

August 2017

St. Matthew's Lutheran Church
701 Broadway Street
Thompson, ND 58278
(701)-599-2081
stmatthewslutheranchurch.org

The Messenger

And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here am I! Send me." -Isaiah 6:8

Brothers and Sisters in Christ,

It is hard to believe that we are already heading back into another year of programming and school and all the busy-ness that those things bring. I've had the opportunity this summer to do some reading and reflecting, and praying about what this program year will look like and wondering about how we might frame what we are doing.

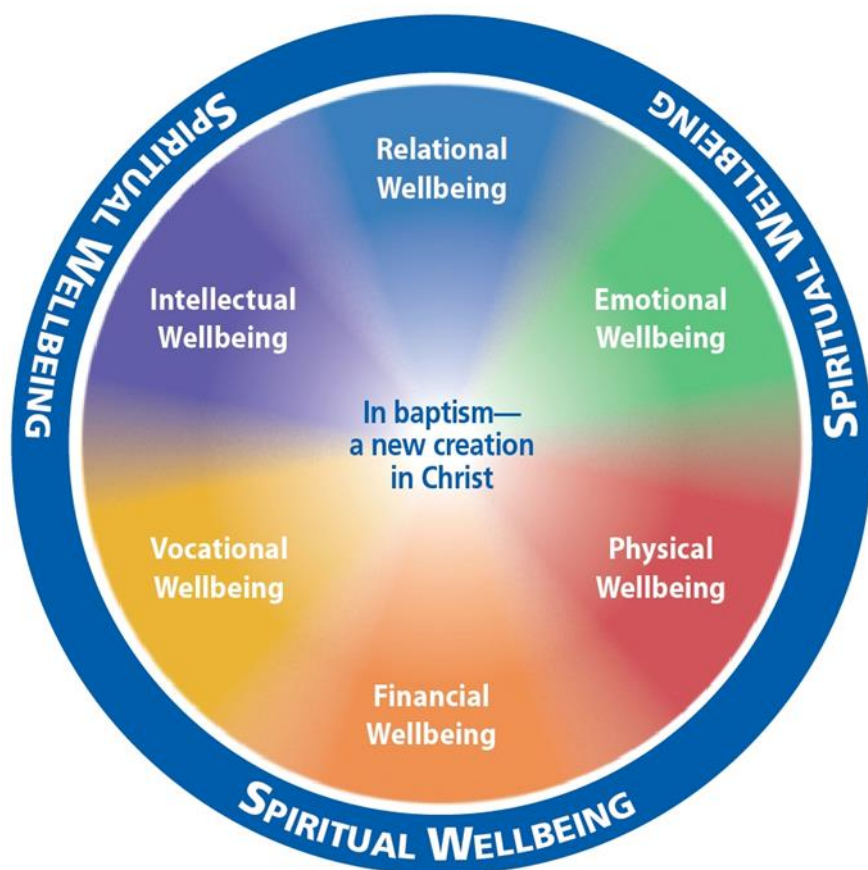
This fall marks the 500th Anniversary of the Reformation, which means we will be doing some fun things related with Martin Luther. One of the things that Martin Luther said is, *"This life, therefore, is not godliness but the process of becoming godly, not health but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way."*

While we will never be completely "whole" in this life (because we all fall short of that), we can become acquainted with the wholeness to come, by striving to live well in key aspects of our lives. So this year here at Saint Matthew's we will be experimenting with the Wholeness Wheel. The Wholeness Wheel is a tool we use to understand whole-person health. It is explained more deeply on the next page of this newsletter.

It is my hope and prayer that in the coming months we will become healthier as a congregation, as families, and as individuals. Thank you for being a part of this journey, and for the blessing of letting me be your pastor.

Pastor Amy

Wholeness



“The Wholeness Wheel is a pictorial guide to balancing all aspects of health. The wheel starts in the center with you as a new creation through baptism and a member of the body of Christ. Around the wheel are the individual aspects of wellness: physical, emotional, relational (social/interpersonal), vocational, and intellectual. To be whole means to keep these aspects in balance by intentionally nurturing and attending to each aspect. **If one area is neglected, the whole wheel will be out of balance.** Spiritual health surrounds, contains, and supports us through faith and our relationship with God.

God wonderfully creates us as physical, emotional, social, intellectual, vocational, and spiritual beings. To experience the full potential of what God has intended for us as individuals and as members of a faith communi-

ty, we must nurture our selves by attending daily to each of these aspects. **Rest, nourishment, physical challenge, joy, empathy, love, friendship, accomplishment, peace and devotion are as essential to our health and life as air and water.**”

—Taken from “The Right Road” by Gwen Wagstrom Halaas, MD

So what will our wholeness journey look like this year? Some of the things we are looking at offering include:

Relational Wellbeing: Marriage Renewal Half Day Retreat and a Parents’ Day out

Emotional Wellbeing: Exploring Emotion through Art and Prayer, Support for those struggling with depression, Stress Relief Strategies Education

Physical Wellbeing: End of Day Yoga Class and a Congregation-wide Walk to Jerusalem

Financial Wellbeing: Financial Peace University and a Half Day Retreat for Teens & Money

Vocational Wellbeing: Information on living your best retirement, and support for those who are busy working, information sessions on Living Wills and Funeral Planning

Intellectual Wellbeing: Book Club, Resources for Keeping Our Minds Growing and Learning

If you are interested in being a part of the team that helps make these events a reality, or if you have other ideas for how we might live into health and wholeness as a congregation, talk to Pastor Amy today!

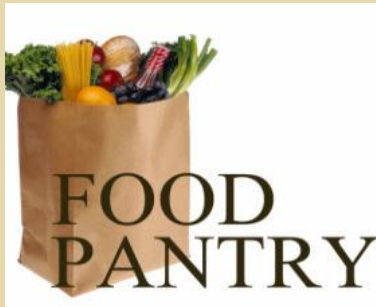
Loving Neighbors



We had a great time at worship in the park with Grand Forks Rural Parish and Saint Jude's Catholic Church on July 9th during Thompson Days!

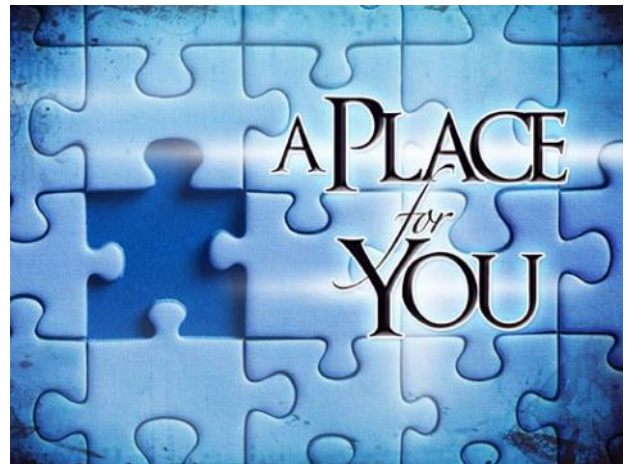


As we get ready to head into fall we will be serving lunch to the Thompson Public School staff for lunch on August 22nd.



Thompson Food Pantry

The Thompson Food Pantry is open on Tuesday, August 8th from 11am-1pm, and Tuesday, August 22nd from 6pm-8pm. The pantry serves the communities of Thompson, Buxton, and Reynolds. For more information on the pantry, talk to Kristie Adams at 701-599-2091.



Are you interested in joining Saint Matthew's?

We would love to have you join our church family! If you are interested in joining, please call the church office at 701-599-2081 or talk to Pastor Amy today! Our next New Member Sunday is September 17!



We welcome the following children to our Saint Matthew's Family through baptisms in June and July:

Boone Blake Guetter, son of Blake and Gretchen Guetter. Boone's godparents are Bre and Nate Berberich and Kyle and Raechelle Folland

Alivia Kate Wyatt, daughter of Kaycee Wyatt. Alivia's godparents are Rebekah Stoe and Jessica Wyatt.

Olive Gwendolyn Dobmeier, daughter of Kenneth and Emily Dobmeier. Olive's godparents are Jon and Kaitlin Dobmeier.

Youth Group Students – It's hard to believe that the school year is right around the corner. **We will be having a back to school bonfire on August 20th in the church parking lot.** Hot dogs and S'mores will be provided. A time for the bonfire will be texted to those in LYO. **Our first regular night of LYO will be on Wednesday, Sept. 13th at 6:30pm.** We will have pizza that night, figure out what kind of foods you would like to have when we meet and play a game of some sort. Hope to see lots of you in attendance.



Ongoing Ministries

MEN IN MISSION St. Matthew's men gather each Sunday morning at 9 am in the Rosendal Room for a chance to chat, drink coffee and learn together. Their topics of discussion vary, but new folks are always welcome to join them.

RESPONSIVE PRAYER This gathering is open to anyone, and meets at 7:00 am on Wednesdays in the Sanctuary. They spend time in responsive prayer, and then enjoy a cup of coffee as well. This group is then off to work by 7:30. Come and join us as a great way to focus midweek!

WINE, WOMEN & THE WORD

The next gathering of Wine, Women, and the Word will be on August 14 at 6:30 pm at Whitey's in East Grand Forks. This relaxed group of gals meets once a month for dinner, conversation, and bible study. New folks are always welcome to join us!

WELCA BIBLE STUDY This group takes turns hosting in homes for an evening of desert, coffee and Bible Study. Currently they are working through the book "Listening for the Voice of God: Growing in Faith Everyday."

WELCA Bible Study takes the summer off, but will resume in September. For a copy of the book they are studying, contact the church office at 599-2081.

ST. MATT'S BOOK CLUB This group for readers meets approximately once a month. If you have a suggestion of a book for book club to read, please email the church office at stmattspastoramy@gmail.com

Faith Formation

From the Education Team

We are in need of Sunday School Teachers for the 2017-2018 School Year! If you are not able to commit to a full school year shared teaching is also an option. Please contact Alicia Schumacher at 701-740-6109 if you are interested.



September 10th will be Rally Sunday, the first day of Sunday School for the school year! Sunday School registration is available online on the St. Matt's website! The 2017-2018 Sunday School calendar is also available online.

PASTOR'S OFFICE HOURS

Mondays Pastor's Day off
Tuesdays 11:00 am– 1:00 pm
Wednesdays 7:30 am-9:30 am
Thursdays 10:00 am-Noon at Bully
Brew Coffee on South Washington Ave.
Fridays Office hours by Appointment
Only



It was a beautiful day for our annual worship in the park with Grand Forks Rural Parish! Thanks for all who came to join us!



We are all church together...each of us is an important part of the family of Saint Matthew's!

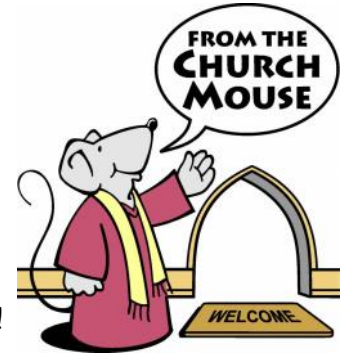


From the Church Mouse

Thank you to everyone who made this school year so much fun and such a success. As we prepare to head into fall, and back to school, here are a few folks we would like to thank this month! We apologize if we miss anyone!

The church mouse would like to thank:

- John S and Gary W for leading church while Pastor Amy was at synod assembly
- Roy O., and Roger G., for helping to keep our lawn looking nice
- Mary M. for helping organize the potluck at the park
- Sam H, Devan P and Hunter P for re-caulking the parking lot
- Wendy A for all your help with the food pantry
- Duane and Chris N for helping our building sparkle!
- Quilters for providing all the baby quilts for our baptisms this summer!



Together we can do God's
Work with Our Hands!

Do you love teenagers? We are looking for a teacher or a team of teachers for our 7th Grade Confirmation Class. We are also looking for occasional small group leaders for the 8th Grade Class. If you are interested in helping teach confirmation, or lead a small group, call the church office at 599-2081. Thanks for all the ways you support our kids!



Calling **All Team** Members! We will gather to catch up from summer and to plan this coming school year on **Wednesday, August 23rd at 6:30 pm**. Come and get excited about the ministry that is taking place at St. Matt's this fall! **Church Council will be meeting immediately after team meetings at 7:30 pm, so please do your best to be on time!**

From the Worship Team

GREETINGS to All!

I trust you all have been enjoying the Summer so far. I can't believe we're so close to "Back to School"!

As school gets underway I will be revising the worship service lists; so, if there is a month you can NOT serve, please let me know. I will also be adding new member families that have been here one year. I encourage anyone that has questions as to what the duties are to visit with me and we can go over them.

Please enjoy the rest of the summer and we're looking forward to seeing you again in the August!

Thank you for ALL of your help!

Valorie Uhler, Worship Team Lead 701-739-2554



Saint Matthew's Lutheran Church

701 Broadway St, Thompson, ND 58278 (701) 599-2081

ST. MATTHEW'S LEADERSHIP

Amy Eisenmann	Pastor stmattspastoramy@gmail.com
Jamie Bischoff	Bookkeeper bischoffjamie@gmail.com
John Schumacher	Council President jschumacher@invisimax.com
Darwin Potter	Council Vice President darpotter14@gmail.com
Beth Kurz	Council Secretary bkurz@undeerc.org
Dianne Lundgren	Council Treasurer dlundgren44@hotmail.com
Sharon Gustafson	Outreach Team Lead rogersharongustafson@gmail.com
Sara Munson	Fellowship Team Lead saramunson@rocketmail.com
Roy Olson	Properties Team Lead royandsandyolson@live.com
Alicia Schumacher	Education Team Lead Alicia.schumacher@gfcounty.org
Paul Strande	Youth Team Lead pstrande59@gmail.com
Val Uhler	Worship Team Lead valuhler@yahoo.com

Happy Birthday in August!

- 1 Brynlie Jallo, Travis Manzke
- 2 Michael Benoit
- 3 Roger Gustafson, Hunter Novak, Dawn Zak
- 4 Carly Berberich
- 5 Seth Arntz
- 6 Trent Ivesdal, Paul Strande
- 7 Ryan Strande, Bill Widman
- 8 Bethany Kurz
- 9 Rick Herland, Margaret Robinson, Angela Suckut
- 10 Halle Bohlman, Daniel Mayers, Eli Schumacher
- 12 Lonni Peterson
- 14 Hannah Ackerman, Sam Landa
- 15 Morgan Muhs, Brian Overby, Rebekah Stoe
- 17 Acen Everett
- 18 Paula Amborn
- 20 Blake Guetter
- 21 Donna Gunderson
- 25 Stephanie Albin
- 26 Cami Stevens
- 28 Mary Loing, Angie Praska, Logan Steinbrink
- 31 Maxx Albin, Deb DeMoe

COUNCIL MINUTES

Council Meeting: May 17, 2017

IN ATTENDANCE: John Schumacher, Darwin Potter, Roy Olson, Val Uhlir, Pastor Amy, Alicia Schumacher, Dianne Lundgren, Sharon Gustafson, Paul Strande

ABSENT: Sara Munson, Beth Kurz

CALL TO ORDER

Meeting was called to order by John at approximately 7:05 pm.

LITURGY:

Pastor Amy led the Church Council in 2017 Council Liturgy.

AGENDA APPROVAL

Motion: Darwin motioned to approve the agenda. Dianne seconded. Motion carried.

MINUTES APPROVAL

Dianne's name is spelled wrong in minutes.

Motion: Roy motioned to approve the April 19 meeting minutes as amended. Alicia seconded. Motion carried.

FINANCIAL REPORTS

Dianne reported that the Special Giving Income this month was: \$2913. General Giving Income this month was: \$11,314.39. Net Income \$194.88. General Giving Checking \$15,268.75 as of April 30. Special Giving Checking \$50,840.75. Dianne had Jamie create a new church sign account and moved the \$10,000 to that account (as we discussed in the last meeting). Jamie also paid out first quarter of Missions Fund. Total currently in the fund was \$150, so \$50 was given to each CVIC, Sunshine House, and Northland Rescue Mission (as per last meeting vote)

Motion: Darwin moved to approve the Financial Reports. Val seconded. Motion carried.

CALENDAR REVIEW

No changes were made to the calendar.

PASTOR'S REPORT

See attached report provided prior to the meeting. The main secretary book will contain an actual attached copy of the report. Pastor noted that she will be gone this weekend for the Women's Retreat and the first weekend of June for Synod Assembly.

MEN'S CLUB AND WELCA REPORT

WELCA: No report

Men's Club: No report

TEAM REPORTS

Executive: John Schumacher – Have not met. No report

Education: Alicia Schumacher – Vacation Bible School will be August 6-8. Megan Bohlman will be leading Pre-K. Park River Bible Camp will be coming to lead daycamp this year. Discussion about the need to either use tablecloths for covering tables or clean them after art projects. Alicia will remind teachers it is their responsibility to clean rooms after class.

Fellowship: Sara Munson –Not present. Nothing to report

Outreach: Sharon Gustafson – Food Pantry gave out 836.5 lbs in April to 11 households. Use of the Food Pantry is up.

Properties: Roy Olson – Reported that the LYO Youth group did a nice job raking. Roy was thankful for their help. Two new outside side doors are in. Different handles and trim for the doors is coming soon. Roy and Roger also installed the sliding shelves in the kitchen island where the garbage cans used to be. Lawn Mower quit working. Bill Widman will look at it to see if he can fix it. If he can't it will be taken either to Home of Economy or Joe Fix It. A question was raised about kids needing to be 16 to mow. The original statement was made because of OSHA laws. Discussion followed that if a kid can drive a car they can mow the lawn.

Motion: Darwin made a motion that kids can help mow if they are 15. Seconded by Paul. Motion carried.

Mission Support: Position currently vacant. Nothing new to report.

Worship: Val Uhlir – Is looking into having a mid-week concert for June, she will keep us posted. Pastor Amy will be gone Father's Day Sunday, Pastor Charlie Axness from the Synod Office will be preaching. Community Worship will once again be happening on July 9th during Thompson Days. Please attend if you can. Dianne raised the question about why the American flag is not in the sanctuary. Discussion was held about the importance of having both the Christian and American flags in the sanctuary.

Motion: Dianne made a motion to have both flags present in the sanctuary. Seconded by Darwin. Motion carried.

Youth: Paul Strande – 17 kids present at final gathering of this school year. LYO is leading worship this weekend. This summer they will organize a Redhawks Outing. Back to School bonfire on August 20 at church. 6 of the 8th graders were there tonight. Several kids went to the Newsboys concert and wanted to adopt a child. The youth group special fund will pay half of that amount. The kids will raise the rest.

OLD BUSINESS

Team Access to Church 360

Pastor Amy has sent an email to all team leaders and exec team members from Church 360. Check your email. If you would like assistance in learning how to use Church 360, talk to Pastor Amy.

Property Use Form-

Property Team does not want to create the form...they would rather have the council create it. A committee formed of Pastor Amy, Darwin, John, Sara M and possibly some others. They will bring a proposal at the end of this summer to the council.

NEW BUSINESS

Reimbursement form reminder for Team Leads:

Please make sure if you have receipts to fill out reimbursement forms and have Team Leads sign them. If you want reimbursement, your team lead needs to sign off on the reimbursement form.

Update on Guatemala:

Brent Halvorson has stepped down from the board of His House. Pastor Amy and he had a conversation about whether or not contributions are still needed for Guatemala. All who donated to Guatemala in 2016 are okay with removing the fund and putting money where it is more deeply needed. We will pay out the money that is currently in the Guatemala Fund and no longer give to that ministry.

Motion: Roy made a motion, Dianne seconded that we pay out the Guatemala Fund and remove it from the giving envelopes.

Church Mutual Premium

Church Mutual has a new Terrorism Policy that will cost \$26 a year if we want to have. Some discussion about whether or not this was necessary. Tabled until next meeting.

Motion: Darwin moved to adjourn the meeting at 8:11 p.m. Dianne seconded. Motion carried.

Respectfully Submitted,

Pastor Amy



Thank you WELCA and Men in Mission for your very generous donation to the new program “Active Engagement in Life.” This program started July 10, 2017 at Valley Transitions, part of Valley Memorial Homes in Grand Forks, ND. This program will assist residents in identifying ways to continue to actively participate in day to day occupations as they age. Occupations are the “daily life activities in which people engage” (AOTA, 2014, pg. s6). The American Occupational Therapy Association (AOTA) (2014) notes that “active engagement in occupation promotes, facilitates, supports, and maintains health and participation” (pg. s4). The Program will include:

- **A bi-weekly self-management group.** Toole, Connolly, and Smith (2013) confirmed that people with chronic conditions self-perceived occupational performance and satisfaction with performance can significantly change through participation in these groups.
- **Weekly outings.** Going to breakfast one time per week to place of residents’ choice, and an afternoon outing to place of residents’ choice. Excursions were the number one activity of choice in a long term care setting in a study by Thomas et al., 2013. Adams, Roberts, and Cole (2010) state that professionals need to connect “older adults with activities such as socializing with people outside the family, going on outings, and attending cultural events or interest groups that will be manageable and meaningful to them” (pg. 14).
- **Occupation Based, Client Centered Activities:** Weekly Group Activities (3x per week) and Daily Individual Activities. A study completed in Sweden by Edvardsson, Petersson, Sjogren, Lindkvist, and Sandman (2014) indicates that adults with dementia who participate in activities have higher Quality of Life (QOL). The study suggests that there is not necessarily a need for more activities or more activity staff, instead the key is figuring out what daily activities occur in the facility that residents can participate in. They also note “it is imperative that staff build on things that residents’ have enjoyed through-out life, are individualized and tailored to the individual resident’s level” (pg. 275).

If you are interested in learning more about the program or in volunteering please contact Kara Welke at [701-554-0111](tel:701-554-0111). Thank You!

Kara Welke, Northland Community and Technical College OTA Students, and Valley Memorial Homes

August Worship Service Help:

Nate & Bre Berberich & Family
Travis & LeeAnn Dearing & Family
Jessica Haugen & Family
Scott & Danean Landa & Family
Mickey & Sara Munson & Family
Roy & Sandy Olson
Sue Simon

September Worship Service Help:

Justin & Amy Bergeron & Family
Sara & Brad Derosier & Family
Earl & Cathy Buettner-Haugen & Family
Brian & Joey Overby & Family
Chuck & Kara Welke & Family
James & Suzy Thorson



Bring your t-shirts, pillowcases, socks, you name it and join us for a tie dye party! We will have dinner together, potluck style at 6, and then we will tie dye everything in sight! Grab your neighbors and friends and join the fun! For more info, call the church office at 599-2081.

Save the dates! Once again, it is time for DIGG (Delighting in God's Grace) as we gather men and women together on Sunday mornings to learn, to connect to our community, and to fellowship with one another.

This year DIGG will meet:

September 24

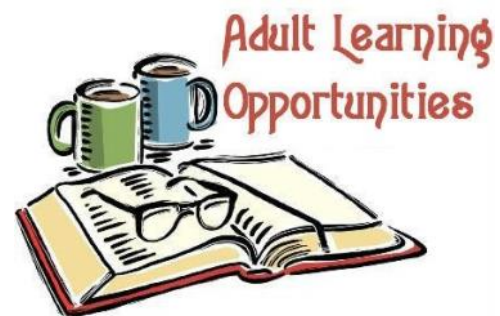
October 22

November 19

January 7

February 25

March 18



Get the dates on your calendar and join us as we learn and grow together! More info on speakers and topics will be coming soon! So stay tuned!

Want to make more friends at church? Want to support the new members that are joining? **We are looking for Sponsors for our new members.** Sponsors would gather one time with a new member family to have dinner together (with each other and with Pastor Amy) to get to know each other and to answer questions the new family might have about church. If you are interested in being a part of this new program, talk to Pastor Amy today!



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Welcome to worship

Sundays at 10:00 a.m.

Address service requested



Join us for the Blessing of the Backpacks in worship at 10 am on August 20!



Aug 6-8 Vacation Bible School

Aug 20 Blessing of the Backpacks

Aug 23 All Team Meeting at 6:30 pm

Sept 6 Parent and Confirmands Meeting

Sept 10 Rally Sunday-Sunday School begins!