

## BALTIC AND EAST NIDAROS LUTHERAN PARISH

Two Churches - One Parish - Centered on the Cross



- Wed Mar 3 8:30-12:00 East Nidaros Quilting  
6:00 Lenten Services @ Baltic
- Thu Mar 4 8:30-12:00 East Nidaros Quilting  
9:00 Bulletin Assembly
- Sun Mar 7 **4:00 First Communion Class @ Baltic**
- Wed Mar 10 6:00 Lenten Services @ East  
6:30-7:30 Food Bank Open
- Thu Mar 11 9:00 Bulletin Assembly
- Sun Mar 14 **4:00 First Communion Class @ East**
- Mon Mar 15 **NEWSLETTER DEADLINE**
- Wed Mar 17 6:00 Lenten Services @ Baltic
- Thu Mar 18 **Pastor Randall & Kim will be on vacation**  
**Thu Mar 18-Thu Mar 26**  
9:00 Bulletin Assembly
- Sun Mar 21 **Hallelujah Hooligans Providing Worship**
- Wed Mar 24 6:00 Lent Service @ East
- Thu Mar 25 9:00 Bulletin & Newsletter Assembly
- Sat Mar 27 10:30-11:30 Food Bank Open
- Sun Mar 28 **Palm Sunday/First Communion**  
**Raelyn Witzel Baptism**

UPCOMING EVENTS



# MARCH PULPIT POST

## *“Return”*

**Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.**

*Joel 2:12*

These are the words in one of the scriptures that were read on Ash Wednesday when the season of Lent began. These are the words that we will be singing each Sunday during Lent before hearing the gospel for the day. It has almost felt as if the unrelenting effects of the pandemic caused by the Coronavirus have left us in the season of Lent all year long. We have all wondered when will things return to the way they were.

In my last sermon for 2020, I suggested that as this new year was beginning, you could “hear a rattling” just as Elijah did in the valley of dry bones. There were signs of an ending of this long season of Lent and rattling's of new life emerging. More people attended Ash Wednesday services in our parish last week than we had at any other service this past year. The Dell Nursing and Rehabilitation Center informed me that they were putting together a schedule for pastors to return to their facility to provide in person worship services once again. The hope of a vaccine to give protection against this virus has already been distributed to many. The time of “returning to the LORD” is near.

The LORD is always welcoming the return of his chosen people. As the prophet Joel proclaimed, God’s chosen people have a good reason to return. “He is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.”

Throughout biblical history there have been long periods when God’s chosen people were distanced from him. However, it is always the work of the Holy Spirit to call his chosen people back and gather them to worship. We pray for more signs to appear this month so that you feel safe to return to worship and hear the good news the LORD has for you.

# Parish Nurse & Health Board

Now that we are into the season of Lent, our thoughts and actions may be different this year than in previous years. Since we have been under the recommendations of wearing a mask, social distancing, and washing our hands, are we ready to give that up for Lent or do we still feel safer now that the immunization is available for many? Maybe Lent this year is a time for each of us to really evaluate ourselves with how we feel regarding the COVID pandemic and how we have and continue to deal with it on a daily basis.

Since March is colo-rectal cancer month, maybe some are evaluating whether to do the newer Cologuard test vs the colonoscopy for screening. The Cologuard test is designed to target blood in the stool, because when colon polyps grow large, they shed microscopic amounts of blood. So if this test is positive, you would still need to have a regular colonoscopy to remove any polyps found and evaluate for cancer. This would also entail prepping the colon a second time.

Colon cancer screenings can begin as early as age 40 if there is a strong family history of colon cancer in the family and there are symptoms such as change in bowel habits, blood in the stool or chronic diarrhea or constipation. Early detection has the highest rate of treatment and cure. People age 50 and over should begin their cancer screenings since the screening can detect the largest and most dangerous polyps, which be removed during the colonoscopy. The gastroenterologist will recommend the follow up of every three years for persons with advanced multiple adenomas (pre-cancerous) and every five years for persons with one or two small adenomas. If no polyps are found, the general length of follow up is ten years. Follow up colonoscopies are done to assess for any new polyps. If cancer is found, an appropriate referral is made to a surgeon for surgery to remove the affected area of the colon.

So what to do: If you are at a higher risk for colorectal cancer, stick with colonoscopies. Otherwise, experts say the fecal test is a pretty good way to go.

The next FootCare Clinic is scheduled for April 1 with a full schedule, but if you need to schedule an appointment, please call the church office and we will work with you.

*Cont.*

The free Heart Screen at both Avera and Sanford will be drawn the end of February after all have had an opportunity to sign up. Thank you to John Moe for donating a wheel chair for use with our other Home Medical Equipment. Remember, all of the items are available for use, but need to be checked out and the office notified.

Lenten 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 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).

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Footcare Clinic will be Thursday April 1 and every other month following. The next ones will then be June and August. 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

Thank you for all the prayers, beautiful cards,  
phone calls and best wishes received for my  
recent surgery and recovery.

God Bless All,  
Marjell

Stand Strong Falls Prevention Program to manage concerns about falls and increasing activity levels to practical strategies to manage falls will be held at Active Generations 4300 W. 46th Street in Room –Sertoma B starting on March 11,2021 Thursdays through April 29 (8 sessions). Time 1:30-3:30 pm each week with no cost. Call Kristie @605-328-1860 or register online at [www.sanfordhealth.org](http://www.sanfordhealth.org), “balance class”.

### MEMBERS



Tanya Vollan Paul Romsdahl  
Rhoda Wold Ordell Krogstad  
Verne Endahl Tom Siemonsma  
Joanne Hamre Ella Riswold  
Dave Karl Donna Lee Boyd  
Terry Tommeraasen  
Eric, Lindsay and Emily Comes

### FRIENDS & FAMILY OF OUR MEMBERS

Family of Inez Wilson  
LeRoy Koopman—Brother-in-law to Ben & Elaine Kringen  
Jerome Johnson—Uncle of Deb Karlson & Brenda Bergum  
Darrel McMahon—Brother of Ann Romsdahl  
John Jorgenson—Friend of the Community  
Dawn Williams—Sister of Danae Cords  
Jordan Alderman—Nephew of Dave and Deb Qualseth  
Fred Tidemann—Brother of Melva Hilmoe  
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  
Rachel Aberson—Daughter of Jason and Ann Aberson  
Amanda Nyhaug—Grand Daughter of Norma Nyhaug



# Baltic Lutheran Council Minutes

## January 12, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran on Tuesday, January 12, 2021 at 7:30 pm. President Dale Erickson called the meeting to order. Pastor Randall Questad led us in prayer.

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

December minutes were emailed to the council. Motion by Karen and second by Myron to approve the minutes. Motion carried.

### **Financial Report**

Financial reports were discussed.

There was a request to receive a monthly balance sheet for the savings accounts. The request will be forwarded to Alana.

Motion by Dick to approve the financial report. Second by John. Motion carried.

### **Trustees Report**

Motion by Myron to designate half of the Lenten offering to the Banquet and the other half to the Baltic Food Bank. Second by J. Motion carried.

### **Deacon's Report**

Thank you to Bryce and Corynne for their time on the council.

Several Thank-you notes were received for Christmas gifts.

### **Old Business**

The PPP loan form is still on hold for right now.

Application has been submitted for the State grant for Covid relief.

### **New Business**

The Annual Report is finished, printed and mailed to all members. The report was printed at Office Max. It was very nice to have it printed there. Mailing the report to everyone served as notification of the annual meeting and eliminated the need to send a postcard.

The Annual Meeting is January 24, 2021 at 9:30. Members not able to attend may register through Sign Up Genius to participate via a conference call.

## Parish Nurse Report

Thank you from Marjell for her Christmas gift. Health equipment has been organized. Discussion held on replacing the hand sanitizer stations. Discussion tabled.

BALTIC BLDG FUND	
Jan	\$100.00
Feb	\$120.00
<b>YTD</b>	<b>\$220.00</b>

## Pastor Report

Lenten services will be shared with other churches again this year with the exception of Dells Lutheran. They opted out for one year. Lenten services will start at 6:00 pm this year and will be live streamed. Ash Wednesday services will held at both East Nidaros and Baltic. The joint council retreat will be held February 21, 2021 at the Morton Center.

The new data base is finished but will need some clean up.

Two iPad's have been purchased and the Switcher Studio app is installed.

Synod Assembly meeting is June 4th and 5th. No decision yet if it will be in person or online.

Confirmation camp discussed. We need to encourage the youth to start attending camp at a younger age to create more interest in the camp experience.

The next meeting is the retreat on February 21, 2021.

Pastor Randall let us in the Lord's Prayer.

Motion to adjourn by John and second by Myron. Motion carried.

Lori Berg, Secretary

Submitted unapproved

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	\$7,912.76	\$9,123.65	\$14,893.83	\$18,599.81

February is as of February 22, 2021

**The Baltic Church Council** chose the **Technology Fund** for our **March Noisy Can**. This fund is separate from the Computer Fund and was established to aid in the purchase of visual and audio equipment to be used in the Sanctuary to better serve our congregation and our community.

Please prayerfully consider donating to the Baltic Tech Fund.



# East Nidaros Council Minutes

## January 11, 2021

Present: Kathy Hegge, Jesse Hartman, Jennifer Hartman, Craig Krogstad, Pastor Randall, David Daugaard, Alvina Harvey, Deb Larson, Marjell Wendland, Jimmie Vollan, Mary Lee Lohnes

Call to order: Craig Krogstad

Opened in prayer by Pastor Randall Questad

Secretary minutes: The December minutes were emailed out prior to the meeting. A motion to accept the meeting minutes as submitted was made by David Daugaard and seconded by Deb Larson. Motion passed

Treasurer's report: The December reports were emailed out prior to the meeting. A motion to accept the report as submitted was made by Jimmie Vollan and seconded by David Daugaard. Motion passed

Parish Nursing Report: Immunizations are starting for the healthcare workers in the state. Thank you to Dave and Melissa for cleaning and organizing the equipment room downstairs. They are in the process of ordering new hand sanitizer equipment. The health board feels this should be a church expense and not just a parish nursing expense. They will be ordering 3 of the sanitizers, and it will be between \$300 to \$375. Discussion was had about the hand sanitizers and what is needed at this time.

Pastor Randall report: Lenten services discussion: Dell Rapids is not going to participate in the Lenten services this year. Pastor did invite Renner's new pastor to join in the services. We know they will probably not be well attended but we would like to continue to offer these services. Lent starts on February 17th. He is meeting with the area churches tomorrow to discuss the options they have for this year. We would potentially add the live streaming option for these services also. Pastor will give us an update after his meeting tomorrow. Council retreat for this year: Discussion had around what we want to do for the council retreat. Pastor would not host this year because he does have more family members at his place. The council feels like the retreat is important and would potentially use East Nidaros or the Hefty Morton Building for hosting since there is more room to spread out. And offering Zoom if people are needing to be at home. February 7th is the date on the calendar for the meeting. Deb will check with Brian Hefty for February 7th. The 7th is super bowl Sunday, we could need to move it from that date. Next possible date is the 14th. Deb will



check both dates. Pastor has been talking to the confirmation kids about the confirmation camp, June 13-18th. He will be offering this to those who wish to go but will not make it mandatory.

Deacon Report: Nothing new to report

Trustee Report: Nothing new to report

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

\*As of Feb 22, 2021 (Income includes \$2,217.00 SD SBA COVID Grant & \$8,345 PPP Round 2

**FEBRUARY PARISH  
RECORD CHANGES**

**BALTIC**

**New Members:**

*No changes*

**Transfers Out:**

*No Changes*

**Baptisms:**

*Hudson Radack*

**Weddings:**

*No Changes*

**Deaths:**

*Vickey*

*Lundstrom*

**EAST**

**New Members:**

*No Changes*

**Transfers Out:**

*No Changes*

**Baptisms:**

*No Changes*

**Weddings:**

*No Changes*

**Deaths:**

*No Changes*

**DAYLIGHT  
SAVINGS**

**Sunday March 14**

**MARCH  
NOISY CAN**

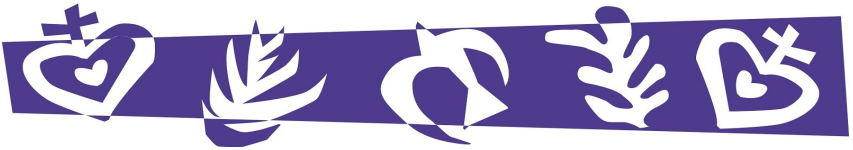
**Baltic:**

Baltic Church  
Technology Fund

**East:**

The Banquet

**Pastor Randall will be offering First Communion classes to 5<sup>th</sup> grade and older youth who have not yet received this Instruction. The instruction will be completed in two classes. The first will be held Sunday, March 7<sup>th</sup> at 4:00 at Baltic Lutheran. The second class will be held Sunday, March 14<sup>th</sup> at 4:00 at East Nidaros. First Communion will be Sunday, March 28th during Palm Sunday Worship at Baltic Lutheran and East Nidaros.**



## 2021 Lenten Worship Schedule

*“Isaiah”*

### Rebellion To Redemption

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

*thank  
you*

Jenny Hartmann will be taking on the role of Sunday School Coordinator for East Nidaros. We look forward to seeing what you have planned for the Sunday School program.

Thank you to Susan Hookie for all your years of dedication to the Sunday School Program.



# 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.

## *The Following Gifts Have Been Given As Memorials:*

### Baltic

#### In Memory Of:

**Vickey Lundstrom** Baltic Technology Fund \$20.00 &  
Baltic Lutheran Church \$90.00

**Bobby Swenson** Baltic Technology Fund \$40.00

**Veronica Groeneveld** Baltic Technology Fund \$25.00 &  
Baltic Lutheran Church \$40.00

### East

#### In Memory Of:

**Vickey Lundstrom** Building Fund \$20.00 &  
Technology Fund \$25.00

# Parish the Thought

Volume 54 Issue 3 Mar, 2021

**BALTIC LUTHERAN PARISH  
&**

**EAST NIDAROS CHURCH**

P O Box 198

Baltic, South Dakota 57003

Telephone: (605) 529-5471

E-mail address:

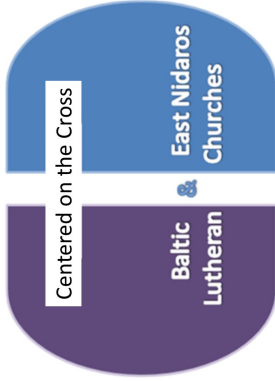
[nidaros@alliancecom.net](mailto:nidaros@alliancecom.net)

Website address:

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find us on Facebook

**Pastor Randall Questad**

Cell: 605-940-2646



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



**Sunday March 14**