

## PASTOR'S CORNER

Luke 6:38 "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap."

God's Strength is an amazing thing – it doesn't work the same way as physical, human strength.

We use physical strength when we run in a race, and that strength is limited. In a physical race, the harder and faster that we run, the more quickly we use up our energy, and soon we're exhausted. When our energy is used up, we're done.

The opposite is true in the spiritual realm, where we are relying on God's Strength.

There, the harder you work, the stronger you get. The more you expend, the more He heaps on. The more that is drawn away, the more is poured back in. Burn off one gallon of gas, two are poured back in.

That's the promise of Jesus in that verse. Not to say we don't get physically tired – for Jesus, Himself, became exhausted from time to time. But He looked forward, always forward, to the Crown that was laid up for Him. Paul also looked forward to that... (2 Tim. 4:8), and we can, too!

So be encouraged on your way, and in your day... The Lord surely walks with those who love His Way!

Pastor Dean

**First United  
Lutheran  
Church is  
a Sanctuary  
grounded in the  
Biblical  
Truth of God's  
Word, committed  
to  
inspiring Spiritual  
Growth,  
and reaching out  
to all to Proclaim  
Salvation through  
Jesus Christ.**

## Sweet Devotions

### Our Living God of Hope

*1 Timothy 4:9-10 This is a trustworthy saying that deserves full acceptance (and for this we labor and strive), that we have put our hope in the living God, Who is the Savior of all men, especially of those who believe.*

A strong statement on the fullness of faith in God in Whom we have our only hope. We have all been offered the gift of salvation – all people; however, only those who believe in God and know that His Son died for our sins, and was raised for our Salvation - Only that remnant will be saved.

The world we live in is plagued with confusion, lies and pure evil .... as it was 2,000 years ago in Paul's day. It is important and necessary to faithfully remain in God's Word. Not just read the Bible but to deeply reflect on what God is revealing to you and be transformed by His Word.

*Heavenly Father, You reveal Yourself in Your Word and also in Your Creation. Keep me thirsty, Lord, to stay in Your Word so that You may continue to reveal Your Truths to me. In Jesus' name. Amen.*

## What's News

From the Council

Youth News

Women of the Word

Missions and Outreach

Testimony

Celebrations

Grief Support

Men's Breakfast

Upcoming Events

Our Community

All committees and groups are encouraged to submit their information for the newsletter by the first of the month to Connie Berg at [ncberg@mncable.net](mailto:ncberg@mncable.net)

## From the Council

### First United Lutheran Church Council Meeting Minutes

May 6, 2024

*Present:* Bruce Baumgartner, Rich Fredrickson, David Johnson, Jeff Eaton, Mike Hetteen, Dewey Hites, Brad Fevold, Rick Peterson, Norm Hayes, Dean Hedlund, Paula Baumgartner, Connie Johnson

*Not Present:* Harold Beito

- Opening devotion/Prayer: Connie – *Conversations With God*/ Rich
- Secretary's report: (Bruce)
  - April 2024 Minutes reviewed. DJ motioned to accept the minutes, Dewey seconded, motion passed.
- Treasurer's report: (Jeff, Norm)
  - \$80,834 in all accounts
  - Checking: \$26,156
  - Savings: \$6,721
  - Ameriprise: \$22,802
  - Edward Jones: \$25,155
  - Brad motioned to accept report, Rick seconded, motion passed.
  - Comparison to 2023 was presented.
  - Cleaning position: \$ available, employee vs contract discussed.
- Office report: (Connie)
  - Bible Camp at Galilee: Teen 6/18 – 6/23 \$165 & Pre-Teen 6/23 – 6/27 \$150 Mission & Outreach will cover ½ of the campers' fee.
  - Summer Schedule begins May 26 and continues through September 1 (Memorial Day weekend thru Labor Day weekend). Coffee Fellowship at 8:30 am with Worship at 9:00 am. Adult Sunday School will end May 19 and will resume in the Fall.
  - Worship in the Park: June 23 – shelter reserved. Service with potluck at 10 am.
  - VBS at Rose 7/28-8/1.
  - Harold will contact Roses to see if they would like to host two (2) summer evening services in their yard.
- Youth: (Paula)
  - Boys' & Girls' Nights out were well attended and everyone had fun!
  - Worship Music Night on 4/17 went well – more may be scheduled.
  - Gr. 4-6 Youth Group – 5/8: last monthly session for school year. Humane Society/TRF and Stay & Play 6/19; Gr. 7-12 Youth Group – Sunday, May 19 (due to Wednesdays in May used for school events); Humane Society/TRF 6/12. All city youth event (gr. 6-12) May 29.
  - Young Adults group: 5/21 at Gene's.
  - Mission Trip Fundraising goal has been met.
  - One scholarship application: Paula & Dewey will review.
- Pastor's report: (Dean)
  - Release Time (at Roseau Free Lutheran) & Confirmation classes completed for school year.
  - Group met to discuss guidelines for working with families in need.
  - Services at Oak Crest, Life Care, Northern Horizons.
  - National Day of Prayer
  - Baptism (4), Confirmation (3), New members (2), funerals (2)
  - New singers for Sunday worship service.
  - 30 hours Bible study/80 hours sermon prep monthly.
  - Summer Institute of Theology August 5-9.
  - Blinds for upstairs windows for evening productions.
  - Interest in Church Directory? Need a chairperson.

- **Media & Music: (Bruce)**
  - Large screen TV worked out well. Brad motioned to approve \$1,600 to complete the installation/Rick seconded. Motion carried.
  - Sound Booth computer needs replacement. Mike motioned to approve \$2,000 for Sound Booth upgrade (computer/back-up drive). Bruce seconded. Motion carried.
  
- **Property: (Mike)**
  - Cement work on the schedule.
  - Consider shades for all windows.
  - Spring Cleaning for inside & out will be set up.
  - Applications were received for Cleaning Position: interviews set up.
  - Front door replacement: approximately \$3,000 – tabled at this time.
  - Possible replacement of office flooring.
  
- **Mission and Outreach: (Bruce)**
  - Regular monthly donations.
  
- **Stewardship: (Dewey)**
  - Turkey meal will likely be in July.
  
- **Adult Ed: (Brad)**
  - Adult Sunday School: will break for summer on May 19 and resume the study of Romans in the fall.
  - Consider a movie at the church once a month/quarterly?
  
- **Old Business:**
  - Jeff & Mike will meet with Norm to review the 2023 financial books.
  - On-line giving through ChurchTrac will be reviewed with a Trustee.
  - Background check policy (Bruce, Paula, Beth, Connie) is under review.
  - AED – Life Care has a grant program in the fall that we will apply for – Bruce will check on power & location concerns.
  - Childcare or Children’s Church on Sunday mornings? We need to be sensitive to families’ needs.
  - Brad – Church/Community Benevolence guidelines: group is meeting.
  
- **New Business:**
  - Continuing education for Dean: August 5-9 at Free Lutheran Seminary
  - Follow-up for Deacons: Discussed making music Opening more modern for Worship, and perhaps once a month several contemporary Praise & Worship songs to begin a Sunday service.
  - Discussed having two (2) Summer evening (Wed.) services at Larry & Donna Roses’.
  - LCMC Annual Gathering is September 29 - October 2 in Iowa. Early Bird registration is August 15.
  - Connie Berg/newsletter.
  - Church Directory.
  
- **Change to council meeting schedule: Monday, June 3; August meeting will be Monday, July 29 and September meeting will be Monday, August 26.**
  
- **Adjourn Meeting: Closed with the Lord’s Prayer.**



## Youth News

4th-6th graders enjoyed some time outside! "We love because He first loved us" 1 John 4:19 was our verse for the day! We are joined together by our love for God and our love for each other ❤️ Our paper chain with each of our names shows how we are joined together in our group!



Fun time at Northern Air in Grand Forks! Jump, jump, jump!! Laser tag, pizza and ice cream too. Awesome group to hang out with!



Wednesday, Jun 12th, the 7th-12th grade youth group will be going to TRF to volunteer at the Pennington County Humane Society. They will also be going to play mini golf, go karting and eating out. We will leave from the church at 12:30 and return by 8pm. Cost is \$10

Wednesday, June 19th, the 4th-6th grade youth group will also be going to TRF to volunteer at the Pennington County Humane Society. They will also be going to have some fun mini golfing, go karting and having a picnic at the park. We will leave from the church at 10:30am and return by 5pm. Cost is \$10.

Wednesday, June 26th the 7th-12th grade youth group will be going to Sky-Vu Drive In to see the movie 'Inside Out 2'. We will leave the church at 7:30pm Cost is \$10.

Monday, July 8th-Wednesday, July 10th. The 7th-12th grade youth group will be going to the NorthWest Angle. We will be staying in a cabin on an island. We will be fishing, swimming, exploring, bonfires and more. We will be treated to a shore lunch of the fish we catch and visit a resort for supper. Registration is due June 26th. Cost is \$20. Space is limited.

Wednesday, July 17th 7th-12th grade youth will assist with take-out meals for Turkey Supper.

July 27th-August 4th. Mission Trip to Indianapolis

### Youth Director

Paula Baumgartner  
218-469-9001  
[paula.baumgartner@yahoo.com](mailto:paula.baumgartner@yahoo.com)

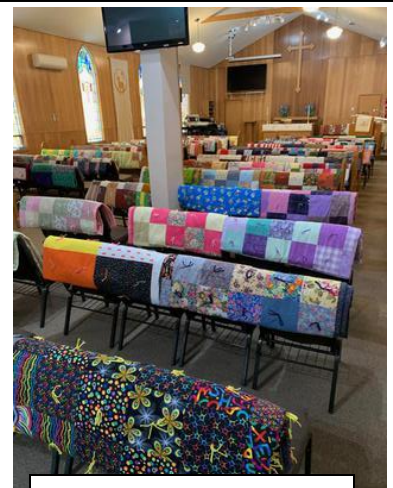
## Women of the Word

(WOW) meets six times a year, on the second Monday at 6:30 pm.

We meet in February, April, June, September, November and December.

At our meetings we have a devotion and prayer and then discuss any necessary old business and whatever is coming up in the future. We try very hard to keep our meetings short and so are usually done by 7:30 – 8:15 PM.

A beautiful night at Holter's Greenhouse learning and planting our own planters! Beautiful creations 🌸🌺



The quilters made 148 quilts, 76 baby quilts and 8 lap quilts this year!

## Missions and Outreach

We meet the 2<sup>nd</sup> Sunday of each month at 11:00am after the church service.

### We are active in our Community

- + Financial relief for local families with illness or disaster.
- + Support and organize benefits.
- + Provide free inspirational and faith growing books.
- + Roseau Community Food Shelf
- + Gideons
- + Provide opportunities for member to be involved in missions.

Our church has received a plea from St Paul Lutheran Church in Kodiak Alaska for financial help with repairs to their church building. St Paul Lutheran is an LCMC congregation and their church building was built in 1969. Four years ago, the cedar shakes on the roof were replaced with asphalt shingles. Because of the extreme climate, especially the constant humidity, the ventilation that worked for 50 years with the cedar shakes was not adequate for the new asphalt shingles. They began to have drips in the ceiling and discovered trapped moisture had done a great deal of damage to the roof sheathing, insulation, and sheetrock on the ceiling.

Because of the remote location and inflation, the estimated cost of necessary repairs is estimated at \$500,000.00. St Paul Lutheran is a small congregation much like First United, and paying for this is an overwhelming undertaking. The Mission and Outreach team along with the church council have committed \$1,000.00 out of the Mission and Outreach budget to help with the repairs. We are also placing a special offering basket at services Sunday, June 16th again June 19th at the Wednesday evening service at Roses for anyone who would like to make a donation.

Collin Jensen, M&O committee

## Shared Testimony: Coping With Rejection

There is a group of ladies that I had been friends with for 20 years. We had a lot of fun together and we supported one another in challenging times. They were my support in the years my husband, Wes, suffered with ALS and following his death. In 2019 I was cancelled from this group. They cut me out of communication by creating a new group texting thread that excluded me. When I invited them out for coffee or invited them to my home, they refused claiming they were all too busy. I have no idea what I did that caused this rejection. There was no disagreement, no altercation; only silence. I was very hurt, very confused and cried many tears. My sin was that I allowed those emotions to fester into anger. I was very angry with those false friends. I wanted to be angry. When I'd pray the Lord's Prayer, I'd say the words "as we forgive those who trespass against us" but I didn't mean them. I would think, "Yeah, forgive everyone but them!" I knew I was acting sinful and I ignored the Holy Spirit instructing me to forgive. The Holy Spirit finally got through to me and I have forgiven them. It wasn't easy; it took a lot of time and a lot of prayer. I finally realized forgiveness is primarily for ourselves. The offender may have a change of heart and accept your forgiveness, but so often they do not; because then they would have to take responsibility for their offense. Also, forgiveness doesn't mean allowing someone to continue to treat you badly; it's okay to protect your heart. Forgiveness is for us, because then we are freed to fully experience the Joy of the Lord. It feels so very good to fully feel His Joy once again.

Connie Berg

## Celebrations

### Confirmation



Congratulations to Abe, Megan and Aliviah! God's blessings on you always!

### Graduate: Megan Mooney

Congratulations Megan, Class of 2024.



## Grief Support

"Journeying through Grief" series is available for anyone who would like to reach out to a friend or family member grieving the loss of a loved one. Please contact any Missions and Outreach committee member.



### Sunshine Girls

If you would like to be involved, call Helene Wiskow at 218-242-1246 or contact the Church Secretary for more information.

### Roseau County Grief Support

13 week sessions using Grief Share materials at the Roseau Evangelical Covenant Church.

Next session is August 12th at 6:30pm

Contact Connie Berg for more information.  
218-242-0803



Join in this grief ministry by sharing a book with someone you know who is suffering loss. There are free copies in the narthex for all members.



## Upcoming Events



**MEN'S  
BREAKFAST**

Note: There will not be a Men's Breakfast in July. August 9<sup>th</sup> is the next breakfast.

The first Wednesday of each month at 7:00 am. (at a different church each month). All are welcome to attend. There will be food and a devotional to help get your day started.

Short enough to get you to work by 8:00 am or earlier if you need to.

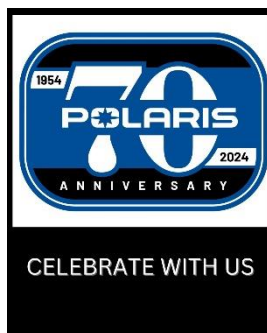
If you can stay longer, there is fellowship until 8:30 am.

***Hope to see you there!***



Communion is offered the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month

## Our Community



save the  
date

08.  
16-18.  
2024.

Roseau, MN  
Where it all began



Arneson's Rock Harbor Lodge  
Sunday June 30<sup>th</sup> at 10am

## 25<sup>th</sup> Annual ALS Walk/Run

The annual Roseau ALS Walk/Run is scheduled for July 20<sup>th</sup> at 8:00am in the Roseau City Park. This year we are celebrating the 25<sup>th</sup> anniversary of this event; and the Roseau ALS Fundraising Team is going all out with a huge celebration. The races start at 8:30; kicked off with the Kids Fun Run Dash and the 5K Walk/Run, followed with the 10K Run. The praise band from First United Lutheran will be leading in praise and worship songs. There will even be a bouncy house to keep the kiddos entertained! Lunch will be provided for all registered participants and volunteers. You are not going to want to miss this celebration! Registration deadline is July 1<sup>st</sup> to be guaranteed a t-shirt and goodie bag. You can still register up to the day of the event, but we won't be able to guarantee a t-shirt; we can, however, guarantee a very fun time.

Prizes will be given to the top fund-raising earners. A few ideas for fund-raising activities: Lemonade Stand, Bake Sale, Car Wash, ask your church if a fund-raising meal can be held, talk to co-workers and friends about ALS and ask them to donate. The top prize for the person who raises the most money is a \$500 Amazon gift card. Prizes go out to the top ten earners. Registration forms have been distributed to many local businesses. Or call Connie Berg at 218-242-0803.

The first Roseau ALS Walk/Run was held July 1999 and was the brainchild of Lenni Billberg. Lenni is an avid sports enthusiast and, at the age of 12, rather than watch tv shows she watched sports. Lenni learned of Lou Gehrig and his journey with ALS; the disease that is nick named after him. While a young 6<sup>th</sup> grader she approached her mother, Arlene Billberg, and requested that \$50 dollars be sent to the ALS Association in lieu of her Christmas gift. Such a beautiful sacrifice from someone so young! This took place in 1987; I believe God was preparing Lenni's heart for something huge. In October of 1998 our Roseau Community was devastated when two of our very own were diagnosed with ALS just 3 days apart. Wes Blakeslee, a young engineer at Polaris Industries, was diagnosed October 23<sup>rd</sup> and Nancy Burggraf was diagnosed October 26<sup>th</sup> in 1998. Nancy was well known in the sports community with the training clinics that she held in Roseau, Thief River Falls, and the Grand Forks area. Wes was well known in the Polaris community. Both were respected and loved. The communities these two individuals touched were reeling in shock. Lenni felt compelled to do something to fight ALS and bring awareness to the disease and the Roseau ALS Walk/Run was born. Lenni's goal for that first event in July of 1999 was to raise \$1,000. Lenni and the team raised over \$20,000! Over the past 25 years the ALS Fundraising Team has raised over 2 million dollars; all from the heart of a young girl who was determined to 'Make a Difference'.

Amyotrophic lateral sclerosis (ALS) is a fatal neurodegenerative disease characterized by the death of motor neurons in the brain and spinal cord. The destruction of the motor neurons results in the progressive wasting away of voluntary muscles. The life expectancy of a person living with ALS is 2-5 years from diagnosis. An estimated 30,000 people in the United States are living with ALS at any given time. There is no known cure for ALS ... yet. The ultimate goal of the Roseau ALS Walk/Run is to fight this disease until a cure is found.

This years' event is in honor of the following currently suffering with ALS: Joshua Proulx, Bea Kruse and Norm Opdahl. The event is in memory of the following who have suffered and died from ALS: Edwin Anderson, Eldon "Eldy" Anderson, Wendy Blais, Wes Blakeslee, Nancy Burggraf, Margie Douglas, Francine Fish, Abe Foss, Dorothy Didrikson Grotte, Mavis Johnson, Janet Jensen, Sylvia Jensen, Bob Kauppila, Ray Carlson, Kris Jenson, Jeffrey Bruha, Annette Bruggeman, Dale Hillstead, Lynn Sabourin, Evangeline "Vany" Larson, Clifford Nordine, Richard "Dick" Novacek, Marlow Martin, Melvin Mortensen, Silvia Raymond, Larry Rislov, Jack Ritteman, Wayne Hites, Chad Schmitz, Ellen Smith, Delsie Thiessen, Orville Dybedahl, Danny Johnson, Father Don Braukmann, Bill Sindelir, Mark Olson, Sheldon Peterson and Barb Jenson.

The funds earned at this event are given to Never Surrender, Inc; the organization that determines how the money will be used. The following is their tenet, "Never Surrender Inc. has one simple goal: to help people living with ALS. All net proceeds stay LOCAL to the Midwest area, supporting our local communities. We believe that every person who has ALS deserves the same access to critical care and treatments as someone who lives near a major medical facility."

Please join us July 20<sup>th</sup> for a morning of celebration and fun to fight for a cure for ALS so that it is no longer a killer. Never Surrender!