and redeem you.

Let the journey from “Rebellion to Redemption” begin!

Pastor Randall J. Questad

# Parish Nurse & Health Board

This continues to be a different winter so far with the warmer temperatures and fog. This along, with the COVID-19 pandemic still going strong. Hopefully with more people getting vaccinated things will improve as this is what we are all waiting for.

February is Heart Month, so again will address some heart problems, mainly heart failure. Inside your chest is an amazing machine: your heart which work goes unnoticed most of the time. Your heart is made to work. However, heart damage or disease can cause the heart to work harder over longer periods of time. Some of these are the heart rhythm collection of electric pulses, heart muscle contraction, opening and closing valves that supply blood oxygen to your body. The heart has two sides. The right side pumps blood coming from the body through the lungs to pick up oxygen. The left side pumps this now oxygenated blood back to the body. Heart failure can involve the right side, left side or both sides of the heart. However, it most commonly starts on the left side, then in later stages involves the right side with time. Heart disease or damage such as from a heart attack can cause the heart to not work as well over time. When this happens, heart muscle can gradually stretch and weaken, or heart tissues can become stiffer. The result is called heart failure, meaning your heart no longer has the ability to pump blood well enough to meet all of the body's needs. Heart failure is a serious disease with no cure, potentially causing uncomfortable symptoms or even death. Heart failure is divided into two main types. Systolic heart failure occurs when the heart expands and the muscles of the ventricles weaken. Diastolic heart failure occurs when the heart tissues become stiffer over time and the heart doesn't fully relax between beats.

Both types of heart failure lead to similar signs and symptoms, such as weakness, fatigue and shortness of breath, and swelling in the legs, abdomen or lungs. Some of the underlying causes of heart failure can help prevent the disease from developing. (1) coronary artery disease-clogged or narrowed arteries that supply the heart with blood can lead to heart attack which living a healthy life style including exercise and activity, maintaining a healthy weight, healthy diet, quitting smoking

*Cont.*

and controlling cholesterol. (2) hypertension, or high blood pressure, controlling with medication, healthy lifestyle, limiting sodium intake. (3) heart valve problems which is a leaky, narrowed or otherwise faulty heart valve that forces the heart to work harder than normal to keep blood flowing in the right direction. Surgery is indicated to improve valve function or replace valve. (4) abnormal heart rhythms-these can cause inefficient heart pumping, leading to overwork or diminished blood output from the heart which can be corrected with drug therapy, surgery or implantation of a pacemaker or device that can restore normal rhythm.

The Foot Care clinics continue with precautions, so if you need to schedule an appointment, call the office as the appointments fill in fast. The Health Board will again be providing one free heart screen at Avera and Sanford. At this time, we would ask that you call the church office or myself if you would like to be registered to win.

Blessings,  
Marjell Wendland, 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 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.

**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).

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



*Thank You*

We thank the East Nidaros Church family for remembering Glenn Sebesta with memorials, cards and special words.

Joan Sebesta and Family



## FOOD PANTRY ITEMS NEEDED

**Monetary Donations  
always Welcome!**

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

- Kleenex
- Toilet paper
- Toothbrushes
- Toothpaste
- Deodorant
- Peanut Butter
- Body Wash
- Shampoo
- Conditioner
- BBQ Sauce
- Oil
- Paper towels
- Laundry Soap
- Tuna
- Baking Needs
- Saltine Crackers
- Snack Crackers
- Canned Chicken
- Jelly
- Breakfast Bars
- Pudding cups
- Canned Fruit
- Baked Beans
- Dish soap
- Cereal
- Beef Stew
- Hearty Soups
- Ramen Noodles
- Canned Vegetables

**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

December 14, 2020

The monthly meeting of the Baltic Lutheran Church council was held at Baltic Lutheran on Monday, December 14, 2020 at 7:30 pm.

President Dale Erickson called the meeting to order.

Council members present were J. Ryan Serna, Dale Erickson, Jeff Boldt, Karen Sinding, John Sinding, Dick Berg, Lori Berg, Myron Nohava. Pastor Randall Questad and Marjell Wendland were also in attendance.

Motion to approve the November meeting minutes by Dick. Second by Karen. Motion carried.

## Financial Report

Motion by Karen to accept the financial report. Second by Jeff. Motion carried.

## Trustees

Motion by Myron to approve the 2021 budget. Second by John. Motion carried.

We received a \$1000 grant from Alliance Keep the Change program.

Thank you to Chuck Radack for repairing the front outside door at church.

## Deacons

Motion by Jeff to approve the Noisy Can offerings from January thru July per the list below. Second by Myron. Motion carried.

January:	Baltic Food Pantry
February	Baltic Fire Department
March	Baltic Lutheran Technology Fund
April:	Baltic Lutheran Gas Fund (donating gas to those in need)
May:	Royal Kids Camp
June:	Ronald McDonald House
July:	Baltic Lutheran Technology Fund

## Old Business

Constitution change was approved.

Still waiting for government guidelines for PPP information.

State grant application deadline for covid relief has been extended.

## New Business

Covid Relief application on October 28th.

Annual reports due January 4, 2021.

Annual meeting scheduled for January 24, 2021. Decision will be made closer to the date for how the meeting will be held. *Cont.*

**Parish Nurse**

There is a need for more wheelchairs.

**Pastor’s Report**

December 20th will be a streamed Christmas program.

December 27th will be a streamed service with a review of the year 2020.

Confirmation kids are doing the Wednesday devotional series videos.

Christmas Eve services will be held at East Nidaros at 3:00 and 5:00 and at Baltic Lutheran at 8:00. The 5:00 service will be live streamed.

2 TV’s have been installed at Baltic for possible live streaming in the future. Pastor Randall is checking into the Switcher Studio app to use for streaming the services. Motion by Myron to subscribe to the Switcher Studio app and to purchase two I-pad’s for use with the streaming. Second by John. Motion carried.

Our next council meeting is January 12, 2021 at 7:30 pm.

We closed with the Lord’s Prayer.

Motion to adjourn by Dick. Second by Karen. Motion carried.

Lori Berg, Secretary

Submitted approved

**BALTIC GENERAL FUND 2021**

Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	\$5,595.45	\$7,408.30	\$5,595.45	\$7,408.30

January is as of January 25, 2021

**FEBRUARY NOISY CAN**

**Baltic:** Baltic Fire Department  
**East:** Baltic Food Bank

BALTIC BLDG FUND	
Jan	\$100.00
<b>YTD</b>	<b>\$100.00</b>

Please join in a card shower for Norma Nyhaug. Lets help her celebrate her 90<sup>th</sup> birthday!  
(February 11, 2021)



Please Send cards to:  
111 West 17th St #234  
Sioux Falls, SD 57104



# East Nidaros Council Minutes

December 7, 2020

Present: Pastor Randall Questad, Alvina Harvey, Marjell Wendland, Kathy Hegge, Jennifer Hartman, Deb Larson, Connie Karl, Jimmie Volland, David Daugaard, Craig Krogstad

Call to order and Prayer: Craig Krogstad

The November minutes were emailed prior to the meeting. No questions or comments. A motion to accept the minutes as presented was made by Kathy Hegge and seconded by Jimmie Volland.

The financial reports were emailed prior to the meeting. No questions or comments. A motion to accept the reports was made by Connie Karl and seconded by David Daugaard.

Deacon Report: nothing new to report

Trustee Report: Nothing new to report

Parish Nursing Report: Covid numbers remain high and we will be continuing the efforts in place for our congregations. The Health Board is in need of wheelchairs.

Pastor Report: Pastor gave an update on the confirmation students. They have been leading the advent devotional online. This has gone well for them.

Pastor has been doing a lot of visits lately and they are very well received. Kendra Kappler is planning a worship service for February 21st for her senior project. Pastor is serving as her mentor for this project.

The Christmas program this year is being planned as a joint service with Baltic and East Nidaros. Pastor Randall appreciates the joint effort to have a program with both churches during this different Christmas season. He is planning several Christmas eve services this year. The sign up for the 5pm service at East is full already, and the 3pm service is almost half full. Baltic has the 8pm service and that has 12 people signed up. He will add a 10pm service if needed.

Old Business: A new vacuum was purchased so we now have 2 and the parts for both are interchangeable.

Noisy can: Christmas Eve service and December noisy can will be going to Call To Freedom. A discussion was had around giving year end gifts to programs since we did not do Noisy Can offerings for several months this year. A motion to send \$100 to the below charities was made by Kathy Hegge and seconded by Jennifer Hartman: Family Connection, Lifescape,



McCrossans, Lutheran Global Health ministry, Baltic Angel Tree, St Francis House, Ronald McDonald House, and Baltic Community Garden.

New Business:

Noisy Can: A motion was made to have Baltic Fire Department be the Noisy can for January was made by Connie Karl and seconded by Jennifer Hartman.

Annual Meeting will be January 24th with a Zoom option if people do not want to attend in person. We will mail out the report prior to the meeting to all the congregation members. The reports for the meeting will be due January 4th to the church office.

Next council meeting: January 11th at 7pm

A motion to adjourn was made by David Daugaard and seconded by Connie Karl

Pastor Randall closed in prayer.

Minutes submitted by Jennifer Hartman, East Nidaros Secretary

Approved

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

\*As of Jan 21, 2021 (Income includes \$1,971.00 SD SBA COVID Grant

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East Nidaros is looking for a Sunday School Coordinator



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

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### **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](https://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.

*The Following Gifts Have Been Given As Memorials:*

**Baltic**

In Memory Of:

**Bobby Swenson** Baltic Technology Fund \$30.00

**Patricia Newey** Baltic Technology Fund \$25.00

**Darla Singasaas** Baltic Technology Fund \$10.00

**East**

In Memory Of:

**Darla Singasaas** General Fund \$20.00

**Joe Brobjorg** Parking Lot Fund \$50.00

**Glenn Sebesta** Cemetery Fund \$50.00 &  
Parking Lot Fund \$50.00



Thrivent Choice Dollars: Eligible Thrivent clients with membership can recommend where Thrivent distributes some of its charitable grant funds. These recommendations are shared by directing Choice Dollars to enrolled nonprofit organizations, including churches. All 2020 Thrivent Choice dollars must be directed by Mar 31, 2021. If you have not already directed your 2020 Thrivent Choice Dollars, please do it soon!



Baltic Lutheran Church, East Nidaros Church and WELCA gave to many this holiday season. These gifts did not go without appreciation.

Many Thanks were received from:

Shetek

McCrossan Boys Ranch

Global Health Ministries

Women of ELCA

Inspiration Point

Lifescape

Lunch Is Served

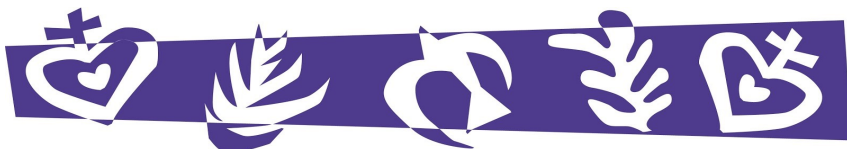
Call To Freedom

Family Connection

St Francis House

Ronald McDonald House Charities of South Dakota

*thank you!*

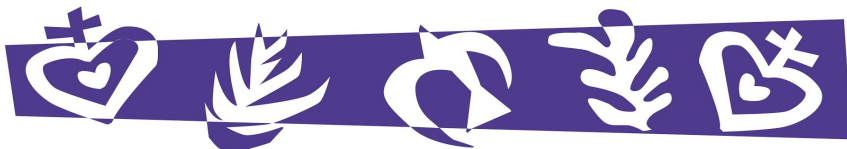


## 2021 Lenten Worship Schedule

*“Isaiah”*

### Rebellion To Redemption

Wed Feb 17	Ash Wednesday 5:30 Worship @ East 7:00 Worship @ Baltic
Wed Feb 24	6:00 pm Lenten Service @ East w/Pastor Tom Stadem
Wed Mar 3	6:00 pm Lenten Service @ Baltic w/Pastor Jared Rakness
Wed Mar 10	6:00 pm Lenten Service @ East w/Pastor Adam Guthmiller
Wed Mar 17	6:00 pm Lenten Service @ Baltic w/Pastor Randall Questad
Wed Mar 24	6:00 pm Lenten Service @ East w/Pastor Laura Phillips
Thu Apr 1	6:00 pm Maundy Thursday Service @ Baltic
Fri Apr 2	6:00 pm Good Friday Service @ East
Sun Apr 4	7:00 am Easter Sunrise Service @ East 9:00 am Easter Sunrise Service @ Baltic



### LENTEN OFFERING

**Baltic:** 1/2 Banquet &  
1/2 Baltic Food Bank

**East:** Baltic Food Bank

# Parish the Thought

Volume 54 Issue 2 Feb, 2021

**BALTIC LUTHERAN PARISH  
&**

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**Pastor Randall Questad**

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