

MARCH 2014 **The Echo** UNIVERSITY LUTHERAN CHURCH 2122 University Avenue Grand Forks, North Dakota 58203

I turned the calendar to March the other day and my eyes immediately were drawn to March 20. The words written on that date were - First Day of Spring! Considering it is 8 degrees below zero as I write this article (feels like -17), and the low tonight is forecast to be 15 degrees below zero, the idea of the first day of spring and warmer temperatures is amazing, even if it is a little hard to comprehend. Spring means walking and running outside, raking and mowing instead of shoveling, budding trees and blooming tulips, and something dear to my heart, baseball.

Major League baseball teams are already pitching, hitting and throwing in our southern states, and soon they will be playing games and looking forward to a spring and summer of baseball. My heart is full of hope for the Minnesota Twins, although the last few years have been mostly disappointing for my favorite team. Still, I am hopeful that new pitchers will be the answer to pitching problems, Joe Mauer will hit for an average of 350 with 100 RBIs since he is no longer catching, and that Twins hitters will figure out how to hit home runs at Target Field.

However, I am way off topic. The reason I am writing about spring is that March 5th is Ash Wednesday and the beginning of the season we call Lent. The word Lent means spring, and spring is a time of renewal. This means dormant grass will turn from brown to green, sprouts from buried tulip and daffodil bulbs will find their way to the surface and bloom, and trees will fill out with buds, flowers and ultimately leaves. It is a very exciting time of the year as the whole earth seems renewed and refreshed by spring rains and warmer temperatures.

Like spring, Lent is also a time of renewal for Christians. That is why I consider the Lenten season more exciting than I do sorrowful. It is exciting for me because very often we gather twice a week as a community of faith to worship our Lord and Savior. It is exciting for me because after we acknowledge our sin and mortality, we quickly speak of God's forgiveness and the promise of everlasting life. It is exciting for me because we speak of the great and wonderful sacrifice the Lord Jesus made on the cross to rescue people from sin, evil and death.

During the season of Lent, we have forty days plus Holy Week for renewal as Christian people. This renewal is not something we earn or produce, because it is given to us as a gift as we open ourselves once again to our relationship with the Lord. Just like the spring rains and warmer temperatures bring renewal to trees each year causing them to bloom with beautiful flowers and leaves, so will God, the Father, Son and Holy Spirit, renew and refresh us this Lent as the Lord Jesus showers us with His presence and love, mercy and grace.



I really hope we use this Lenten season as a time of spring renewal for our relationship with the Lord. Worship as often as possible, pray and read your ULC Lenten Devotion Book every day, take time to consider that the Holy Spirit touched and renewed you in your baptism, give up something for Lent so that every time you want it you think about how much you love the Lord, find someone with whom you can share the good news of Jesus through your kind words and generous deeds, and tell the Lord how much you love Him and desire to follow Him.

I believe that as we participate in such things that the Lord will indeed renew and refresh us this Lent. Of course, we will not do them perfectly. Just like I will be disappointed with the Twins this year if they lose more baseball games than they win, we may also disappoint ourselves if we fail to meet our Lenten goals. However, let not our hearts be troubled, the Lord will forgive us! Even if our favorite baseball team disappoints us, even if we disappoint ourselves, God will not disappoint us. Through the Lord our hope for renewal this Lent is certain!

You are in my prayers,

Pesto Bon

Wednesdays in Lent

Wednesdays in Lent are an important time at ULC. Sunday and Wednesday families come together for 6 weeks of worship that is focused on the Lord Jesus and his cross.

Ash Wednesday Worship is March 5

Lent begins with one of the most meaningful worship services of the Christian year. The Ash Wednesday service begins with confession of sins and imposition of ashes. The ash reminds us that we are sinful and mortal people – *remember that you are dust, and to dust shall return.* The service concludes with Holy Communion. The body and the blood of the Lord Jesus provide us with all the grace we need to receive abundant and even everlasting life from God. Join us for this important time of worship!

Wednesday Lenten theme: "Overheard"

Do you suppose that various people who were involved in our Lord's Passion ever had opportunity to talk with one another about it, perhaps even right then, while the events were happening? Can you imagine what they might have said?

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"Overheard" is a six week drama we will experience on Wednesday evenings, focusing on conversations by the cross of Jesus that might have been overheard if someone had been there to hear them. These dramas will begin Ash Wednesday and continue throughout Lent.

Holden Evening Prayer and Puppet Plays

Our liturgy for Wednesday Lenten worship will be our most popular service, Holden Evening Prayer. Each week will also include a puppet play from a series called, "I am Ichthus". In these plays two of our favorite puppets, Sunny and Ichy T. Fish will unpack the mystery of the Christian fish, Ichthus.

Wednesday Weekly Themes and Food Pantry Donations

Here are the people we will "overhear" each week in our drama, as well as something for you to bring for the Salvation Army Food Pantry:

Week 1: March 5

Malchus, whose ear was cut off and healed at Gethsemane Mark, who ran from the Garden naked Bring canned fruit for the Salvation Army Food Cupboard

Week 2: March 12

Barabbas, the criminal released when Jesus was condemned Caiaphas, the high priest who led the cries for Barabbas' release Bring macaroni and cheese for the Salvation Army Food Pantry

Week 3: March 19

Pontius Pilate, Roman Governor in Jerusalem Procula, Pontius Pilate's wife Bring canned soups for the Salvation Army Food Pantry

Week 4: March 26

Simon of Cyrene, who carried our Lord's cross The Centurion who compelled Simon to carry it Bring spaghetti sauce and noodles for the Salvation Army Food Pantry

Week 5: April 2

The thief, crucified on Jesus' right The thief, crucified on Jesus left Bring puddings and other boxed desserts for the Salvation Army Food Pantry

Week 6: April 9

Mary, our Lord's grieving mother John, the beloved disciple, who took her into his home Bring boxed cereals for the Salvation Army Food Pantry

Wednesday Lenten Suppers

Each Wednesday in Lent will begin with a delicious supper that costs only \$1 per person. You are cordially invited to come and eat before worship! Here are the menus:

- March 5: Taco in a Bag (Served by Youth)
- March 12: Chicken Casserole (Served by Seanne and Friends)
- March 19: Hamburgers (Served by Calling All Men)
- March 26: Soup and Bread (Served by Don Roberts and crew)
- April 2: Baked Potatoes with Chili (Served by Youth)
- April 9: Mashed Potatoes with Turkey Gravy

Sundays in Lent

Our Sunday worship this Lent will include a sermon series called, "Our Christian Faith," and we will use ELW, Setting 8 – a new favorite, as our liturgy.

Sermon Series: Our Christian Faith

Through the sermon series, "Our Christian Faith", we will study 5 central elements of Christian faith as it is seen in the daily Gospel reading.

Here are our weekly themes and something for you to bring for Lutheran World Relief (LWR) Baskets of Promise:

Week 1: March 9

The Problem of Evil: Be Not Afraid Bring a bar of soap for the LWR Baskets of Promise

Week 2: March 16

The Simplicity of Faith: Heaven Born Children Bring a bath towel for LWR Baskets of Promise

Week 3: March 23

The Grace of God: Like Niagara Falls Bring a toothbrush for LWR Baskets of Promise

Week 4: March 30

Sharing the Good News: I Love to Tell the Story Bring a comb for LWR Baskets of Promise

Week 5: April 6

Resurrection of the Dead: One More Surprise Bring metal fingernail clippers for LWR Baskets of Promise

Week 6: April 13

Easter Cantata: Footprints in the Sand Bring a bar of soap for the LWR Baskets of Promise





Sunday Morning Meals

Sunday fellowship time in Lent will be either a meal or cinnamon rolls served by our Ecuador Mission Team. We invite you to share a free will offering for their journey:

March 9:French Toast BakeMarch 16:Cinnamon RollsMarch 23:Cinnamon RollsMarch 30:Salad BarApril 6:Egg Bake

Resources for Lent 2014

Wooden Neck Crosses

This is one of our most favorite Lenten traditions. We will provide wooden neck crosses for people to wear during Lent and beyond. Some even like to hang them in their car.

Lenten "Ichthus" Coin

Now you can carry in your purse or pocket the famous Christian fish known as Ichthus. The "Ichthus" is the basis of our 6 week puppet series on Wednesdays in Lent.

Lenten Coin Folders

We use coin folders to set aside a quarter a day during the 40 days of Lent for Phil and June Nelson, our missionaries in Cameroon and the Central African Republic.

ULC Lenten Devotions

You will be sent a copy of our own ULC Lenten devotion book! Read it every day in Lent. Thank you to those who wrote devotions and to Ken Dawes for his work as editor.



Sanctuary Lights Installed

Let there be light! And there is light, and the light is good!

The installation of the sanctuary lights is complete. It is brighter for sure and that was the goal. With the dimmers installed we are looking to find the right level of light that will work for most people. Thank you for your patience with us in this matter. Some time in the near future, installation of the projection system will also take place.

Please remember that we have acquired a two year line of credit for the lights and the projection system. We have only taken out enough money to date for the lights, which is \$28,000. We are very happy to receive your contributions to help us begin to pay this line of credit back. Special envelopes are available in the church office.

Feed My Starving Children

Here is the breaking news for Feed My Starving Children 2014:



- © Once again the community of Grand Forks is coming together to pack food for starving children across the world. This year that weekend is April 4-6.
- © As a community, we have currently raised \$38,589 of the needed \$88,000 in order for us to pack 400,000 meals this year.
- © ULC raised \$505 through noisy offerings in January. We have continued to receive noisy offerings in February, and will continue this in March.
- © On Sunday, March 9 and Wednesday, March 12, we will have "Love Offering" envelopes in worship bulletins to give you opportunity to make other gifts to FMSC.
- © On Sunday, March 23, some part of the "A Place at the Table" free will offering will go toward Feed My Starving Children.
- © You can sign up to pack with other ULC members (April 5 at 5:00-7:00, April 6 at 4:30-6:30) after worship with Ann Shallman or by going to <u>www.fmsc.com</u>.

Remember that every 22 cents will provide one meal for a hungry child in our world!



As we begin with a newly elected council, I wanted to share with you some information about myself and why ULC is so important to me and you. My family (Shelly, Megan, Madi) and I have been with ULC since we moved here about eight years ago. ULC was a small, but vibrant congregation with deep roots about family and God. It just felt right here at ULC. Since then I have been very active volunteering with Church Council, the Wednesday worship team and the church choir.

As I reflect on the past and look forward to the future that we will continue to grow as a congregation thru God's word and doing God's work. As a congregation we are united in listening to God's word and doing his work both at ULC and in the community.

I look forward to getting to know everyone in the congregation. As the president of the Council, I am asking for your support (volunteering, financial) to continue to grow this congregation; together we can do it. God Bless.

Sincerely, Kevin Meyer, President

ULC Church Council:

Kevin Meyer, Bonnie Solberg, Carol Grochowski, Dan Melberg, Kay Torgerson, Tom Peterson, Paul Slusar Julie Simon, Greg Vandeberg, Brian Strom, Amanda Denman, Dave Masterson and Pastor Tom Colenso

Financial Update

Once again, we are so thankful for the "catch up" you all made possible at the end of the year (2013). We ended the year only \$3,600 short in our general fund, which is a very manageable number for us. However, we had a low income month in January. We received about \$18,000 general fund offering when we need about \$28,000 on average. This means we are now short about \$14,000 in the general fund. If you can give a little extra this Lenten season that would be amazing. Thanks for all the faithful giving you do as a congregation toward both general and designated funds!





Adult Classes for You

Here are several adult Bible studies for you to attend during the month of March:

Thursday Morning Lenten Bible Study

Our Thursday morning Bible study in Lent is "Making Sense of the Christian Faith". This is an exciting and inviting exploration of the major theological doctrines of the Christian faith in the order of the biblical story. The book is written as a conversation in order to invite us as a class to enter into the conversation. Topics include theology, creation, sin, covenant law, community, incarnation, atonement, church and Holy Spirit, and the end times. Please join us for this study at 9:30 a.m. in the lounge beginning Thursday, March 6. Please note: there is a small cost for this class. Each book is \$15.00. Books will be available on the first day of class.

WELCA Bible Study: In Good Company

The next WELCA Bible study is Friday, March 14, 10:00 a.m. in the lounge. Our study this year is, "In Good Company: Stories of Biblical Women". The theme in March is, "Daughter, an honest virgin". Through this study we will see there are times in the life of faith when we find ourselves on a difficult path and we are tempted to turn back. But God's grace will carry us when the way is hard. All ULC women and friends are invited to this study whether you are in a Circle or not.

Calling All Men

HEY YOU GUYS ... Please come to Calling All Men in March! We will meet on Saturday, March 29 (Please note the date change) at 8:30 a.m. in the fellowship hall. We will pray, enjoy breakfast pizza, and have a conversation about Holy Baptism. What does your baptism mean to you? What good is it to you? Pastor Tom will be asking 4 ULC men to make a short statement about how baptism is important for them. Don't miss this!

Confirmation in March

Regular class times for our grades 7-9 confirmation classes in March are as follows: Sunday classes will meet on March 2, 9, 16, 23 and 30, and Wednesday classes will meet on March 12, 19 and 26. Please note: There is no class on March 5. This is Ash Wednesday and we ask all our confirmation students to attend the service and to take worship notes that night.



Lenten worship notes are different than regular worship notes. We ask all Sunday and Wednesday confirmation students to attend our 6 midweek Lenten services and take at least 5 worship notes. A special treat will be given to those who complete worship notes all 6 weeks. The worship notes will be in the form of a Lenten packet students will leave at church for Pastor Tom to read and to respond to the students.

55+Over Fellowship

Please join us on Tuesday, March 11 at 1:30 p.m. Our program will be presented by Ruby Grove, who will portray M. Beatrice Johnstone, the first County Superintendent of Grand Forks County Schools. Lunch will hosted by Marlene Anderson and Marlys Erickson.

New Member Events

We are scheduling New Member events on Wednesday, March 26 and Sunday, March 30. Anyone interested in becoming a new member to our ULC family is welcome to join us! Please call the church office or speak with Pastor Tom if you are interested in either of these events, or if you know someone who might be.



ULC Going to Ecuador

Eighteen members and friends of ULC will be going to Quito, Ecuador next July 20-29 for a mission trip! We will be serving in the following four places:



- 1. "For His Children" orphanage in Quito where the children are mostly infants. We will care for children as well as the buildings and grounds of this orphanage.
- 2. "For His Children" orphanage in Latacunga where the children are mostly older with special needs. We will care for these children as well as the buildings and grounds.
- 3. "Quito City Trash Transfer Station where many extremely poor people live. We will help with Extreme Response's effort to reach out to families in poverty.
- 4. "Pan de Vida" ministries, where basic needs are met and the Gospel is shared as well. We will assist this Christian non-profit with their outreach to the poor.

Each member of the mission team will contribute \$1,150 of their own money for this trip. We are also trying to raise \$1,350 per person to cover the rest of the costs. This means the cost of the mission trip is about \$2,500 per person. Roughly \$500 of everyone's \$2,500 will go directly to support the ministries we are serving in Ecuador! The rest of the money will cover airfare, meals, transportation in Ecuador, and lodging.

How can you help us with this mission trip to Ecuador?

- 1. Pray for our fundraising, our safety, the mission work we will do there, but mostly for the people we will serve there.
- 2. Make a contribution toward this mission trip in the envelope we sent out with the heart last month.
- 3. Attend the Ground Round Pancake Breakfast on Saturday, March 15, 8:00-10:00 a.m. Tickets cost \$5. We serve you breakfast and you may tip us if you like!
- 4. Attend our annual "A Place at the Table" event on Sunday, March 23. Come and enjoy the meal, hear the story, and make a free will contribution.

Information about these events will be announced in bulletins and at church. There will of course be more opportunities for you to help in the future too!

Here are the names of the people who are going to Ecuador: Pastor Tom, Erin Colenso, Jeff and Ann Shallman, Anna Shallman, Jenna Shallman, Renae Schmidt, Les and Heather Kallestad, Megan Solberg, Amy Fiala, Patty Olsen, Brad Gunderson, Jane Traub, John Neal, Kayla Neal, Ashley Holt and Brittany Benson.



fast ULC Pancake Breakfast

ULC Pancake Breakfast at Ground Round is Saturday, March 15, 8:00-10:00 a.m. This meal will be served by our Ecuador Mission Team. Tickets are \$5, and every penny goes toward the mission trip. Get your tickets whether you can join us or not, but please join us for a really fun morning. We thank you and the Ground Round for the support!



ULC Mission Endowment Fund



Here are a few Mission Endowment notes you may find interesting:

- At the end of 2013, our total Mission Endowment Fund was \$136,395! Wow!
- We gave \$1,000 to Grand Cities Children's Choir for their trip to New York City to sing at Carnegie Hall. They are back now and all reports from ULC members who went are very positive. They saw many wonderful sites and gave an excellent concert! We hope to have a first hand account in the April newsletter.
- We gave \$2,000 to Jenna Shallman and Renae Schmidt for their South American mission trip. They
 were in Quito, Ecuador last fall in many of the places our ULC Mission Team will serve next summer.
 As of January, they are in Argentina, doing some biological and environment work, plus serving
 children and families in various volunteer opportunities. They are healthy and well, enjoying their
 mission work, and continuing to seek our prayers.
- Our next meeting is set for Tuesday, March 11. We will conduct some regular business and have a couple of grant requests to consider.

If you have any questions about the ULC Mission Endowment Fund or are considering making a donation, please contact one of our Board Members - Les Howard, Clarice Urness, Cory Lien, Teresa Kuhens, Betty Bloomquist, Dave Masterson and Pastor Tom.

And he said to them, "Go into all the world and proclaim the



good news to the whole creation." Mark 16:15

MARCI YOUTH NEWS

<u>K- 5 Movie Day:</u> Sunday, March 16th from 1:00pm-4:00pm. We will watch the movie, "The Wizard of Oz" and enjoy fun rainbow snacks. We will also be playing games and making a craft. Please come and bring friends for this fun afternoon. Hope to see you all there.



Youth serve taco-in-a-bag for the Lenten meal on Wednesday, March 5th. If you are able to help with this please talk to Heather.

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LAST RALPH CLEANING: Saturday, March 8th at 10pm. Please come and bring friends. We always need lots of helpers. After the cleaning will we all go to IHOP for breakfast.

Youth Team meets on Sunday, March 9th at 12:30 p.m. in the upstairs lounge.

We will be making **"Little Dresses"** on Sunday, March 30th from 1:00pm to 4:00pm in the fellowship hall. Please come and bring a friend. All supplies are provided.

If you have questions about any youth events please contact Heather at 775-4745.

7th—12th Grade Youth and Family Ski Trip Buena Vista Ski Area - Saturday, March 22

The bus will leave ULC at 8:00am and return that evening around 10pm. Everyone under 18 must fill out a permission form and return it to Heather. Also a rental form must be filled out for every participant and turned in once you register at the ski lodge. You can find both forms on the FYI board in the Narthex.

Youth 6th grade and younger MUST be accompanied by an adult. We really want everyone to go, so if finances are a problem for you please let Heather know.

Bag lunches are permitted; however no large coolers or crock pots are allowed. There is also a cafeteria at the lodge where you can purchase food and beverages.

Please sign up no later than March 15th if you are planning to go.

Prices are as follows:

\$22 lift ticket /\$15 ski rental/\$25 board Your rental/\$10 tube rental (2hours) 12pm-6pm







February 18, 2014

To the Pastors and the Corporate Congregations of Valley Memorial Homes:

The Valley Memorial Homes Executive Committee is pleased to announce that Garth Rydland has been named the new President/CEO of Valley Memorial Homes. We are looking forward to furthering the success of the organization and are excited to have Garth lead us down that path.

Garth has been with Valley Memorial Homes for 17 years. He began his career as the Administrator of the Almonte Living Center, a 118-bed nursing home that was flooded in April of 1997. His next two years with the company were dedicated to the creation of 4000 Valley Square, a new retirement community of skilled nursing, memory care, assisted living, independent living, adult day care, and town homes.

In 2001, he was appointed the Interim Chief Executive Officer for Valley Memorial Homes. He served in that role for one year during the search for a new CEO. Garth completed his Masters in Healthcare Administration at the Carlson School of Management at the University of Minnesota in 2004. For the last twelve years he has served Valley Memorial Homes as the Administrator for Woodside Village, the 118-bed nursing home at 4000 Valley Square.

Garth and his wife Chris have two young children, Lauren (10) and Carter (7). Chris is an English teacher at Red River High School. Outside of work, Garth enjoys his service to Kiwanis, University Lutheran Church, Grand Forks Housing Authority, and the American Diabetes Association. Music has been a lifelong passion of his and he uses that talent at work and in his community involvement.

Garth firmly believes and embodies Valley Memorial Homes' values of dignity, quality service, respect, trust, and teamwork. Please join me and the Executive Committee in welcoming Garth as the new President/CEO of Valley Memorial Homes.

Kevin Beito Chairman of the Valley Memorial Homes Board of Directors

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ULC Women of the ELCA March 2014 News and Events

There are times in the life of faith when we find ourselves on a difficult path and we are tempted to turn back. But God's grace will carry us when the way is hard. This statement is the lead-n to articles about the struggles and faith journeys of various women. Check out the Women of the ELCA website or the March Gather magazine (you can subscribe online also to read more).

WOMEN OF THE ELCA Purpose Statement

As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit,

We commit ourselves to

grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the Church, the society, and the world.



Mind, Body and Soul

Join us on Saturday, March 15th at 10:30 a.m. as we contemplate new ways to care for ourselves in our day-to-day lives as we tend to family, relationships, schedules, and errands. Bonnie Peterson has planned a new event for your enjoyment. She will concentrate on relaxation, meditation and prayer and healthy food. Invite a neighbor or friend to join you.

Quilting

Quilting continues to happen here at ULC. Tuesdays at 6:30 p.m. we meet to work on quilts for sale and raffle. Thursday afternoons at 1 p.m. we work on quilts for Lutheran World Relief. We put tops together, assemble the layers, tie the quilts and hem them. Quilting is open to everyone who wants to help make someone warm, happy and comfortable. You do not need to have any experience to participate in our quilting sessions. We will gladly teach you about the quilting process and help you find a part of the process you are comfortable doing. Please join us!!

Spring Salad Luncheon

Our first fundraiser of the year is planned for April 12. After this cold winter it will be nice to think of warmer weather and a tropical feel in the air. We are currently looking for items to include in our raffle and handcrafted items to sell. Please contact Judy Larson if you have any items to donate. Sign up sheets for volunteers will go up the middle of March. Glance through a cookbook or two and find a new salad to share at the Salad Luncheon. If anyone has a preference of how they would like to help, please contact any of the WELCA leaders. Thanks.

Have a blessed March! And spring is coming! Seanne Voracek, WELCA Vice-President WELCA Bible Study "In Good Company" Friday, March 14 10:00 a.m. in the lounge. **UNIVERSITY LUTHERAN CHURCH 2122 University Avenue** Grand Forks ND 58203 www.universitylutherangf.org Phone: 701-775-4745 Email: ulcoffice@midconetwork.com Ministers: Every Member of the Congregation Chapel Choir Director: Mary Splichal Our Cameroon Missionaries: Philip and June Nelson Organists: Lauri Shimpa and Jane Traub Pastor: Thomas W. Colenso Custodian: Cindy Stoller Education Coordinator: Jen Hanson Stephen Ministry Leaders: Youth Minister: Heather Kallestad Bonnie Peterson, Wayde Anderson Evelyn Clark, Jane Traub Administrative Assistant: Seanne Voracek

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Sunday Church School & Adult Class 8:45 a.m.

> Sunday Worship 10:00 a.m.

Wednesday Lenten Supper 5:00 p.m.

Wednesday Lenten Worship and WWJ 6:00 p.m.

Ash Wednesday Worship March 5, 6:00 p.m. **Confirmation - Grades 7-9** Sundays at 8:45 a.m. Wednesdays at 7:00 p.m.

WELCA Mind, Body and Soul Saturday, March 15 10:30 a.m.

Youth Ski Trip at Buena Vista Saturday, March 22

A Place at the Table Sunday, March 23 6:00 p.m.

Get all the details inside!

UNIVERSITY LUTHERAN CHURCH

United by faith, we lift high the cross of Christ through worship and service.

