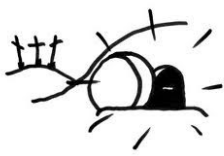


BALTIC AND EAST NIDAROS LUTHERAN PARISH
Two Churches - One Parish - Centered on the Cross



- Thu Apr 1 8:30-3:00 Foot Care Clinic
9:00 Bulletin Assembly
6:00 Maundy Thursday Service @ Baltic
- Fri Apr 2 **6:00 Good Friday Service @ East**
- Sun Apr 4 **Easter Sunday**
7:00 Easter Sunrise Service @ East
9:00 Easter Service @ Baltic
Communion
- Wed Apr 7 8:30-12:00 East Nidaros Quilting
5:30-6:30 Intro to Confirmation @ Baltic
6:30-7:30 7TH & 8TH Confirmation @ Baltic
- Thu Apr 8 8:30-12:00 East Nidaros Quilting
9:00 Bulletin Assembly
- Mon Apr 12 7:30 Baltic Council Meeting
- Wed Apr 14 **6:30-7:30 7TH & 8TH Confirmation @ Baltic**
- Thu Apr 15 9:00 Bulletin Assembly
- Sun Apr 18 **Summit Tidemann Baptism & New Member Brendan Tidemann**
- Mon Apr 19 **Newsletter Deadline**
- Wed Apr 21 **6:30-7:30 7TH & 8TH Confirmation @ Baltic**
- Thu Apr 22 9:00 Bulletin Assembly
- Sun Apr 25 **Communion**
- Wed Apr 28 **6:30-7:30 7TH & 8TH Confirmation @ Baltic**
- Thu Apr 29 9:00 Bulletin & Newsletter Assembly

UPCOMING EVENTS



APRIL PULPIT POST

“The Entrance”

²And very early on the first day of the week, when the sun had risen, they went to the tomb. ³They had been saying to one another, “Who will roll away the stone for us from the entrance to the tomb?” ⁴When they looked up, they saw that the stone, which was very large, had already been rolled back.

Mark 16:2-3

I can hardly wait for Easter morning of 2021 to arrive. Mary Magdalene and Martha were less than excited as they approached the entrance of the tomb on the first Easter morning. They were worried about who would roll away the stone from the entrance. However when they arrived, the stone had already been rolled away and Jesus was no longer in the tomb. They were alarmed at what they saw. The young man who was sitting by the entrance spoke to them and told them “Do not be alarmed.” He knew they were looking for Jesus and he reminded them that Jesus told them that he would rise from the grave. The Easter gospel ends with these words: “They were afraid”.

Mary Magdalene and Martha were still afraid because when they looked into the entrance of the tomb they did not see Jesus and more importantly they didn’t hear Jesus speak to them. The Easter story does not end with looking into the entrance of an empty tomb. The Easter story never ends because Jesus rose from the dead and has never stopped declaring his love for you.

I hope you are able to join us in person for worship on Easter morning this year. Please use the Sign-Up Genius on the Baltic-East Nidaros website to let us know which service you are planning on attending. Holy Communion will be served at this service to remind you that the tomb is empty and Jesus is present and ready to speak his words of forgiveness to you.

Happy Easter,
Pastor Randall Questad

Parish Nurse & Health Board

Happy Easter-Christ has risen, Christ has risen indeed. With the blessing of forgiveness and saving from Christ we live each day trusting in his goodness and mercy. Each day becomes months and seasons.

With the month of April, we begin the allergy season. Most of us look forward to spring, but allergy sufferers know that the arrival of spring also means the start of seasonal symptoms. Allergies are characterized by an over-reaction of the immune system to certain substances (allergens) that are inhaled (pollen, dust mites); eaten, (peanuts, shellfish); injected (bee stings, certain medications) or touched (poison ivy, latex). So what is a pollen count? Pollen counts tell us how many grains of plant pollen were in a certain amount of air (often one cubic meter) during a set period of time (usually 24 hours). Pollen is a fine powder released by trees, weeds and grasses. Much pollen is released early in the morning, shortly after dawn. Pollen travels best on warm, dry, breezy days and peaks in urban areas midday. Pollen counts are lowest during chilly, wet periods.

Symptoms of allergies include: sneezing, runny nose, (clear discharge), itchy nose or throat, coughing and or skin rashes or hives. For people with severe allergies, asthma attacks can occur. Allergies cannot be cured, but the symptoms of the allergy can be reduced by avoiding contact with the allergen. Quick and easy tips for avoiding allergens are to limit outdoor activity during pollination periods when the pollen count is high, closing windows and using air conditioners, staying indoors between 5 and 10am which are the peak pollen hours; check the pollen count at www.pollen.com and try to stay indoors when it is high and avoid mowing lawns which stirs up pollen. Talk to your physician about over the counter or prescription medications/remedies. Some medications work best when taken shortly before pollen season starts.

April is also Nation Parkinson Awareness Month. The Parkinson Association of South Dakota launches an annual campaign to raise public awareness and broaden community understanding of this chronic and progressive brain disorder affecting more than 1.5 million Americans.

Believe it or not:

1. Parkinson's disease affects over one and a half million people in the US, more than Multiple Sclerosis, Muscular Dystrophy and Lou Gehrig's disease combined. 3 *Cont.*

2. Parkinson's disease is a common progressive, disabling, neurological disorder that affects body movement such as the ability to walk, talk, write and swallow.
3. Parkinson's disease afflicts people regardless of gender, race, background, behavior, lifestyle or geographic area.
4. The average age of diagnosis is 57 years, with many diagnosed in their 30's and even 20's.
5. There are approximately 50,000 new Parkinson diagnoses each year.
6. The number of people living with the complications of Parkinson's disease is expected to rise significantly as our current population ages.
7. The cause of Parkinson's disease is not clearly understood, or is there currently a cure.

I am not sure whether we will be doing the "Big Squeeze" this year due to the Pandemic. If it is given the "go ahead", we will also do. The Big Squeeze is done to increase awareness of hypertension since 1 in 3 adults have high blood pressure.

Speaking of high blood pressure and heart disease, the winners of the free heart screens were won this year by Louie Doon at East and Melva Lee Hilmoie at Baltic. Congratulations and thank you for taking part in this very important screening.

Have a Safe and Blessed Easter
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).

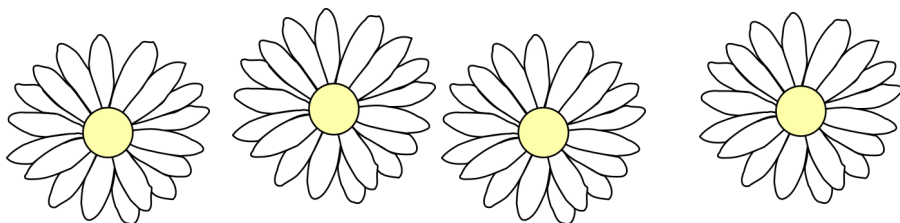
IF YOU ARE HOSPITALIZED.....

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.

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



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, “balance class”.



Baltic Lutheran Council Minutes

February 28, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at the joint council retreat at the Morton Center on February 28, 2021.

Council members present were: Dale Erickson, Lori Berg, Dick Berg, Shirlene Allgier, Allen VanEck, John Sinding, Karen Sinding, Myron Nohava, Jeff Boldt, Gary

Gregg. Pastor Randall Questad was also present.

Not present: Alana Tommeraasen.

Dale Erickson called the meeting to order.

Motion by Dick Berg and second by Allen VanEck to approve the January minutes. Motion carried.

Financial Report:

Karen Sinding pointed out that there was an error for janitor supplies.

Motion by Karen Sinding, second by Jeff Boldt to move this to janitor expense instead of janitor pay. Motion carried.

Dale Erickson stated that both state grants were denied. He will still apply for Federal.

Karen Sinding also stated that the Alliance "Keep the Change" grant had been denied due to already receiving help with On Demand.

Trustees:

We need to have a backup for snow removal. J. Serna will check with Connor Wendland for sidewalks and Wayne Gunderson for parking lot.

Deacons:

Would like to start making visits again. John Sinding will be checking with local nursing homes to see when this might be possible.

New Business:

Need to prioritize what we can do to move forward this year.

#1 - Sunday school. Education board stated we will start back up in the fall. Myron suggested we could have Sunday school one Sunday a month in the summer to get families back in the church.

#2 - Communion. Start having communion twice a month. On the first and last Sunday of the month, beginning in April.

#3 - Stewardship. J. Serna suggested we could have associate members, a way for others to donate to our church. Starting ACH again. Dale Erickson suggested to get up and speak during online service about giving and ways they can give. Online payments, mail in payments.

Noisy can, when can we start again? Due to social distancing, we will wait for now.

Bible study, when can we start again? Leave up to Pastor's discretion. With social distancing it is possible.

Fellowship and Choir, we will wait for now.

Allen VanEck stated we should send Kendra a thank you for the wonderful job she did putting on the church service.

The next council meeting will be March 15, 2021 at 7:30pm.

BALTIC BLDG FUND	
Jan	\$100.00
Feb	\$120.00
Mar	\$140.00
YTD	\$360.00

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
Mar	\$6,167.76	\$7,094.72	\$21,061.59	\$25,694.53
March is as of March 22, 2021				

Baltic Lutheran April Noisy Can
Adam Thompson Foundation

Adam Thompson was a fun-loving young man who loved tacos and was always smiling. Adam was a life-long member of Baltic Lutheran where he was baptized and confirmed. On May 23, 2012 at the age of 16, Adam died in his Baltic home with no clue as to why. Adam's family soon learned he had gone into **Sudden Cardiac Arrest** and died due to an undetected heart condition called **Hypertrophic Cardiomyopathy**. Since that day, Adam's family and friends have turned their tragedy into life-saving training, education and screenings for the communities in South Dakota. The Adam L Thompson Foundation provides free CPR kits and AED's to schools and businesses in South Dakota. The Foundation also provides free heart screenings to kids - the screenings would have clearly shown Adam's heart condition. Unfortunately, the reality is that heart conditions in young people rarely have symptoms - often the first "symptom" is death. The Adam L Thompson Foundation is dedicated to raising awareness of Sudden Cardiac Arrest through CPR training, AED education and Young Heart Screenings.



East Nidaros Council Minutes (Retreat @ Morton Center)

February 28, 2021

Attendance: Craig Krogstad, David Daugaard, Kathy Hegge, Alvina Harvey, Jennifer Hartman, Jesse Hartman, Pastor Randall Questad, Deb Larson, Connie Karl, Mark Brobjorg, Jimmie Vollan

Call to order: Craig Krogstad

Secretary's Reports: January minutes were emailed to members prior to the meeting. It was noted that, as a point of clarification, there was no decision made regarding the purchase of new hand sanitizers for East Nidaros. We will continue to use the ones we have until further notice. A motion to accept the minutes with the clarification was made by David Daugaard; MSC.

Treasurer's Report: January financial reports were handed out at the meeting. In February, we were blessed with an anonymous donation of 5,500 bushels of corn to sell. We are especially grateful for this donation! A motion to accept the financial reports was made by Connie Karl; MSC.

After talking with a couple of painting contractors and receiving bids from them, we discussed which contractor would be best suited to our needs. Jimmie Vollan made a motion to accept the bid from Fresh Coat Painting for \$7,800 to paint all walls and ceilings in the fellowship hall, kitchen, hallways, conference room and bathrooms. They will start after Easter Sunday. MSC.

MidStates Audio & Visual will be sending a bid to wire the additional monitor(s) in the sanctuary; they will also have a technician finish setting up the iPad to be able to start the Livestream.

In discussion about Easter Sunday Worship Services, we will again have the 7:00am Sunrise Service at East, but there will not be a breakfast following. Baltic will have Easter Service at 9:00am. We will both use SignUp Genius (same as for Christmas Eve), with an option to add an additional service later in the day if needed.

The Council discussed priorities for the coming year; the list (not in order) included youth activities, Sunday School, Bible Study, fellowship, fundraisers, and Vacation Bible School.

Pastor's report: Pastor Randall's report is included in the Joint Council Minutes.

Easter Offering: Baltic Food Bank

Meeting was adjourned to rejoin the Joint Council Retreat.

Next Meeting: TBD

Submitted by Kathy Hegge, (Jennifer was assisting with the Education Committees).

Unapproved 3/11/2021

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

*As of Mar 23, 2021

ATTENTION East Nidaros families. Our plan is to move forward with our meal/social activities beginning with the Memorial Day Program and Luncheon. There have been no changes to the service groups, so please watch for postcards throughout the year. These are the meal activities on the calendar for 2021: Memorial Day, Ice Cream Social, Fuel Fund Soup Supper and SS Program Potluck.

This list is subject to change as we navigate the new "normal".

Thank you for continuing to support East Nidaros!

FEBRUARY PARISH RECORD CHANGES

BALTIC

New Members:

No changes

Transfers Out:

No Changes

Baptisms:

No Changes

Weddings:

No Changes

Deaths:

Terry

Tommeraasen

EAST

New Members:

No Changes

Transfers Out:

No Changes

Baptisms:

No Changes

Weddings:

No Changes

Deaths:

No Changes

APRIL NOISY CAN

Baltic:

Adam L. Thompson
Foundation

East:

Adam L. Thompson
Foundation



I want to thank each and everyone in my Baltic Lutheran and East Nidaros Parish for birthday greetings and well wishes.

I enjoyed all.
Norma Nyhaug



We would like to **thank everyone** for your prayers and concern shown to our families during Terry's illness and death. Thank you for cards, flowers, memorial gifts and memorials given in his memory.

Special Thanks to Pastor Randall for all his prayers, calls and visits with Terry and our family. It was very much appreciated.

Thank you to Myron and Doug Nohava for all their help and guidance through this difficult time.

Terry will be missed a lot by our family but will be forever in our hearts.

The Tommeraasen Families



Thank you so much for the uplifting prayers while I was hospitalized and during recovery. It is so comforting and encouraging it is to know that those prayers were going up. God has blessed us with a Church family of believers and prayer warriors.

Again, thank you.

Trudy C Hartman

The Following Gifts Have Been Given As Memorials:

Baltic

In Memory Of:

Vickey Lundstrom Baltic Technology Fund \$405.00,
Baltic Lutheran Church \$95.00 & Baltic Bldg Fund \$10.00

Shannon Peterson Baltic Church Fund \$15.00

Veronica Groeneveld Baltic Technology Fund \$20.00

Terry Tommeraasen Baltic Lutheran Church \$45.00,
Baltic Sunday School Fund \$50.00 & Baltic Technology Fund \$170.00

East

In Memory Of:

Inez Wilson Technology Fund \$275.00 &
East Nidaros Lutheran Church \$100.00



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 & EAST NIDAROS MEMBERS

Please consider gift cards for your everyday purchases and gifts. Order them through the East Nidaros SCRIP Program. Many stores offer physical gift cards, e-cards, and/or reloadable cards. Every gift card gives a percent of the sale back to the church and there are hundreds of choices, including some local stores like Hy-Vee & County Fair. The ***RaiseRight*** app is a great way to order e-cards for a very low fee! With the app, you can walk into a store, purchase the cards you need through the app and use them instantly (e-cards). To set-up your own account in the app, you will need to enter the East Nidaros Enrollment Code: **B9L6F8C555243**. If you prefer to have physical gift cards ordered through the East Nidaros SCRIP program, please contact Kathy Hegge (366-4116) for details. Call me if you'd like to place an order or learn more about the **ShopWithScrip** program! This is a great way to do your personal shopping or gift giving and support the church, too!



Baltic Lutheran and East Nidaros Joint Council Minutes February 28, 2021

The joint meeting was held February 28, 2021 during the council retreat at the Morton Center.

Members present: Lori Berg, Dick Berg, J. Serna, Jeff Boldt, Allen VanEck, Alvina Harvey, John Sinding, Karen Sinding, Shirlene Allgier, Dale Erickson, Craig Krogstad, Jimmie Vollan, David Daugaard, Jodee Westerbur, Mark Brobjorg, Jesse Hartman, Jennifer Hartman, Kathy Hegge, Connie Karl, Angela Aspaas, Mandy Witzel, Kari Sundermann, Chelsey Koenig, Debra Larson, Myron Nohava, Gary Gregg, and Pastor Randall Questad.
Meeting called to order by Pastor Randall and opened with prayer.

Pastors Report:

The website has been updated. Bulletins, sermons, and online worship services are available there.

Still some work in progress.

Planning Center - new database we are using. Looking into names we don't know and getting the correct information. Getting correct information as we get it from Sunday School and Confirmation.

March 18-26 Pastor plans to be in Arizona on vacation. March 21st church service will be provided by the Hallelujah Hooligans.

A motion was made by Connie Karl for one combined service at Baltic Lutheran at 10:00am.

Second by Kathy Hegge. Motion carried.

Connie Karl amended her motion to 9:00am service at Baltic Lutheran.

Second by Karen Sinding. Motion carried.

First Communion classes will be held this month before Pastor leaves on vacation. There is a large group of 5th graders this year. Planning on Palm Sunday, March 28th, for First Communion.

Confirmation will be this Spring. Looking at Mother's Day, May 9th. Also, senior recognition that Sunday.

Administrative Assistant Report:

Jodee Westerbur spoke about her year. Things are going well with the website, the Planning Center, and the newsletter.

Parish Nurse Report:

Foot care going well. We will hold off on ordering the sanitizer for now.

Business:

Looking back at 2020, what are things we really missed:

- Bible study
- Community, a church full of people
- Fellowship
- Sunday school
- Choir, special music
- in person visits
- Communion

What are things we really like:

- Technology improvements
- Church service whenever, wherever
- Reaching more people through online service
- Cooperation

There will be a Sign-Up Genius for Easter. We will start with the sunrise service at 7:00am at East Nidaros (no breakfast) and 9:00 service at Baltic Lutheran. We will add another service if we need to.

Board of Education:

Priorities:

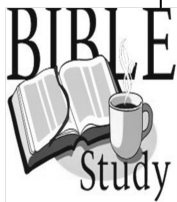
More teachers. See if we can have a couple teachers per age group to alternate. Ask older kids to be helpers.

Look for an up-to-date curriculum that is the same for both churches.

Have a combined rally Sunday on September 12th at the Morton Center.

- Make flyers promoting Sunday school for new kids/families.

Everyone applauded the board of education members for their excellent ideas!



BIBLE STUDY

2:00 Tuesdays at Baltic Lutheran

(Bible Study will be resume every Tuesday in the month of April at Baltic Lutheran Church. East Nidaros will be getting a new coat of interior paint in the month of April.)

Baltic Lutheran Church Members:

Our giving is down and we are asking all members to be faithful in your financial giving to the church.

As a reminder, if you are unable to bring your offerings to worship services, you may also:

A. **Mail** – your check or cash to our Church Treasurer:

Baltic Lutheran Church
c/o Alana Tommeraasen
PO Box 198
Baltic, SD 57003

B. **AutoPay** - If you bank with **First National Bank**, you may set up your automatic donations from your account to whichever Church fund(s) (General Fund, Building Fund, etc.) you choose. It may be more than one fund and the frequency (weekly, monthly, one-time) as you choose, without a fee. The bank will take care of the transfer, and it will continue until you request it to be stopped. The donation will appear in the church account with your name visible only to the Church Treasurer. If you **bank elsewhere**, there may be a one-time fee to set up. To avoid that cost, ask your bank to set up autopay and have them send a check directly to our church.

Your bank may have different rules or fees, so be sure to clarify with your bank on details.

In the event church or church activities need to be cancelled due to weather, this is how we will communicate the information:



* **Our Website:** www.balticandeastnidaros.org
Click on News and Announcements

* **Facebook**

* **KELO**— Website
(www.keloland.com/weather/cloelines)

* **KSFY**—TV & Website
(www.ksfy.com/weather/closings)



MEMBERS

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

FRIENDS & FAMILY OF OUR MEMBERS

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 Danea 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
Don Koopman—Father of Kim Questad
Gail Syverson—Friend of the Community
Lisa Jervik—Daughter of Ben and Elaine Kringen
Lisa Tidemann—Friend of the Community

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 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.

Parish the Thought

Volume 54 Issue 4 Apr, 2021

BALTIC LUTHERAN CHURCH
&
EAST NIDAROS LUTHERAN CHURCH

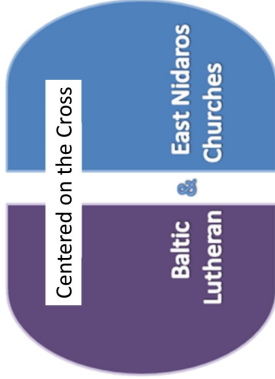
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Pastor Randall Questad

Cell: 605-940-2646



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Baltic, SD

Welcome
April ♥