

JULY



Volume 54  
Issue 7  
July, 2021

# Parish The Thought

Volume 54 Issue 7 July, 2021

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



UPCOMING EVENTS

- Thu Jul 1 9:00 Bulletin Assembly
- Sun Jul 4 **Holy Communion**
- Mon Jul 5 **No** East Council Meeting
- Wed Jul 7 No East Nidaros Quilting
- Thu Jul 8 9:00 Bulletin Assembly  
No East Nidaros Quilting
- Sun Jul 11 Check'n on the 2nd
- Tue Jul 13 6:30 Baltic Council Meeting
- Wed Jul 14 6:30 Bible Study @ Baltic-Catechism Review
- Thu Jul 15 9:00 Bulletin Assembly  
**9:30 Phase 3**
- Tue Jul 20 **NEWSLETTER DEADLINE**
- Thu Jul 22 9:00 Bulletin Assembly
- Sun Jul 25 **Holy Communion**
- Wed Jul 28 6:30 Bible Study @ East-Catechism Review
- Thu Jul 29 9:00 Bulletin & Newsletter Assembly



# JULY PULPIT POST

## **“Back in the House”**

*I was glad when they said to me, “Let us go to the house of the Lord!”  
Our feet are standing within your gates, O Jerusalem.*

**Psalm 122:1-2**

Jerusalem was often considered a central place for God’s people to gather for worship. It sounds like the people had been prevented from going to worship and now they had received the good news that they once again “go to the house of the Lord.” They had been standing within the gates, but now they were cleared to enter the house of the Lord to worship again.

As we endured the COVID pandemic, there was speculation and fear of what the “new normal” would look like as churches began to reopen. I would have to admit that I too wondered if reopening would be more challenging than it was to shut our doors when the pandemic began. As most restrictions have been lifted in our community and churches, we can rejoice with the Psalmist who said, “I was glad when they said to me, let us go to the house of the Lord!”

It has been good to replace the isolation created by social distancing with the much-missed joy of social gatherings. I was glad to be invited back to elderly care facilities to provide in-person worship once again. I was glad to see the return of unrestricted numbers of people attending funerals and the return of a time of food and fellowship with family after funerals. I was glad to see people return to worship who have not been in worship for over a year. I am glad to once again greet each of you following worship without fear and we are hopeful that by fall everything that had been removed as a part of the worship service will be returned.

We have learned these past several months the importance of providing online worship and we will continue to offer that option in the future. The overwhelming response of most people is that they are glad to be able to once again worship safely in person and without restrictions. If you have not attended an in-person worship recently, we invite you to experience the joy of worshiping once again together as a community of believers. You too might say as the Psalmist declared, “I was glad when they said to me, let us go to the house of the Lord.”

Blessings Pastor Randall J. Questad 2

# Parish Nurse & Health Board

July, our hot summer days are here, and it is great to finally be getting together more comfortably from the COVID. Hopefully, we will also enjoy the summer weather and sunshine by spending more time at outdoor activities to absorb more Vitamin D.

We do need to protect ourselves from over exposure to the sun by using a broad-spectrum sunscreen with SPF 15 or higher which claims to reduce skin cancer. It can no longer state it is waterproof or sweat proof. The SPF 15 can be safely used for anyone over the age of 6 months. Dermatologists recommend using at least a SPF 30 which is used for sensitive skin and people who have had a basal cell cancer. The SPF 30 should block 97% of the UVB, but it does need to be re-applied every 2 hours to assure of protection. Most experts say sunscreen is safe and when worn daily can cut the risk of melanoma in half. Sunscreen is needed on a cloudy day also as up to 80% of sun's rays pass through fog and clouds. Be extra careful around sand, water, snow, or concrete as it can amp up the sun's harmful effects. The longest time frame in the water (when swimming), should be 80 minutes and then sunscreen needs to be re-applied after drying off. When applying sunscreen, recommendations are 1 oz to be applied right after moisturizer, then make-up. Some moisturizers and make-up have SPF sun protection in them. Always apply the bug spray last.

Bug sprays with DEET are safe to use on children as young as two months old and should be used when outdoors during evening to early morning hours (dusk to dawn) when mosquitoes are most present. Important reminders though with insect and repellents with DEET are: (1) Do not apply more than once daily. (2) For safety, only apply insect repellents to exposed skin. Do not apply under clothing, on a child's hands, near the mouth or eyes or over cuts and irritated skin (3) wash off insect repellents once you or your child come inside and are no longer exposed to mosquitoes.

Since June was Cataract Awareness month and I did not get it in last month, would like to share information on that. It has been determined that in the US, 25 million Americans have a cataract, a medical condition in which the lens of the eye becomes progressively opaque, resulting in

impaired vision. A cataract can progressively reduce the sharpness of vision and can cause a yellowish-brown tint to be applied to the field of vision which can impact color identification, can be more difficult to read, and change night driving vision. Some possible risk factors for cataracts are aging, certain diseases, as diabetes, inflammation in the eye, hereditary, long term steroid use, eye injury, eye diseases or smoking. Most often cataract surgery is recommended by an eye doctor and in about 90% of the cases, people who have cataract surgery have improved vision after.

Since summer is also picnic season, here is a food hint to be aware of: Mayo is often used in potato salad and other salads and it is recommended to throw it away if it has been out for more than 8 hours and also toss it way if it's been outside in warm temperature (>50 degrees) for 2 hours or more.

The Phase 3 Group met for the first time since COVID with a nice turnout and lots of good fellowship. We welcome anyone to come and join us for fellowship and treats. The next meeting will be on July 15th at 9:30am. (time change).

We will also again be re-starting taking blood pressures, Check'n on the 2nd on July 11. It is definitely time to update our blood pressures to make sure we are within normal limits.

The next Footcare clinic is on August 5 with a full schedule, but please contact me if needing to be seen.

The Delta Dental Truck which provides Dental Care for Kids in Need will be on July 19-22, 2021 at First Lutheran Church in Sioux Falls. Children ages 1 to 21 who cannot afford or access a dentist because of cost, lack of insurance, transportation, or other reasons are eligible for dental care. Call 605-336-3734 to register.

Have a Blessed Summer  
Marjell Wendland, RN, FCN



Footcare Clinic will be Thursday August 5th and every other month following. The next ones will then be October and December. 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

**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).

**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.

**MAY PARISH RECORD CHANGES**

**BALTIC**

New Members: *Mark, Lacey, Ella, Chris and Michael Branham*

Transfers Out: *Laura Tommeraasen*

Baptisms: *No Changes*

Weddings: *No Changes*

Deaths: *Betty Husman*

**EAST**

New Members:

*Rob & Tait Krogstad*

*Dustin Stoel*

Transfers Out: *No Changes*

Baptisms: *Elliott Perrion*

*Claire Jones*

*Lola Hartman*

*Ezra White Buffalo*

Weddings: *No Changes*

Deaths: *No Changes*



# East Nidaros Council Minutes

## May 11, 2021

Attendance: Jesse Hartman, Kathy Hegge, Craig Krogstad, Tom Siemonsma, Marjell Wendland, Deb Larson, Connie Karl, Mark Brobjorg, Jennifer Hartman, Pastor Questad, Alvina Harvey. Craig called the meeting to order.

Secretary report: Minutes were sent prior to the meeting. Deb motioned to approve the minutes, Connie seconded. Motion carried

Financial report: Kathy sent the report prior to the meeting. A motion to accept the reports as presented was made by Jennifer Hartman and seconded by Mark Brobjorg. Motion passed

Parish Nursing report: Marjell called Avera and they do not have anything that would support the foot care clinic. Sanford considers the program a community service. They are going to start earlier in the morning to try to accommodate the increase in need. Marjell did provide a copy of the contract for our records. It will be included in the secretary books. They are going to try to start up the Phase 3 group again in June. The Health Board would like to put a tobacco free facility window cling on the doors, particularly to let weddings and funeral attendees know about this issue. Deb made a motion to accept the window cling, Connie seconded the motion. Motion passed.

Old Business:

Online giving: An email was sent out prior to the meeting regarding an option for online giving by Dale Erickson. Kathy had looked into other options previously to this meeting. Discussion was had regarding the other options, QuickBooks and Giving on the Planning Center website that we already use for membership. Giving has options for one time and recurring options, along with giving off cell phones.

Streaming: Discussion was had at the previous meeting regarding questions if we will continue streaming both services every Sunday. The option of streaming every other month for the churches. Discussion was tabled and we will discuss it again at the next meeting.

Memorial Day service: We will have the Memorial Day service this year. The committee is close to finalizing the service information. Baltic Dawg Days worship service on August 15th. More discussion to be had during the joint meeting.

*Cont.*

Painting: The painting is complete. Options for using the space that was opened up during the painting process.

Noisy Can: May is designated for VBS. A motion to have June Noisy can go to WLS, warrior leadership seminar with the Flandreau Indian School, Mark Brobjorg and seconded by Jesse Hartman. Motion passed.

A motion to adjourn was made by Jennifer Hartman and Mark Brobjorg seconded.

Next Council meeting June 7th at 7pm

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
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
Jun	N/A	N/A	N/A	N/A

*The Following Gifts Have Been Given As Memorials:*

**Baltic:** In Memory Of:

**Terry Opp** Baltic Lutheran Church Technology Fund \$25.00

**Betty Husman** Baltic Lutheran Church Technology Fund \$65.00

Baltic Lutheran Church \$45.00

Parish Nursing \$20.00

**Karen Bouwman** Baltic Lutheran Church \$30.00

**Verne Endahl** Baltic Lutheran Church Technology Fund \$20.00

**East:** In Memory Of:

**Betty Husman** East Nidaros Lutheran Church Cemetery \$20.00

**Dean Johnson** East Nidaros Lutheran Church \$100.00



# Baltic Lutheran Council Minutes

## May 11, 2021

The monthly meeting of the Baltic Lutheran Church Council was held on Tuesday evening,

May 11, 2021, at 6:30 pm at East Nidaros with a joint meeting to follow.

President Dale Erickson called the meeting to order.

Council members present were: Dick Berg, Dale Erickson, Al VanEck, Myron Nohava, John Sinding, Gary Gregg, and Karen Sinding. Pastor Randall Questad and parish nurse Marjell Wendland were also in attendance. Dale Erickson led us in prayer.

Motion to approve the April 12, 2021 meeting minutes by Myron and second by John. Motion carried.

### **Financial Report**

The Lent/Easter donation of \$1044.50 to The Baltic Food Bank should be moved to "Expense" versus "Income." Dick made a motion to approve the financial report with the correction. Second by Al. Motion carried.

Start publishing Noisy Can monthly totals in "Parish the Thought."

Discussion on compensating the Hallelujah Hooligans for the March 21, 2021 joint service. Decision will be made at the Joint Council meeting.

### **Trustee's Report**

Jeff is working on repairing stucco outside basement walls of south wing.

Jeff is also inspecting the parking lot cracks for possible refilling, if needed.

Waterbury checked the furnace/air conditioning units. Recommended changing the filter every 3 months. Brett will be notified.

Paint peeling from east side of church building. Dale will contact the painter for warranty coverage.

### **Deacon's Report**

June Noisy Can designated to Ronald McDonald House.

Will meet before the June council meeting for their recommendations on the Noisy Can recipients for July through December.

### **Parish Nurse Report**

Foot Care Clinic will start a half hour earlier to accommodate the demand. The nurses are trained in foot care and are on Sanford's liability.



Phase 3 will be starting on June 17, 2021

Health Board has asked permission to hang a Health Connect window cling to the doors about the healthy environment inside. Council approved. Marjell will order and install.

**Old Business**

First Premiere has received the “forgiveness” application for the 1<sup>st</sup> PPP Loan and it is in process of approval. Thanks to Dale Erickson for filling out and submitting the application.

New Guidelines for church attendance will be discussed at the Joint Council meeting.

**New Business**

Karen brought up changing the member quorum required to hold a congregational meeting. It is set at 32 members in attendance to proceed with a meeting.

Myron made a motion to change the required attendance from 32 to 20 active members. John seconded. Motion carried. Amendment will be added to the agenda for approval at a future congregational meeting to change the constitution.

The on-line giving, Planning Center Giving which is compatible with our Planning Center People database, will be discussed at the Joint Council meeting for implementation.

**Pastor Randall Questad**

Was approached to hold an outdoor community service on August 15, 2021 in conjunction with Baltic’s Dawg Days of Summer.

Further discussion will be at the Joint Council meeting.

Our next council meeting is June 15, 2021 at 6:30 pm.

Motion to adjourn by Myron, second by Al. Motion carried.

Karen Sinding, Acting Secretary

<p><b>BALTIC MAY NOISY CAN:</b> \$122.00 Royal Family Kids Camp <b>EAST APRIL NOISY CAN:</b> N/A</p>
------------------------------------------------------------------------------------------------------------------

<p><b>JULY NOISY CAN</b></p>
------------------------------

<p><b>Baltic:</b> Javin Ihnen <b>East:</b> Sponsor a Child @ McCrossan’s Boys Ranch</p>
---------------------------------------------------------------------------------------------

## 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	\$6,163.72	\$7,297.77	\$66,609.81	\$59,357.58

June is as of June 21, 2021

\*PPP Loan \$11,250.00

### **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.

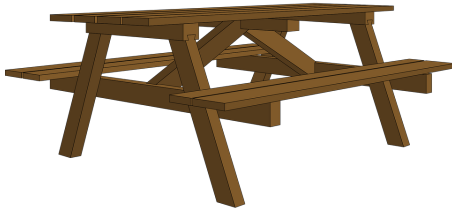
If you **bank elsewhere**, there may be a one-time fee to set up. To avoid that cost, ask your bank to set up autopay and have them send a check directly to our church. Your bank may have different rules or fees, so be sure to clarify with your bank on details.

BALTIC BLDG FUND	
Jan	\$100.00
Feb	\$120.00
Mar	\$140.00
Apr	\$105.00
May	\$140.00
Jun	\$145.00
<b>YTD</b>	<b>\$750.00</b>



**ATTENTION EAST NIDAROS MEMBERS:**

Please mark your calendar - the Annual Ice Cream Social is returning again this year on Sunday, July 18!! You should be receiving a postcard in the mail as this involves the entire congregation. Thanks!!



The picnic table painted with the Norwegian flag on display at East will be offered by a silent auction on Sunday, July 18. Bidding begins prior to worship that day and will resume during our ice cream social and ends at 7pm.



**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

Volume 54 Issue 7 July, 2021

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

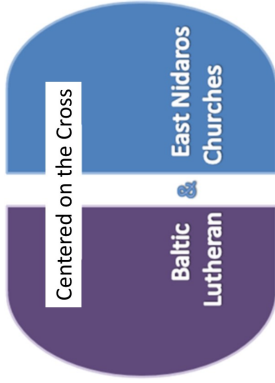
P O Box 198  
Baltic, South Dakota 57003  
Telephone: (605) 529-5471

E-mail address:  
[nidaros@alliancecom.net](mailto:nidaros@alliancecom.net)  
Website address:  
[www.balticandeastnidaros.org](http://www.balticandeastnidaros.org)

find us on Facebook

**Pastor Randall Questad**

Cell: 605-940-2646



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

