

July 2023

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

The Messenger

Dear St. Matt's friends,

On June 17th, my husband Brian and I ran Grandma's Marathon, joining about seven thousand other runners to run 26.2 miles along Lake Superior's North Shore from Two Harbors to Duluth. This is actually the second marathon we have run in the past year, having also run the Twin Cities Marathon last October, which was my first marathon. I only began running in May of 2020. Some of you have expressed interest in this pastime and I wanted to share with you a bit of this journey.

Why I Started Running

In early spring of 2020, I was in a low place emotionally and spiritually for lots of different reasons. One big issue was that it was in the midst of the Covid pandemic and working in the healthcare field as a chaplain for hospice was extremely disheartening. Our patients were isolated, and many were dying covid-related deaths. I also was completely out of shape, and while I always enjoyed hiking and biking, when I went on strenuous hikes with my family, I felt like I couldn't keep up. Surrounded by fear, stress and death and seeing my own body deteriorating, I felt myself sinking into depression and I knew something needed to change.

In May of 2020, I heard the story of the death of Ahmaud Arbery, a 25-year-old Black man who was chased, confronted, shot and killed by two white men as he jogged in a neighborhood near his home in Brunswick, GA on Feb 23, 2020. There was discussion about how in our nation, 86% of distance runners are white, often of higher income. I learned that it isn't safe to be a runner of color in many places. Black men in particular are viewed with suspicion. This impacted me greatly as my two kids and husband are all distance runners. I realized that I have never feared that they would be challenged or judged or mistaken for a criminal while out on a run in Grand Forks or anywhere else. Running while being White is not seen as a threat. Running while being Black is.

This was in the news as there was a movement to commemorate what would have been Ahmaud's 26th birthday on May 8. People across the country were documenting their 2.23 (a nod to the date he was killed) mile runs as a memorial to Arbury and posting them on social media. It was called #Runwithmaud and I felt moved to take part. I did not post any pictures, but I got up off the couch and took my first run in several years. I was by myself. This very slow, sweaty, struggling jog/walk became a "Come to Jesus" time of prayer and reflection for me about all the things I take for granted—as a person with white skin, as a person of means, a person who ministers to the dying—but who was not taking steps to live a healthy life. It was a serious gut-check about where I was at in my life— a time of prayer and recommitment to my own health and healing and the health and healing of our nation.

Why I Keep Running

From that day on, I just kept running, slowly, short distances, and then longer, over time. No public races were being held at that time, but I planned my own personal 5k at the end of May of that year. I even ordered myself a t-shirt for it that said "BELIEVE in YOUrself. Then I asked a friend to help me train for the virtual Twin Cities 10-mile race to be run in Octo-ber. During this time I also made moves to eat healthier. I began meditating, journaling and praying in a more structured way each morning. I made promises to myself, and God and I mostly kept them.

I am a lot healthier today physically, emotionally and mentally than I was three years ago. Running has been a big part of that transformation. Not that it's always fun! Running is *hard*. It tests me! But it is GOOD to be tested. It is an incredible stress reliever and the feeling of accomplishment at the end of every run is invigorating. And there is something about the forward movement of running that helps me feel able to move forward in other areas of my life—to think outside the box about what is possible and stretch my thinking and planning in new ways. It is incredibly empowering to make a training plan, follow it, and run your own race. However short or long, however slow or fast, you are moving **forward**.

As I run, I continue to have “come to Jesus” times of reflection and prayer. Having my strength physically tested somehow brings me to a mental space of being more vulnerable and honest with God and myself about other areas where I feel tested. It helps me see how far I have come, and how far there is to go. I hear God say, “You don’t need to know everything about the race to come, Kristen. Just follow my lead and keep doing the next right thing, step by step. Step by step.

I am not suggesting everyone should run. For all sorts of reasons, not everyone *can* run or wants to run. That’s fine. But I do believe that we should all do things that help us care for and connect with our bodies—Through physical movement or doing something creative like painting, woodwork, or needlework. Taking care of our physical, mental and spiritual health is all part of our Christian stewardship. Showing up for yourself is essential to having energy, creativity and compassion to show up for others. For this we need to give ourselves the gift of **structure and stretch**. I am speaking of **patterns**-- such as worship, meditation, prayer and exercise--that center us in God’s grace and stretch us to keep growing into who we are called to be.

This path of following Jesus in this life is not a sprint but a marathon. We need to encourage one another on this path and we all need to do what we can to keep ourselves strong and centered. As it says in Hebrews 12: 1-2: ***Therefore, since we are surrounded by so great a cloud of witnesses...let us run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of faith.***

Running this race of faith alongside you,

Pastor Kristen



Bring a friend to Church for
Thompson Days, July 16th
10:00 service with coffee
to follow!



Thank you!

To My St. Matthew's Family,

THANK YOU for 5 great years and the wonderful evening of Prayer, Praise and Picnic! It was such a wonderful send off for me into retirement.

THANK YOU to all who planned, grilled, provided food – it was all delicious – and a special thanks for all the notes of good wishes!

THANK YOU to Pastor Kristen for the beautiful worship service, your friendship, guidance, love and support. I am honored to have been able to serve alongside of you.

THANK YOU to the Councils for always encouraging and supporting me with a BIG shout-out to Paul Strande and John Schumacher for never giving up, even during the hard times.

THANK YOU for the beautiful gifts! The wood carving has always been very special to me since the first one I saw and the stained glass print is breathtaking and will remind me of you and how you've always considered me a part of your family.
As always, I appreciate all that you do and I appreciate YOU!

THANK YOU for giving me the opportunity to walk this path together with you.
God's Blessings Always, Vione





There are no families assigned for worship assistants during the summer. If you are willing to help with communion, ushering or reading, please sign up at the church, on the website or give Sue 701-739-3227 a call or text.



A Note from your Church Council:

[We want to take this moment to wish you a blessed and safe summer. Scripture states “My presence will go with you, and I will give you rest” \(Exod 33:14\). May you find refreshment of mind and body.](#)

On Sunday, July 16 St. Matt’s will host a Community Worship in collaboration with Thompson Days. We encourage you to invite a neighbor and/or friend to join you. A meal and time of fellowship will take place directly after.

Church Council News

Below, you will find a current summary of our Finances and updates impacting the entire congregation.

Summary of Finances

Financial Reports Summary	April	May
	2023	2023
General Giving Income - YTD	\$ 49,997	\$ 59,818
General Giving Income - Month	\$ 14,575	\$ 9,820
Net Income - YTD	\$ (9,211)	\$ (14,910)
General Giving Checking Account	\$ 45,837	\$ 40,738
Special Giving Checking Account	\$ 32,779	\$ 33,568
Line of Credit	\$ -	\$ -

Church Council Treasurer, Justin Bergeron had these noteworthy items to share with the Council and the Congregation: Expenses continue to be in line with budget projections. Semi-annual giving statements will be sent out to the Congregation at the end of June.

Updates

Pastor Kristen along with Jill & Scott Kuster attended the 2023 Eastern North Dakota ELCA Synod Assembly in Fargo a few weeks ago. Scott shared, “It was a meaningful and powerful experience.” As a congregation, it is important for us to stay connected with what is happening and how we can continue to support the Synod. With that said, we want to take this moment and encourage you to learn more about the great work being done as well as some of the challenges facing the Synod too.

[2023 EAND Synod Assembly Summary & Report to Congregations](#)

The following Resolutions were discussed and voted on.

Resolution 1: [Ministry Financial Plan](#)

Resolution 2: [Rostered Minister Salary Guidelines](#)

Resolution 3: [Constitution Amendments](#)

Resolution 4: [LSSND Constitutional Amendment](#)

Making heart room for refugees and migrates; taking an active role in helping refugees settle into our communities. The time is now for Church communities to get involved and help support this important cause.

Resolution 5: [Pulpit Supply Guidelines Covenant](#)

Whether you are at the lake or enjoying those summer vacations, join us for worship online and support St. Matthew's through Online Giving. With the help of [Vanco Mobile Faith Giving](#) you can set up a one time or reoccurring donation. Please take a moment to visit the site and we thank you in advance for your generosity.

We invite all members of St. Matthew's to attend our Council meetings which will now be held on the second Sunday of every month. Our next meeting will take place on Sunday, July 9 following worship. Approved meeting minutes will be made available upon request.

Please let us know if we can answer any questions you may have. Thank you for taking the time to read this information. It is truly a blessing to be in fellowship and service with all of you.

Respectfully submitted on the behalf of the Church Council by Carrie Herrig, Council Secretary

Thank you from BioGirls!

The BIO Girls—Thompson season has come to an end, and we wanted to take this moment to say thank you! Thank you for helping us improve the self-esteem and confidence of young girls in our community.

We so appreciate being able to use your beautiful Church for our weekly sessions. Thanks to your generosity our BIO Girls have learned life-skills they will carry with them wherever they go. They are leaving the program challenged to:

- Be the good in this world.
 - Be a leader.
- Choose kindness.
- Serve the poor.
 - Be a friend.
- Believe in yourself.
- And know you are worth it.

Our BIO Girls had the opportunity to give back to the community through our service project. We partnered with Ruby's Pantry and worked together to fill over 225 Food Shares, distribute more than 17,000 lbs. of food, and emptied close to 22 pallets. This opportunity showed them they can make a difference no matter their age.

Over the course of 12 sessions are BIO Girls trained hard, and all achieved their goal of running a 5k. Our Finale 5k rocked. The BIO Girls had fun, cheered on their peers, celebrated their achievements, and learned hard work pays off.

In closing, this program isn't possible without partners like you. Thank again for choosing to support our program. Together, we are building strong and confident girls.

Sincerely,

Liz Schumacher, Site Director

Carrie Herrig, Marketing Coordinator



4224 38th Street South Suite 202 | Fargo, ND 58104

www.biogirls.org

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

WELCA BIBLE STUDY This group meets from September thru May. Stay tuned for the fall dates.



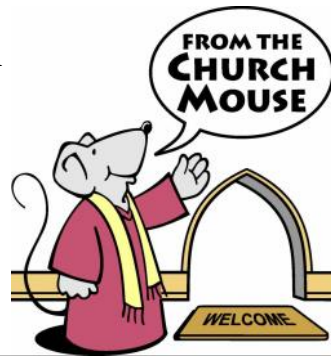
FOOD PANTRY

Thompson Food Pantry

The Thompson Food Pantry is open on Tuesday, July 11th from 11 am-1 pm, and Tuesday, July 25th from 6pm-8pm. The pantry serves the communities of Thompson, Buxton, and Reynolds. For more information on the pantry, call Mary Mitchell at 599-2870 or Paul Galegher at 741-1375.

Thank you to everyone for your helping hands. We apologize if we missed anyone, know that you are all appreciated!

- ◆ Sue Simon, Sandy Olson and Amy Bergeron for helping to make caramel rolls.
- ◆ The mowing crew keeping the yard looking good.
- ◆ Josh Faul and Mike Uhler for changing Pastor's tire.
- ◆ The Hjelmstads for the music at the picnic service, the grillers for cooking and the fellowship team for the amazing food!



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

Happy Birthday in July!!

- | | |
|---|---|
| 1 Jocelyn Connole | 19 Bo Fossum |
| 2 Jennifer Haugen, Emily Overby, JoEllen McGauvran, Lucy Sutter-Hegg | 20 Buck Arntz |
| 3 Jace Strand | 21 Doris Cooper |
| 4 Vaughn Quern | 22 Wyatt Dearing, Kinley Plautz, Derek Sondreal |
| 5 Kevin Dobmeier | 23 Ron Kornkven, Grace Naas |
| 6 Derek Plautz | 24 Craig Bohlman, Bridget Pearson, Cole Sorby, Brooklyn Mohagen |
| 7 Thomas Stoe | 25 Alicia Schumacher, Hayden Overby |
| 8 Braeden Amborn, Dan Hovet, Wyatt Baron | 26 Ashlyn Fossum |
| 10 Wade Strande | 27 Tim Sivertson |
| 13 Jordan Barker, Leo Dearing, Jaxon Fee, Diane Fugleberg, Makenna Mikelson | 28 Gretchen Peterson |
| 16 Troy Peterson, Adalee Foote | 29 Tenley George |
| 17 Brittany Monson, Hunter Praska, Jacob Zak | 30 Jasmine Welke |
| 18 Wyatt Bergeron, Zac Haugen | 31 Evie Haugen, Madison Sundberg, Brody Mohagen |

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9am Men in Mission 10am Worship	3	4 Happy 4th of July!	5	6	7	8
9 9am Men in Mission 10am Worship 11:15am Church Council Meeting	10 7pm Quilting	11 9am Quilting 11am Food pantry open	12 6:30pm Lawn chair book study	13	14	15
16 9am Men in Mission 10am Worship	17 7pm Quilting	18 9am Quilting	19	20 Newsletter Deadline 5:30pm Ruby's Pantry	21	22
23 9am Men in Mission 10am Worship	24 7pm Quilting	25 9am Quilting 6pm Food pantry open	26 6:30pm Lawn chair book study	27	28	29
30 9am Men in Mission 10am Worship	31 7pm Quilting					

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Welcome to worship

Sundays at 10:00 a.m.

In Person and live on our YouTube Channel

Address service requested

Sunday School News!

Vacation Bible School is just around the corner! At Stellar VBS, we will be shining a light on Jesus' love! Kids will be launched on a cosmic quest where they'll have a blast shining Jesus' light to the world. Stellar will rocket our kids on an out-of-this-world adventure that's light years of faith-building fun! VBS will take place 8/6 - 8/10 during the evenings, 6pm - 8:30pm.

VBS registration is available through a link on our website or you can also use this link - <https://forms.gle/eZ4VncebdsM8XFik9>

