November

Parish The Thought

Volume 52 Issue 11 November, 2019

Baltic and East Nidaros Lutheran Parish

Two Churches - One Parish - Centered on the Cross

Upcoming Events

Nov 3 *DAYLIGHT SAVINGS TIME ENDS! Set your clocks back!*
4:00-6:00 East Nidaros Soup Supper

Nov 6 6:00 Confirmation at East Nidaros

Nov 7 8:30-3:00 Foot Care Clinic

Nov 12 **1:00 Bible Study at East Nidaros**
2:30 Pastor Randall Worship Service at DNRC
6:00 Baltic & East Separate Council Meetings @ East
7:00 Joint Council at East

Nov 13 6:30 Confirmation at East Nidaros
6:30-7:30 Food Bank Open

Nov 14 9:00 Phase 3 at Baltic Church
7:15 Health Board Meeting at Baltic

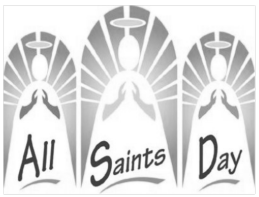
Nov 17 2:00 ALICE Training at East Nidaros

Nov 20 6:30 Confirmation at East Nidaros

Nov 23 1:30-2:30 Food Bank Open

Nov 27 **9:00 Bulletin & Newsletter Assembly (Wednesday)**
No Confirmation

Nov 30 9:00 Decorate Fellowship Hall at East Nidaros



NOVEMBER PULPIT POST

"Saints"

"Precious in the sight of the Lord is the death of his saints"
Psalm 116:15

In November, we most often think about events like Thanksgiving when families gather for a big meal or Black Friday when you get up early to get a head start on Christmas shopping and receiving great deals. But we shouldn't neglect what happens on the first Sunday of the month of November as we celebrate All Saints' Sunday.

On this Sunday, we remember people who are no longer with us. We likely remember them because of the special way they may have influenced our lives. I have fond memories of family members who were important people in my life and I will remember them by lighting a candle during worship on this special Sunday.

But our Lord doesn't declare these people '"saints" because of their goodness or the fond memories they have left with their families. Sainthood is not accomplished by the good deeds done over the course of a lifetime. Becoming a saint is not something you can do. Sinner to saint status happens as soon as you hear Jesus declare it. The difference between a sinner or a saint happens when you hear these few words from Christ himself. "I forgive you". A saint is simply a forgiven sinner.

On All Saints' Sunday, we indeed remember the saints in our lives who were claimed as his children in baptism and continued to hear words of forgiveness in the Lord's Supper and sermons throughout their lives. I am especially thankful for saints in my life who made sure that I too was baptized and took me to church so I heard the words, "I forgive you".

The first Sunday in November has been declared *All Saints Sunday.* It is a good day to remember the saints who as the hymn says " who from their labors rest". But every Sunday is *Forgiven Sinner Sunday*. Come hear that this good news is for you!

Pastor Randall J. Questad

Parish Nurse & Health Board

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.

MARJELL'S OFFICE HOURS are Thursdays from 9am –3 pm, but she will not always be available at the church due to home visits. She can be reached at her home telephone or by leaving a message at her home.

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.

Baltic and East Nidaros Church Councils are hosting a training program sponsored by the Minnehaha County Sheriff Department on **Sunday, November 17th, 2 PM at East Nidaros**.
The training is open to anyone in the community.
ALICE (Alert, Lockdown, Inform, Counter, Evacuate) Training is an instructor led class that will provide preparation and a plan for individuals and organizations on how to more proactively handle the threat of an aggressive intruder or active shooter event.

Nov Faith Community Nursing

Exciting News!! Our first Phase 3 was held on October 10th and what a wonderful turnout and time of fellowship. The group has decided to meet on the 2nd and 4th Thursday of the month at 9am. They will be playing some cards and games and just plain enjoying fellowship with friends and neighbors of the community. Oh, and we can't forget the coffee and cookies! Come and join us whenever you can!

With fall now here, we are approaching the flu season and the development of more serious illness that can come with it. Sepsis can be a dangerous complication of any type of infection including influenza, pneumonia, food poisoning, urinary tract infection, bloodstream infections from wounds and abdominal infection with pneumonia being the most likely. What is Sepsis? Sepsis is a life-threatening complication of an infection (as noted above). It occurs when chemicals released into the bloodstream to fight the infection trigger inflammatory responses throughout the body. This can cause changes that can damage multiple organ systems causing them to fail. The most common infection to cause sepsis is bacterial infections. Symptoms to watch for are high fever, greater than 101F or below 96.8F, heart rate greater than 90 beats a minute, respiratory rate higher than 20 breaths a minute, shallow breathing, lethargy, confusion, inability to keep fluids down. If Sepsis is suspected, seek emergency care as rapid intervention is vital. How is Sepsis treated? The first step is diagnosis with cultures being taken from the blood and other relevant parts of the body. IV fluids with antibiotics are started right away. With fluids started right away, is what doctors say is likely the most important thing to try and maintain. The damage of Sepsis likely begins with loss of fluids and if the fluids cannot be maintained, the diagnoses may upgrade to Severe Sepsis if one of the following signs or symptoms which indicates an organ may be failing: significantly decreased urine output; abrupt change in mental status; difficulty breathing; abnormal heart pumping function; or abdominal pain. The key is to present to the Emergency Room Promptly and Don't Delay!

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November is Diabetes, Diabetes Eye Disease and Lung Cancer Awareness Month:

Diabetes: Monitoring blood sugar levels by checking the blood glucose level as recommended by the physician is key to keeping diabetes under control and is a reliable way to know what the levels are. With an appropriate device, most people find that monitoring blood glucose can easily become a routine to prevent blood glucose from becoming too low or too high. Yearly eye exams are also a key to controlling vision.

Lung Cancer: Lunch cancer begins in the lungs which are two spongy organs that take in oxygen when you inhale and release carbon dioxide when you exhale. Lung cancer is the leading cause of cancer deaths among both men and women in the US. See your physician for any new signs of a cough that doesn't go away, changes in a "chronic cough", coughing up blood, shortness of breath, wheezing, hoarseness, losing weight without trying or headache.

St. Luke's Sunday with Prayers of Healing, Breast and Prostate Cancer Awareness Sunday was again well received. Participation is a means of support in times of healing. Thank you to all participating.

Have a Blessed Thanksgiving

Marjell Wendland, RN, FCN

Phase 3

Welcome one and all to our new

Community Gathering of Phase 3

2nd and 4th Thursdays of the month at 9:00am, Baltic Church

(No meeting on Thursday, Nov 28th)

Come and share your time with us as we begin our new Phase 3 with coffee and fellowship and let the dice roll from there with fun and ideas. Please join us!!

September 9, 2019 Special Joint Council Meeting

A Special joint council meeting was held September 9, 2019 at Baltic Lutheran Church. Members present: J Ryan Serna, David Daugaard, Mark Brobjorg, Kari Radack, Craig Krogstad, Tom Siemonsma, Ronald Krogstad, Jen Hartman, Kathy Hegge, Alvina Harvey, Myron Nohava, Karen Sinding, Mary Lee Lohnes, Alana Tommeraasen, Dale Erickson, Corynne Teveldal Dick Berg and Lori Berg and Pastor Randall Questad. Karen called the meeting to order. Pastor Questad opened with prayer.

Old Business

The float for homecoming was discussed. Joel Hazel is providing the hay rack and Ben Kringen provided a shed to work on the float. J. will pull the hay rack for the parade. Koozies, crosses, bottled water and candy will be handed out during the parade. Construction will be Tuesday September 24th at 6:30 and Wednesday 25th at 6:30.

The Personnel Committee needs an additional member. Randy Hartman was suggested as a possible member. Ron Krogstad will contact him.

Myron contacted the sheriff's office regarding training for safety in case of an emergency situation. They have a 45 minute video that we will have them present to both congregations sometime this winter. Mike Koopman from the Baltic Fire Department will walk through both churches and make suggestions for safety in case of fire or storms.

New Business

We will advertise the Administrative Assistant position in the church newsletter. If no interest within the congregations we will then advertise the position to the public. A suggestion was made to go with salary over hourly wages. The Personnel Committee will go over any applications we receive.

The Personnel Committee will meet with employees every 6 months or so to see how everything is going and if there are any issues to discuss.

Pastors Report

Pastor Randall visited with Marge Hegge about a presentation of her trip to Germany following the path of Martin Luther. He would like to present it during church services and to the confirmation classes.

Confirmation kick off is September 11th. *Continued on next page*

He would like to change first communion for the 5th graders to Reformation Sunday.
West Nidaros is hosting a conference on teen suicide. It will be October 2, 2019. He would like the confirmation students to attend along with their parents. Students would need parental approval to attend.
We will be serving at the banquet on October 9th.
Pastor Randall will be attending the fall conference in Pierre September 22-24.
Baltic Community Days are September 28th and 29th.
Pastor Randall will go to the Personnel Committee to request vacation days and other days he needs to be gone.
He is keeping a record of his pastoral visits.

Next meeting date is Tuesday, November 12th at 7:00 at East Nidaros. Date changed to avoid Veteran's Day conflicts. Jennifer moved to adjourn, second from Dale. Motion carried.

Lori Berg, Baltic Secretary
Submitted unapproved.

NOVEMBER NOISY CAN

Baltic: Baltic School Angel Tree Fund

East Nidaros: Baltic Food Pantry

Baltic Lutheran and East Nidaros Churches: Thank you for serving supper on October 9th. Your group served 507 adults and 81 children. The guests of The Banquet are grateful for your ongoing support.

God Bless, The Banquet

THANKSGIVING OFFERING

Baltic: 1/2 Baltic School Angel Fund and 1/2 The Banquet

East Nidaros: Lifescape

Baltic Council Minutes

Baltic Lutheran Council Meeting
September 9, 2019

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran Church on Monday, September 9, 2019. President Karen Sinding called the meeting to order.

Council members present were Corynne Teveldal, Myron Nohava, J. Ryan Serna, Dale Erickson, Karen Sinding, Alana Tommeraasen, Kari Radack, Dick Berg and Lori Berg.

Motion to approve the August minutes by Myron. Second by J. Motion carried.

Financial Report

Our share of the Bible school expense was $1053.92 and has been paid.

Mid American bill will be going down.

We will be receiving the balances of the special funds accounts quarterly.

Motion by Myron to accept the financial report. Second by Dick. Motion carried.

Trustees

Welcome Dale Erickson to the Trustees.

Dale checked on a light for the dark area of the parking lot. It is an Xcel pole. They will install the light and maintain it. Cost per month is $7.93. Motion by Dick to approve the light install. Second by Kari. Motion carried.

J. purchased a radon test kit and ran the test. It fell in the range that did not require any further attention at this time. We will run the test again at a future date.

J. sprayed the wasps nests.

Myrl and Roys paving provided a quote of $52,000 for the parking lot. We will continue to check options. Jeff Boldt offered to help with the plan for the parking lot.

Cody Sundermann will clear the snow from the parking lot again this year.

Elliott Haux will shovel the sidewalk again. They will provide some guidelines for him.

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Dale Erickson's email address is: dale_erickson@alliancecom.net

Deacons
Dick will handle communion in October.

Old Business
We need a stewardship letter for the October newsletter.

New Business
Noisy can offering in October will go to the Emergency gas fund.
Pastor appreciation is next month. Karen has taken care of the gift.

Our next meeting is October 14, 2019 at 6:30.

Motion to adjourn by Myron. Second by J. Motion carried.

Lori Berg, Baltic secretary

East Nidaros will be serving their Annual Fall
Soup Supper on Sunday, November 3rd from 4-6 pm.
They will be serving
Homemade Vegetable Beef Stew,
Homemade Chicken Noodle Soup, Homemade Chili,
Breads and Seasonal Desserts.
Freewill Donation! Plan to Attend!!
New!! Craft & Bake Sale with Proceeds to Benefit VBS

Attention Baltic Members: There is a Sign-Up sheet for Altar Committee helpers for 2020. We need to have more people helping with this important part of our weekly worship. If thee is someone interested in learning how to do this, we have several ladies that would be happy to teach you the process. Please reach out to me, or let the office know. If the year is not filled out by the end of November, the remaining spots will be assigned. If I make assignments, again, I will always match a new person with an experienced person.
Also, beginning in 2020, we are going to start a new process for coffee fellowship. There will be a committee that will be working on the specific details of this new process, but the main idea is to have everyone become more involved in this part of our day to day ministry.

East Nidaros Council Minutes

East Nidaros Council Meeting
September 9, 2019

Present: Mark Brobjorg, Ron Krogstad, Dave Daugaard, Tom Siemonsma, Craig Krogstad, Kathy Hegge, Pastor Randall, Mary Lee Lohnes, Jennifer Hartman, Alvina Harvey
Ron Krogstad called the meeting to order
Secretary's report: The report was emailed out prior to the meeting. Craig Krogstad motioned to accept it as submitted, Mary lee Lohnes seconded. Motion Carried.
Treasurer's report: The treasurer's report was emailed to the council prior to the meeting. We received the bill from VBS and confirmation camp. The general fund amounts for both was limited due to the fundraising, noisy can funding and the WELCA donations. Motion to approve the reports as presented Tom and Dave seconded. Motion carried.
Trustee's report: nothing new to report.
Deacon's report: nothing new to report
Pastor Randall's report: notes included with the Special Joint Council minutes from 09-09-19 meeting.
New Business:
A motion to purchase a computer for the EN congregation was made by Alvina and Tom seconded. Motion Carried.
Fellowship Hall needs to be painted. We will get estimates on painting.
Old Business:
Noisy Can for October: St Francis House
A motion was made to adjourn the meeting by Craig, seconded by Mark.

Next meeting will be October 16 at 7:30pm.

Jenni Hartman, Secretary

East Nidaros has SCRIP cards available for *Hy-Vee, County Fair and WalMart.* These are non-reloadable gift cards that provide up to **5% back to East Nidaros**. Your purchase of the gift cards is not tax-deductible, but does have a direct benefit for the church. Contact: Kathy Hegge 366-4116

EAST NIDAROS

Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	$ 7,214.11	$ 5,038.86	$ 7,214.11	$ 5,038.86
Feb	$ 4,803.85	$ 7,378.03	$ 12,017.96	$ 12,416.89
Mar	$ 8,116.64	$ 5,608.11	$ 20,134.60	$ 18,025.00
Apr	$ 17,780.05	$ 5,880.54	$ 37,914.65	$ 23,905.54
May	$ 7,253.78	$ 9,514.09	$ 45,168.43	$ 33,419.63
Jun	$ 6,182.51	$ 7,265.48	$ 51,350.94	$ 40,685.11
Jul	$ 5,230.08	$ 5,262.64	$ 56,581.02	$ 45,947.75
Aug	$ 6,934.88	$ 6,059.22	$ 63,515.90	$ 52,006.97
Sep	$ 6,831.65	$ 8,598.21	$ 70,347.55	$ 60,605.18
Oct*	$ 10,035.86	$ 7,255.83	$ 80,383.41	$ 67,861.01

*As of Oct 22, 2019.

East Nidaros Fellowship Coffee and Treats

Nov 3 and Nov 10	Floyd Sheridan & Diane Haugen Craig Krogstad David & Connie Karl
Nov 17 and Nov 24	Brady & Alyssa Welk Mark Brobjorg Jim & Colleen Nielsen

East Nidaros now has a **BLUE recycling bin** which many of you have already utilized. Please take note of the **recycling guide** that is next to the blue container before placing items in the recycling bin. Items that are accepted need to be **emptied and rinsed,** not only for recycling purposes, but especially to keep unwanted pests from our facility. Items that **cannot be recycled** are: all styrofoam items, plastic cups, plastic silverware, plastic straws, to-go containers/lids or plastic bags. There are other items that aren't acceptable but these are the ones that would be most likely used in our kitchen and, as the recycling guide states **"when in doubt keep it out"**. Thank you to all who try to keep us as eco-friendly as possible!

In October it is the responsibility of the President, Trustees, and financial secretary to meet and prepare the preliminary budget for next year. Then, as a council, we must review and approve a budget proposal with East Nidaros for the annual meetings.

The biggest concern is to compensate our staff, Pastor, organist, custodian, administrative assistant and financial secretary. We will also be asking for onetime gifts to resurface the old parking lot and to pave the new part. We are working on bids for this project.

As in our own households, we see increases in many things, as does the church. So, we at Baltic Lutheran will be asking all of you to give a little more, so we can carry on the mission of the church.

Let us not forget all the great things that are happening at Baltic Lutheran.

God Bless you all.

Myron G. Nohava

Baltic Lutheran Church Deacon

BALTIC GENERAL FUND 2019				
Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	$10,387.16	$9,779.91	$10,387.16	$9,779.91
Feb	$5,993.00	$9,025.66	$16,380.16	$18,805.57
Mar	$10,749.51	$9,078.70	$27,129.67	$27,884.27
Apr	$11,054.65	$9,762.52	$38,184.32	$37,646.79
May	$8,715,.16	$8,619.04	$46,899.48	$46,265.83
Jun	$8,296.33	$9,192.70	$55,195.81	$55,458.53
Jul	$7,997.85	$8,182.41	$63,193.66	$63,640.94
Aug	$7,772.66	$8,888.58	$70,966.07	$72,529.77
Sep	$9,534.99	$8,089.03	$80,501.06	$80,618.80
Oct	$8,411.30	$7,496.50	$88,912.36	$88,115.30

*as of October 21, 2019

The Following Gifts Have Been Given As Memorials:

BALTIC: In Memory Of:
Charlene Fersdahl to the Parking Lot Fund $50.00
Martha Evenson to the Parking Lot Fund: $15.00
Jim Rogers to the Parking Lot Fund: $5.00
David Singsaas to the Parking Lot Fund: $25.00

EAST NIDAROS: In Memory Of:
David Singsaas to the General Fund $125.00
David Singsaas to the Community Nursing Fund $90.00
David Singsaas to the Baptismal Font Fund $10.00
Deb Speidel to the Parking Area Fund $25.00

The Baltic Noisy Can for November will be given to the Baltic School Angel Tree. The Angel Tree is for Baltic students in need of Christmas gifts. The Angel Tree also helps local families in need by donating gift cards to Hy-Vee, Walmart, etc.

OCTOBER PARISH RECORD CHANGES

BALTIC	EAST
New Members: *No Changes*	**New Members:** *No Changes*
Transfers Out: *No Changes*	**Transfers Out:** *No Changes*
Baptisms: *Crawford John Soyer*	**Baptisms:** *No Changes*
Weddings: *No Changes*	**Weddings:** *No Changes*
Deaths: *No Changes*	**Deaths:** *David Singsaas*

BALTIC BLDG FUND	
Jan	$375.00
Feb	$235.00
March	$320.00
April	$103.84
May	$195.00
June	$170.00
July	$127.00
Aug	$105.00
Sep	$145.00
Oct	136.65
YTD	**$1,912.49**

BALTIC WELCA

Baltic Lutheran WELCA
October 6, 2019

Baltic WELCA met after church on Sunday, October 6. President Ann Romsdahl called the meeting to order. The main topic of discussion was the upcoming meatball dinner scheduled for October 20. This year we will be holding this event at the Baltic High School lunchroom.

Those members who will be cooking for this event will meet on Saturday to prepare the meatballs and several will go to Sioux Falls on Friday to pick up supplies at Fairway and Sams. Also, signs will be posted around town and the surrounding area wherever permitted. We are planning on asking the men of the congregation to help with the work on the day of serving and also Pastor Randall will be recruiting members of the confirmation class to assist.

A discussion was held about an angel tree in December, but last year the community had one in our narthex, so we decided if they wish to do this again, we would support them and we would find another way to contribute. However, if they will not be doing it again this year, we will consider doing it.

As there was no further business, the meeting adjourned.

Ruth Lee, Secretary

EAST NIDAROS WELCA

East Nidaros WELCA Meeting
October 6, 2019

The meeting was called to order by Colleen Nielsen, in the absence of Darla Singsaas, acting WELCA president.
Devotions were given by Alvina Harvey.
Secretary's report: The secretary's report from the February 3rd meeting was read by Colleen. A motion was made by Alvina Harvey to approve the minutes as read and a second from Kathy Hegge. Motion passed.
Treasurer's report: Diane Fueston presented the treasurer's report. A motion was made by Alvina Harvey to accept the treasurer's report as presented with a second from Karen Doom. Motion passed.
Old Business: Nothing to report.
New Business: Discussion was held that anyone interested in fulfilling the position of President and Secretary of East Nidaros WELCA please contact Alvina, Darla or Colleen. All women members of East Nidaros Lutheran are members of WELCA, we appreciate your involvement and new ideas. It was decided that **meetings in 2020** will be held on the **first Sunday of February, June and October at 9:30 am.** The 2019 benevolence recipients were decided after thoughtful consideration. A motion was made by Kathy with a second from Alvina to accept the list of benevolence recipients. A request that $100 be donated for expenses related to beef stew for the soup supper was approved. Discussion was held concerning Thankoffering Sunday, the ushers will be Colleen Nielsen and Deb Larson, lector will be Rosalie Riswold-Brende. A brief conversation was held concerning table runners and quilts made by Stephanie Schreurs from material donated from the North Dakota quilt shop. These will be on the bake/craft sale held during the soup supper on November 3rd, all proceeds from the bake/craft sale will benefit Vacation Bible School 2020.
With no other new business the meeting was closed with the Lord's Prayer.

Parish the Thought

Volume 52 Issue 11 November, 2019

BALTIC LUTHERAN PARISH

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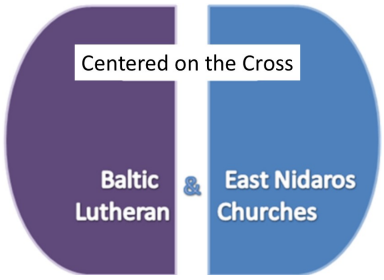

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