



August 2024

What is mental health awareness?

Mental health awareness is the act of learning and spreading accurate information with the goal of reducing stigma. An awareness of mental health allows us to preserve our wellbeing, address potential problems, notice warning signs as they emerge and help others to do the same.

What causes mental health problems?

- childhood abuse, trauma, or neglect.
- social isolation or loneliness.
- experiencing discrimination and stigma, including racism.
- social disadvantage, poverty or debt.
- bereavement (losing someone close to you)
- severe or long-term stress.

having a long-term physical health condition.

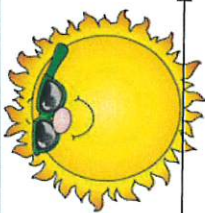








10 tips to boost your mental health

1. Make social connection — **especially face-to-face** — a priority. ...
2. Stay active. ...
3. Talk to someone. ...
4. Appeal to your senses. ...
5. Take up a relaxation practice. ...
6. Make leisure and contemplation a priority. ...
7. Eat a brain-healthy diet to support strong mental health. ...
8. Don't skimp on sleep.
9. Find purpose and meaning

Get help if you need it.

Sadly, rural communities in Minnesota have a high rate for suicide. Not a fact we are boasting about far and wide. It is much easier to boast of our beautiful country sides and lakes. *Soul Shop* is faith based suicide prevention. To equip community leaders and congregations to minister to those impacted by suicide.

You are invited to attend *Soul Shop* on September 18th beginning at 7:00 p.m. This is an hour and a half workshop that will be presented in the Fellowship Hall. On Thursday, September 19th, there is a deep dive into this subject for professionals in our area. There will be 7 hours of creditable training offered on Thursday. Hope to see you there.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Redeemer Lutheran Church 1300 E. Nora St. Thief River Falls, MN 56701 Phone: 218-681-3390 Redeemer@gvtel.com Office Hours: 9:00am – 2pm Mon-Fri</p>				<p>1 4:00 Safety Committee Pastor Steph Out of Office</p>	<p>2 Pastor Sabbath</p>	<p>3 </p>
<p>4 9:30am Worship with Holy Communion Pastor Terri Presiding</p>	<p>5 Pastor Steph Out</p>	<p>6 6:30 Worship & Music Of Office</p>	<p>7</p>	<p>8</p>	<p>9 Pastor Sabbath</p>	<p></p>
<p>11 9:30am Worship Pastor Terri Presiding</p>	<p>12 5:30 Property Committee</p>	<p>13 4:30 Faith & Family Stewardship</p>	<p>14 </p>	<p>15 5:00 Finance Committee</p>	<p>16 Pastor Steph @ Synod Council Pastor Sabbath</p>	<p>17 Pastor Steph @ Synod Council</p>
<p>18 9:30am Worship with Holy Communion</p>	<p>19 </p>	<p>20 6:00 Church Council</p>	<p>21</p>	<p>22</p>	<p>23 Pastor Sabbath</p>	<p>24 </p>
<p>25 9:30am Outdoor Worship</p>	<p>26 </p>	<p>27 5:00 Altar Guild</p>	<p>28 </p>	<p>29 </p>	<p>30 Pastor Sabbath</p>	<p>31 </p>

August

Redeemer Lutheran Church

Quarter Two Finance Committee Report

2024	Quarter 1 Totals	April	May	June	Quarter 2 Totals	Qtr 1 & 2
Budget Income	\$81,763.50	\$27,254.50	\$27,254.50	\$27,254.50	\$81,763.50	\$163,527.00
Actual Income	\$65,285.94	\$16,041.91	\$15,565.80	\$20,539.71	\$52,147.42	\$117,433.36
Budget Expense	\$81,763.50	\$27,254.50	\$27,254.50	\$27,254.50	\$81,763.50	\$163,527.00
Actual Expense	\$64,600.39	\$24,121.05	\$21,160.42	\$20,364.98	\$65,464.45	\$130,064.84
Income less expense	\$685.55	-\$8,079.14	-\$5,594.62	\$174.73	-\$13,499.03	-12,813.48


The Finance committee meets the Thursday before the regular third Tuesday Council meeting. Bills and statements are reviewed. Most bills are "normal" payments required to keep the church functioning. Any bills of note are listed in minutes for the council members.

Such notations have included expenses that aren't part of the normal monthly operating costs:

- Baby changing table for the bathroom - \$198
- 2025 Giving envelopes -McDaniel Envelope Company - \$425.13
- Bernier plumbing - \$568.30 (pressure assist for toilets)
- Siding around the windows out of capital improvement -\$9,3423.40
- Synod Convention costs -\$1,037.50
- Sundays & sessions annual license - \$529.00
- Annual assessments to Pennington County -\$471.91
- paper purchase - \$527.12
- Organ Tuning - \$488.00

Expenses and offering reported in weekly bulletins are an average number for each month. Each month \$27,254.50 is needed or \$6813.63 each week. Member donations dropped in the spring quarter and compared to net income from a year ago giving is down. Historically, offerings are down throughout the summer months, but this was early spring. Hopefully, weekly giving will pick up as the summer months go by.

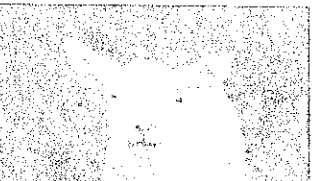
Finance Committee Members: Jan Anderson, Gary Hintz, Marit Martell, Tony McLean, Pastor Steph
(This committee needs additional voices. Please talk to one of us if you have an interest.)



Trust in the
Lord
with all Your
Heart.

Proverbs 3:5

For God loved the world so much
that God gave his only Son,
so that whoever believes in him
may not be lost,
but have eternal life. John 3:16



The Lord is My
Shepherd, I have
everything I need!
Psalm 23:1

Thank You VBS Volunteers!

Thank you to all those who helped make our VBS a success this year! We had 38 children that attended and they had a great time. You should have heard their singing - more enthusiastic each day!

Special Thanks to Brenda Poe, Penny Harder, and Annah Haugen for heading up the crafts. Gracie and Brielle from Zion and Levi Wild and Storm DCamp for taking care of the games and activities. Thank you to our storytellers, Pastor Kristin and Glenice from Zion. To our Parish Nurses, Jane Aandal and Darlene Wiseth, Guides: Wenda Sumrall, Daniella Carlson, Kathy and Mike Barry, Denice Nelson, Joyce White and Darlene Wiseth. To our cooks and servers: Alan and Phyllis Johnson, Becky Smith, Dianne Stroh and Marlys Kain. To our helpers: Olivia Schuster, Harper Vigen, Claire Schuster, Emmy Eickman, Kaitlyn Jahn, Aliya Hejlik, Haylee Jahn, Storm DCamp, Eca Eickman and Levi Wilde.

Thank you also to the many others who brought treats, toilet paper rolls, milk jugs and craft supplies...or donated money to purchase supplies.

This is our calling - Our ministry - to spread the Good News of God's love to all those around us. What a FUN way to do it!!

~Pastor Steph~

We also need to say a huge Thank You to Pastor Steph for creating and organizing our program. Thank you for the endless hours spent creating and planning this program, for gathering all of the volunteers and supplies and for making this a great experience for the youth! Well done!!

The Lambs, the Llamas, the Whales, and the Lions and the rest of the rest of us.

June 9th—Baptism of Alivia Ann and Cash Michael Conely



5th Sunday Egg
Bake Brunch!

Thank you all for
participating!
Free will dona-
tions will go to
members going
on *The Honor
Flight*.

Faith & Family Stewardship
Committee



A note from the Council President

Redeemer in Action!

Vacation Bible School

July 22-24, 2024

Trust in the Lord with All Your Heart. Proverbs 3:5

A FEW WHO DARED TO TRUST GOD!

God asks ordinary people to do extraordinary things. Trusting God allows us to do hard things.



SHADRACK,
MESHACK &
ABENDIGO



ESTHER



YOU!

JONAH



Eating supper with friends, classmates, and caring adults.



A group of people, including children and adults, are standing in a church sanctuary during a service. A woman in a white shirt is addressing the group from the front. The sanctuary has wooden pews and a red carpet. There are windows with colorful stained glass in the background.

A group of children, mostly girls, are gathered in a church choir. They are wearing white shirts and are singing and playing instruments, possibly recorders or small keyboards. The children are standing in rows, and the background shows the interior of a church with large windows and a wooden structure.



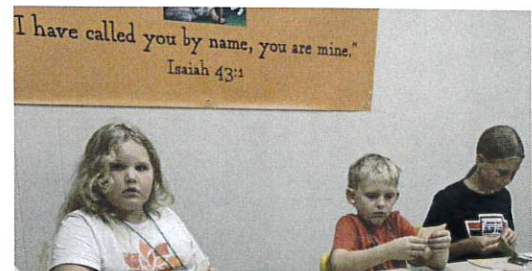


Hearing God's word
and learning about a
few that dared to
trust God.

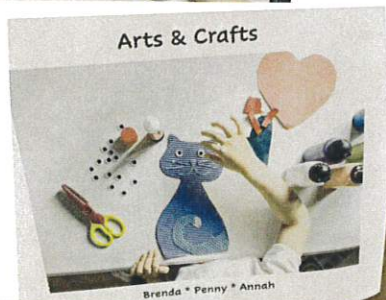
SHADRACK,
MESHACK &
ABENDIGO



JONAH



ESTHER



Arts & Crafts

Brenda * Penny * Annah

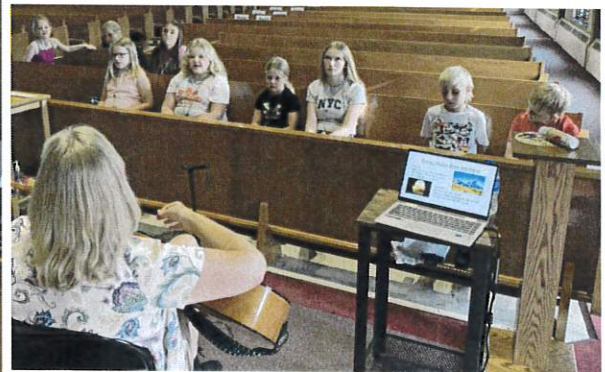


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For the Love of Music & Singing



Enjoying God's beautiful world through outdoor activities!



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Snack Time!!



Each student received a heart pin as a reminder to love the Lord with All Your Heart. Proverbs 3:5



Time for a break!



Final sing-a-long & closing prayer!



A Huge THANK YOU to everyone who volunteered their time & talents: registering, teaching, leading activities, organized materials, cooked and served meals, took care of snack time, stayed and cleaned up and any way that you may have helped to make VBS such a success! Pastor Steph and Dianne - you did a Fantastic job organizing and working endlessly to have program for all to enjoy!

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Women^{of the} ELCA

NORTHWESTERN MINNESOTA SYNODICAL WOMEN'S
ORGANIZATION

**36TH ANNUAL CONVENTION
& GATHERING**

**SEPTEMBER 20 - 12:00-8:00
SEPTEMBER 21 - 8-3:30**

**LUTHERAN CHURCH OF
CHRIST THE KING
1900 - 14TH ST S,
MOORHEAD, MN 56560**



DEB HADLEY
inspirational speaker,
author and mom

Theme: Teach Me How to P.R.A.Y.

Matthew 7:7 "Ask and it will be given to you; seek and you
shall find; knock and the door shall be opened to you."

**Bible Study, keynote,
breakout sessions,
worship, banquet**

**ABRIENDO FRONTERAS -
OPENING BORDERS**



Contact: Luella Thom

320-815-7701

thom17@wisper-wireless.com

www.nwmnsynod.org/pages/synod-womens-organization





Northwestern Minnesota Synodical Women's Organization Convention
September 20 & 21, 2024 @ CHRIST THE KING LUTHERAN
1900 – 14TH Street South, Moorhead, MN 56560

Convention Registration – ALL ATTENDEES MUST COMPLETE THIS FORM

EARLY .. Registration due by August 15, 2024

All registrations must be received by September 1st

NO CASH... CHECKS ONLY.... PAYABLE TO: NW MN SWO

All registrations MUST be postmarked on or before due dates. **Full payment** is required with registration form. No refunds after September 1st, however registrations are transferable.

MAIL REGISTRATION FORM ... WITH CHECK TO:

NWMN SWO CONVENTION

Attn: Luella Thom

PO Box 103

Carlos, MN 56319

Phone: 320-815-7701

Email: Thom17@wisper-wireless.com

***** Please make your own hotel reservations. See attached list**

PLEASE PRINT:

Name: _____ Phone _____

Address: _____ City _____

State _____ Zip Code _____ E-mail _____

Conference # _____ Name of Congregation _____ City _____

Are you the contact for your Congregation Unit? Yes _____ No _____

____ Voting Member (1 per Congregation) _____ Non-Voting _____ Conference Officer

Please register early to save money and facility Convention Planning!!

If postmarked before August 15

If postmarked after August 15

____ Friday & Saturday \$100.00 \$ 125.00

I will be attending banquet: Friday: _____ Saturday _____

Please indicate any special dietary needs: _____

For Office use only: Name: _____ Check # _____ Amt: _____

SILENT AUCTION BASKETS NEEDED



Once again we will offer a *silent auction* at the WELCA SWO Convention September 20 and 21 at Christ the King Lutheran in Moorhead. All WELCA units are encouraged to create baskets to contribute to this auction. The baskets need not be large. Better to have more small baskets that are less expensive than one extra large one. Popular themes for this auction have been: baby, gardening, spa, popcorn/movie night, chocolates, homemade items, fresh vegetables. Proceeds from the auction will help to defray costs for women to attend the upcoming Triennial Convention. Auction items may be brought to the convention on Friday, September 20, or Saturday.

~August Birthdays~



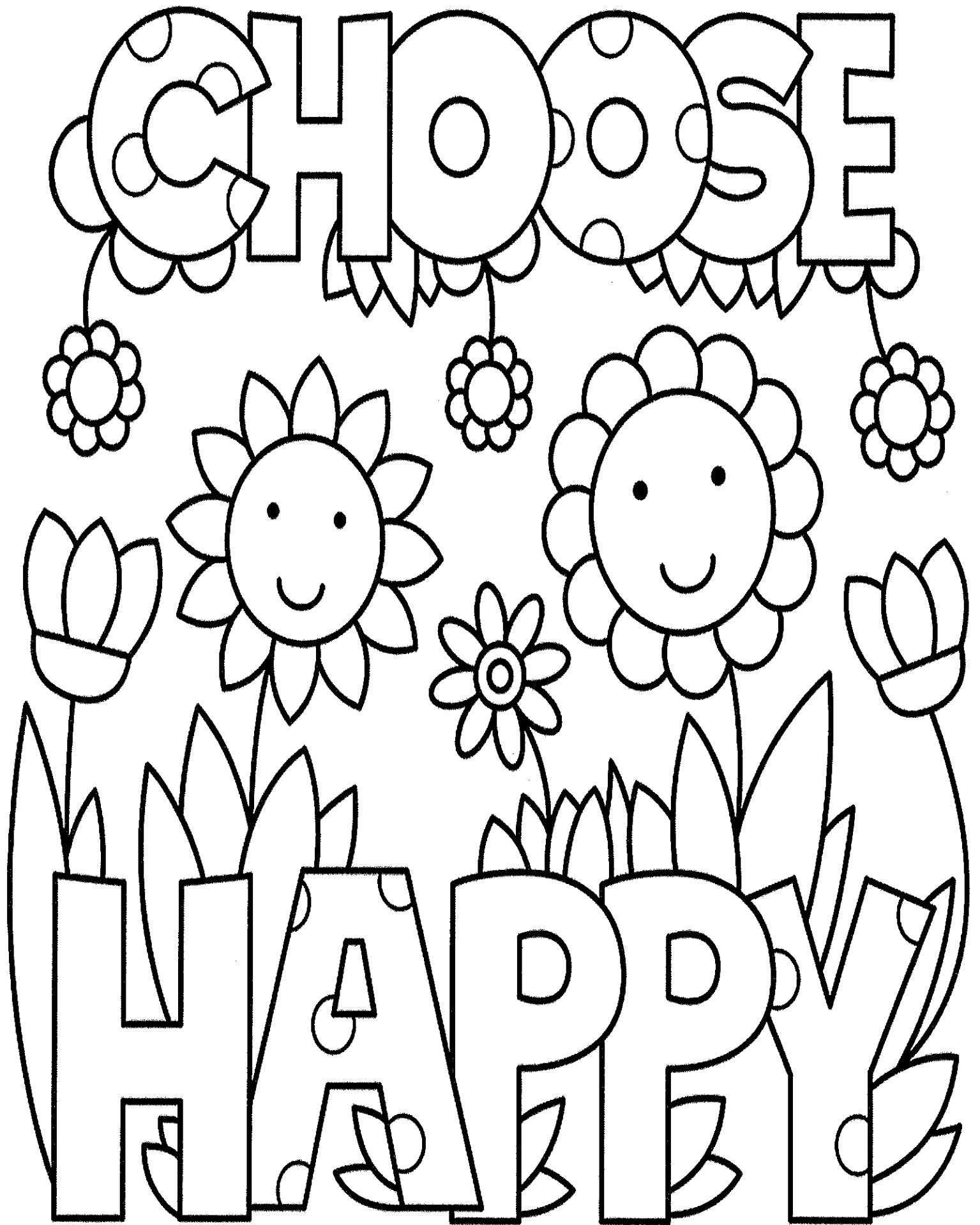
1 – Brady Anderson, Reid Sjaaheim, Seth Eckstein 2 – Logan Trevis, David Grovum, Sophia Trevis, Bailey Swick, Darlene Newland 3 – Coralie Byre, Caden Byre 4 – Duane Browning, Megan Bergdahl 5 – John Lindgren, Avery Azure, Gary Hintz 6 – Jeff Olson, Tina Galizia, Astrid Anderson, Brady Anderson, Steven Johnson, Gabriella Hanson 7 – John Wollenzien, Bret Haugen, Ole Tweet, Damian Teie 8 – 9 – 10 – Brenda Tischer, Larry Coltom, Jeremy Schoon 11 – Greg Harder, Cody Jablinske 12 – Donna Konickson, Collin Bernier 13 – Larry Haugen, Randy Jorde, Alexa Rogalla 14 – Carter Rogalla, Sue Seim 15 – 16 – Kristy Bjerklie, Don Howe, Rudy Borg, Barb Horien, Landon Wikert, Ryan Eggerud 17 – Richelle Stegeman 18 – 19 – Corey Teie, Michelle Little, Lysie Westling, Gracie Vigen 20 – Jared Gustafson, Jennifer Johnson, Herb Skiple 21 – Richard Gilbert, Gary Tischer, Kris Mostrom, Bonnie Ornquist 22 – Jan Nordin, Nathan Nelson 23 – Juneal Peterson, Josie Johnson 24 – Kade Nelson, Nicolas Bjerken, Ryan Beito, Spencer Carlson 25 – Shari Holmes 26 – JJ Cornelius, Jane Aandal, Jace Johnson, Ashia Gustafson, Janita McLean 27 – Katrina Bugge 28 – Bruce Walker, Zachary Myhrer 29 – Valerie Olson, Blake Bugge 30 – Jonah Jimenez, Shania Sele 31 – Hudson Miller

~August Anniversaries~

2 – Jack & Roxanne Milender's 21st
5 – Greg & Sue Brekke's 52nd
7 – Daniel & Renee Houske's 14th
9 – Carter & Leslie Rogalla's 27th
10 – Jan & Diedre Nordin's 50th
11 – Scott & Kris Mostrom's 23rd
14 – John & Dee Wollenzien's 64th
15 – Robb & Tina Galizia's 9th
17 – Gary & Brenda Tischer's 50th
21 – Kirby & Shelly McFarlane's 48th
25 – Chuck & Sharon Odegaard's 51st

4 – Jon & Valerie Lindgren's 34th
6 – George & Karlyn Norlin's 36th
8 – Mark & Kathi Jenkin's 54th
9 – Scott & Leah Walker's 28th
11 – Doug & Jodi Disterhaupt's 45th
13 – Paul & Carol Ihle's 52nd
15 – Tim & Michelle Barry's 26th
17 – Andrew & Felicia Dally's 22nd
17 – Ole & Ruth Tweet's 56th
23 – Tom & Wendy Goddard's 49th
30 – Harold & Sue Dupree's 55th

~ For additions and corrections – please call the church office at 218-681-3390 or send an email to redeemer@gvtel.com



Summer Time

