

JUNE

Parish The Thought

Volume 54 Issue 6 June, 2021

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



UPCOMING EVENTS

- Wed Jun 2 8:30-12:00 East Nidaros Quilting
- Thu Jun 3 8:30-12:00 East Nidaros Quilting
- 8:30-3:00 Foot Care Clinic
- 9:00 Bulletin Assembly
- 9:15 PQ Communion @ Orchard Hills
- 10:00 PQ Communion @ DNRC
- Sun Jun 6 **Holy Communion**
- Mon Jun 7 7:00 East Council Meeting
- Thu Jun 10 9:00 Bulletin Assembly
- Mon Jun 14 **NEWSLETTER DEADLINE**
- Tue Jun 15 2:30 PQ Worship @ DNRC
- 6:30 Baltic Council Meeting
- Thu Jun 17 9:00 Bulletin Assembly
- 10:00 Phase 3**
- Sun Jun 20 **Father's Day**
- Thu Jun 24 9:00 Bulletin & Newsletter Assembly
- Sun Jun 27 **Holy Communion**



JUNE PULPIT POST

“Your Advantage?”

“Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you.”

John 16:7

As the month of June begins, Pentecost, the longest season of the church year, is in full swing. This season is also called “ordinary time” since there is a long stretch of Sundays before the next big day in the church year. However, the season of Pentecost is anything but ordinary. Jesus calls the time when He ascends to heaven and His Father sends us the Holy Spirit as “our advantage”.

What could possibly be helpful for us by Jesus going back to his Father in heaven? Jesus tells us that when He returns to heaven, he will not leave us abandoned. In fact, Jesus becomes more accessible than when he walked on the earth. Jesus said that the Advocate, the Holy Spirit, the Comforter, or His Helper would not come without his return to heaven. On Pentecost, the Holy Spirit arrived and has been with us ever since calling and gathering Christians together and delivering comfort to troubled souls to places that Jesus never traveled.

As this “ordinary” time of Pentecost begins, we also welcome a return of some “ordinariness” in our communities and churches. There is an advantage to attending graduation receptions in person compared to waving to graduates from a distance as they parade through streets. There is an advantage for families to gather in person to celebrate important family events. There is an advantage for families to gather for a reception following a funeral for a time of fellowship. And there is an advantage to worshipping in person compared to watching and listening to an online worship. There is an advantage in the ordinary.

The Holy Spirit who came to us at Pentecost and who is forever with us has led us through a difficult time of pandemic. It is good for many aspects of life returning to a sense of what we remember as ordinary. Our church doors are again open wide for you to hear the extraordinary promises the Lord has for you.

Blessings to you,
Pastor Randall J. Questad

Parish Nurse & Health Board

With the month of June comes summer. Seems like we have been waiting for it for a while, so now time to enjoy, but this does not eliminate the depression and anxiety that has come out of the epidemic with so many people not being able to meet in person.

Depression and anxiety disorders are related, but also different from each other. They can take many forms and usually do not just go away.

Typically there is something that will trigger mental illness and there is no shame in seeking treatment options. People do not go through depression the same way. Shutting out people, stopping doing things used to enjoy, finding it hard to focus or think. Other things may be feelings of sadness that does not go away; feeling anxious or extremely guilty about past or present events; changes in eating habits, sleep or personal care; new or increased alcohol or drug use; having a negative view of yourself or others; failure or being a burden to others and would be better off dead. Any thought of suicide should be taken very seriously and will need to seek immediate help. Older adults with depression may not feel sad. They often report anxiety, physical aches and pains, memory loss, or difficulty with maintain clear thought process. Depression is very common in people with diseases affecting the brain, such as people with Parkinson's disease or have had a stroke.

Anxiety: a normal response to life's challenges or major decision and for people with an anxiety disorder, the worries and distress don't go away easily. They may even be so severe that daily activities and relationships can be disrupted. A panic disorder involves a panic attack which comes on suddenly with intense, unexpected fear and can have symptoms of a pounding heart or racing heart, sweating, shaking and a feeling of impending doom.

Treating a mental illness such as depression or anxiety disorder comes with a lot of issues that may take multiple tries in finding a treatment plan or combination that fits the person best. No matter how things are going, it is very important to communicate regularly with members of the health care team and adjust treatments as needed as without patient input, the team cannot help as well. Always sticking with the medications prescribed are very important but may take up to 4-8 weeks to feel a noticeable difference.

Anyone with symptoms of depression or anxiety disorder should get help. Negative comments are changing and no one should be ashamed about seeking care for mental health. People should start by talking to their health care provider and can start as simple as saying you don't feel like yourself lately. Provider may want to rule out other causes for the symptoms such as medication side effects or a thyroid disorder, but when all is normal may recommend counseling or medication and will follow in the care.

As mentioned earlier, pandemic conditions such as isolation have been very difficult for some people and getting care needed will be very beneficial.

Enjoy the summer
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
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.

Highlights from the May 13th Health Board meeting:

Health Board meetings have been restarted and it is good to meet in person again.

Discussion has been had on re-starting the Phase 3 again beginning on June 17th. Be watching for more details on that.

The Footcare clinics continue to thrive and are every other month.

Our Luncheon has definitely been put on hold until next Spring.

Getting back into homes and nursing homes to visit.

As summer and fall approaches we will be determining other things to proceed with.

Footcare Clinic will be Thursday June 3rd and every other month following.

The next ones will then be August and October. 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



Phase 3

Are we ready for some socializing? Of course we are, so let's do it! It will be so much fun to get back together again to sit and visit and drink our good coffee. Everyone will have a special story to share of this past year and going through the Pandemic. So put the Phase 3 back on the calendar for June 17 at 9am or whatever time you can make it. Baltic Church basement. See you then!

APRIL PARISH RECORD CHANGES

BALTIC

New Members: *Brendan Tidemann*

Transfers Out: *No Changes*

Baptisms: *Summit Tidemann*
Benjamin Richards
Donald Richards

Weddings: *No Changes*

Deaths: *No Changes*

EAST

New Members: *No Changes*

Transfers Out: *No Changes*

Baptisms: *No Changes*

Weddings: *No Changes*

Deaths: *No Changes*



Baltic Lutheran Council Minutes

April 12, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran Church on April 12, 2021. Council members present were: Dale Erickson, Lori Berg, Dick Berg, Shirlene Allgier, John Sinding, Karen Sinding, Myron Nohava, Jeff Boldt, Gary Gregg, Al VanEck. Pastor Randall Questad and Marjell Wendland were also present. Not present: Alana Tommeraasen and J. Serna.

Dale Erickson called the meeting to order.

Pastor Randall gave the opening prayer.

Motion by Al VanEck and second by John Sinding to approve the March minutes. Motion carried.

Financial Report:

Myron Nohava made a motion to move the \$1,000 from technology grant out of the expense account to technology fund. Second by Al VanEck, motion carried.

Myron Nohava made a motion to put the \$1,013.03 capital credit from Alliance Communications towards technology fund. Second by Gary Gregg, motion carried.

Trustees' Report:

Jeff Boldt is getting an estimate to repair the stucco on the side of the building. Also, he will be checking the joints in the parking lot to see how they are holding up.

Al VanEck made a motion to increase Brett Teveldal's pay back to \$300 for custodian. Second by Karen Sinding, motion carried.

Deacons' Report:

Noisy Can for May: Royal Kids Camp for foster kids.

Old Business:

Applied for "forgiveness" of 1st PPP Loan of \$11,250 received April 21, 2020. First Premiere has received application and it is still in process (which is normal per banker Alex Jensen).

Piano lamp ordered through Art Aadland. Art has received it and is assembling it. Should be in place by next Sunday.

New Business:

Discuss to allow Kari Sundermann's Pre-School Graduation on May 11th. Can we amend or change the Covid-19 policy to allow? 12 graduates, possibly 24 parents, besides some grandparents, &

siblings. Willing to wear make upstairs - would like to have cake and juice downstairs.

Myron Nohava made a motion to allow Kari Sundermann and the Playhouse Childcare to use the church for their preschool graduation in May. Second by John Sinding, motion carried.

Is this when we should discuss de-regulating church attendance or table it to the joint meeting in May?

Al VanEck made a motion to take the ropes down between pews beginning May 1st. Second by Jeff Boldt, motion carried.

E-mail forwarded from Kevin Stillson explaining the version of on-line giving used at West Side Lutheran - Planning Center Giving, which is compatible with our new Planning Center People database.

Motion made by Gary Gregg to move forward with on-line giving and discuss with East Nidaros Council through Craig Krogstad. Second by Shirlene Allgier, motion carried.

SD Synod assembly will be "virtual June 4-5. Delegates?

Put in bulletin for any interested delegates. Possibility to have zoom available at the church if needed.

Parish Nurse Report:

The health board is meeting again. Foot care is on overload! There is a wait list, they have been getting new clients. Marjell will look into getting extra help with this.

Pastor's Report:

Lots of baptisms and new members!

Seniors - getting a letter out to parents about recognizing them on May 9th in church and also looking into doing Baccalaureate with the school. Also on May 9th (Mother's Day), confirmation. What other milestones do we want in our church? Baptism, first bible, first communion, confirmation, seniors. Looking for new ideas.

Pastor was accepted into the Moses Project! This will start in August.

New people in church, we need to make sure we are welcoming them.

How can we do this?

Council meetings will be the second Tuesday of the month at 6:30pm going forward.

Next Meeting: May 11, 2021 at 6:30pm Joint with East.

Pastor Randall led the closing prayer.

Motion by Al VanEck and second by Dick Berg to adjourn. Motion carried.

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	\$9,004.93	\$8,272.07	\$60,116.84	\$50,508.31

May is as of May 24, 2021

*PPP Loan \$11,250.00

JUNE NOISY CAN

Baltic: Ronald McDonald House

East: Warrior Leadership Summit

Baltic Lutheran Church Members:

BALTIC BLDG FUND	
Jan	\$100.00
Feb	\$120.00
Mar	\$140.00
Apr	\$105.00
May	\$140.00
YTD	\$605.00

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

BALTIC APRIL NOISY CAN: \$76.00 for Adam Thompson Foundation
EAST APRIL NOISY CAN: \$132.83 for Adam Thompson Foundation

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.



East Nidaros Council Minutes

April 5, 2021

Present: Kathy Hegge, Jesse Hartman, Pastor Randall Questad, David Daugaard, Alvina Harvey, Jimmie Vollan, Craig Krogstad
Craig Krogstad called the meeting to order.

Secretary minutes: Emailed out prior to the meeting by Kathy Hegge. A motion to accept the minutes as emailed was made by Jesse Hartman and seconded by Alvina Harvey.

Financial Reports: February and March reports were handed out at the meeting. Check has been received from the SD Synod for the grant that Kathy Hegge applied for and they have asked that we provide written and pictorial documentation to be submitted to them by next January. We have received another anonymous donation of corn. Kathy has applied for Forgiveness of the first PPP loan, and First Premier has approved it. It has been fully approved by the State. We will not owe that first loan amount back. A motion to accept the report as presented was made by David Daugaard and seconded by Jimmie Vollan.

Parish Nursing report: Marjell Wendland provided an update on the foot care clinic. There is a great need for this program. She stated there is a waiting list of people who need foot care.

The Health Board meeting suggested opening up fellowship prior to church and it would be up to the individuals who feel comfortable partaking in the fellowship. Phase 3 was also brought up if they could start that again. A question was made if there is a copy of the contract for the Parish Nursing program. Marjell stated she has a copy and she will provide that to the secretary to include in the minutes.

Pastor Report: The last week was pretty busy leading up to Easter. Confirmation is coming up on Mother's Day and senior recognition also. April 18th and May 16th Ellen will be gone and we will have alternates for the organ. There are a couple of Baptisms coming up for the summer. And Pastor has 5 weddings coming up this summer. Bible Study has been restarted and will begin in Baltic due to the painting at East. Pastor asked how everyone felt about the Lenten services. It was less attended this year. The feeling was that it has a lot of value even if it isn't well attended. Sunrise service was well attended and we are hoping to be able to offer Easter Breakfast again next year. There's a program that was brought up to Pastor this week called the Moses project that is specific to rural ministry and is a good way for Pastor to connect with other *Cont.*

pastors that are in rural communities. The program begins in August and it ends in May. Pastor asked for ideas and suggestions that we would like him to look into that are specific to rural ministry needs.

Old Business:

Memorial Day service is on track to happen this year.

Painting will start on April 12th. Everything needs to be off the walls this week and weekend. Saturday morning at 9am work day for those who can help.

New Business:

Discussion was had around the library and what to do with the library. Tabled at this time.

Motion to hire a carpet cleaner during the painting, motion was made by Alvina Harvey and David Daugaard seconded the motion. Motion passed. Trustees to look into hiring that out.

Mid-State was out again to look at options for wires. Kathy to follow up with them again. There was miscommunication as to what was needed/wanted.

Kathy Hegge resigned from the personnel committee- that leaves only 2 people on that committee and it is 2 from Baltic. We need 2 people from East to volunteer for that committee.

Craig Krogstad volunteered for the 1 spot and Alvina is going to approach someone else.

VBS: Renner has asked if we are doing a VBS and a potential of combining for VBS. Pastor will follow up with Renner's Pastor and Shetek.

Noisy Can for May: A motion for VBS was made by Craig and seconded Jenni. Motion passed.

Next meeting: May is the next Joint meeting at East Nidaros. Tentatively set for May 10th at 6:30pm.

A motion to adjourn was made by David Daugaard and seconded by Jimmie Vollan.

Pastor Randall closed in prayer.

Minutes submitted by Jennifer Hartman

East Nidaros Secretary

EAST NIDAROS NOISY CAN FOR JUNE

Warrior Leadership Summit is a youth discipleship conference to Native people ages 15-35. Flandreau Indian School students are seeking support to attend this five-day conference where they will worship, learn, have fun, connect with each other and become stronger in the Lord. Over 700 young people from nearly 100 tribes across the US and Canada will attend WLS.

Month	Monthly	Monthly	Year to Date	Year to Date
	Income	Expenses	Income	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
Apr	\$15,512.25	\$8,053.60	\$38,540.74	\$27,800.18
May*	\$8,824.30	\$13,545.06	\$47,365.04	\$41,345.24

*As of May 25, 2021. Expense includes balance on painting and carpet cleaning in Fellowship Hall.

The Following Gifts Have Been Given As Memorials:

Baltic: In Memory Of:

Terry Opp Baltic Lutheran Church \$10.00

East: In Memory Of:

Don Vollan East Nidaros Lutheran Church \$120.00



FOOD PANTRY ITEMS NEEDED

**Monetary Donations
always Welcome!**

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

- Mac-n-cheese
- White sugar
- Brown Sugar
- Powdered Sugar
- Pancake Syrup
- Boxed Noodles
- Cream Soups
- Ketchup
- Mustard
- BBQ Sauce
- Oil
- Relish
- Laundry Soap
- Salad Dressing
- Knorr Sides
- Saltine Crackers
- Snack Crackers
- Canned Chicken
- Personal Hygiene
Items
- Breakfast Bars
- Granola Bars
- Jelly
- Dish soap

**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.

Parish the Thought

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BALTIC LUTHERAN CHURCH
&
EAST NIDAROS LUTHERAN CHURCH

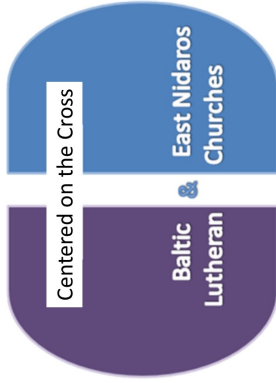
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