



"Rejoice always, pray without ceasing."

1 Thessalonians 5:16-17

"Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, Giving thanks to God." Colossians 3:17

Eucharisteo; A greek word that means to be grateful and to express gratitude. This is a word that our Women's Bible Study has focused on for the month of February. A challenge to find the blessings and gifts in the midst of a chaotic life. I'm not sure how the rest of you feel but for me the past few months of winter have been difficult. I am sick of the bitter cold, the lack of sunshine and fresh air. I have felt sadness at saying goodbye to people who were loved deeply and I am struggling with the "lasts" that I am facing as my oldest daughter, Hannah, moves closer to graduation. There have been times where I've struggled with being thankful, with finding the blessings in the midst of coldness, and struggling to rejoice always. It is then that I get to experience the gift of the living word! God speaks to me through the Bible verses above as they have continually jumped out at me. They have been in my daily devotions. One was the Bible verse of the day on my Bible Gateway app. And another showed up as I was working with one of the confirmation students. Reminding me that in all seasons of life, I am to rejoice, pray and give thanks to God. These words from 1 Thessalonians and Colossians join together with the word we hear over and over again in our Bible study,

Eucharisteo...Give thanks. I accepted the challenge to begin a list of one thousand gifts...one thousand blessings that I see, hear and feel around me. The click clack of my dog's feet on the floor, a warm home to be in on a cold, North Dakota day, watching my children play a sport that they love, the smell of pancakes being made, the feel of the pages in my Bible, snow being moved by my husband. Just

a few of the things that have made my list. Each day my mindset changed from gloom and sadness to searching for the gifts that God had set before me. Eucharisteo...Give thanks, became something that I would whisper as I drove to school or as I drove to Hannah's last basketball game. Eucharisteo...Thanks to God for the blessings in the midst of changes, in the midst of difficult times, and in the midst of times where we may want to close our hands and hearts to God.

As we move into our season of Lent, I challenge you to begin your own list of one thousand gifts. I challenge you to open your hands, hearts and eyes to the blessings and gifts that God is offering you each and every day. I challenge to feel the grace and hope that is offered to you new, each and every day. I challenge you to follow the words that Paul writes, "Rejoice always, pray without season." Live a life of Eucharisteo and feel the hope and grace that is promised to each of you through the death and resurrection of our Lord and Savior, Jesus Christ.

-Pastor Sarah

Parish News

Adelaide's Baptism Open House

Pastor Carter and Kayla would like to invite everyone to an open house celebrating their daughter's baptism. Adelaide will be baptized on March 31st at the parish's joint service, with an open house from 11:30 to 1:30pm in the American Lutheran fellowship hall. Join us for a meal and time of fellowship as we rejoice in Adelaide's baptism!

COMING SOON

Watch the church bulletins and April's Scroll for a Prairie Lutheran Parish Girls' Movie and Supper Night in Minot! We will go to Minot to see the Christian movie Breakthrough, starring This Is Us actress Chrissy Metz.

Faith Butheran

Thank You:

- Thanks to everyone that gives me the church news when I call or see them in person. The way the months go it seems I'm gathering news more than once a month! -Debbie H.
- Thank you to all our readers that read in church this past year and in the new year. We appreciate it. From Iva and Debbie.

Dates to Remember:

- March 3rd- WELCA will meet over a potluck to follow after worship.
- March 6th- Ash Wednesday and Lent Begins with supper at 5:30PM and service to follow at 6:30PM at ALC.
- March 10th-Faith Council will meet after Church service.
- March 20th-Faith will serve the midweek service meal at ALC.
- April 13th-Ladies' Cluster meeting this spring will be hosted at ALC.

Confirmation Celebration: On March 17 we will celebrate Alex Wilson. Cake and coffee will be served before church services. **Our deepest sympathy** to the Lystad family for the loss of Ken.

Volunteer Schedules:

Coffee

- o 3rd-Laides Aid with Potluck
- o 10th-Joyce
- o 17th-Kathryn
- o 24th-Kathy
- o 31st-Joint Service at ALC

Readers

- o 3rd- Darlene B
- o 10th-Alice
- o 17th-Emma
- o 24th-Iva
- o 31st-Joint Service at ALC

Alter & Greeter = Debbie & Jennifer

Work = Iva & Della

Sunday School News—Our attendance has been awesome! Our next sessions are March 3, 10, and 17th at 9:30am.

Insect of the Month: MAGGOTS

American Luthenan

Purple Group

March 2019 Purple Group

April 2019

Red Group May 2019

White Group

June 2019

Blue Group

July 2019 Gold Group

Power Point Asst.

Katie 1st Kelly/Dawn 2nd Gary/Kay 3rd Jeff/Karen 4th Jake Hellman 5th

Sound System

Jake Hellman 1st Don Longmuir 2nd Gary Nordloef 3rd Jeff Colbenson 4th Jake Hellman 5th

Corey & Melissa Bristol Jeremy & Sarah Carkuff Mercy Carkuff Pat & Christine Dittbrenner Brad & Kim Fllis

Mark Erickson Kelly & Dawn Evenson Kevin & Melissa Evenson

Marilyn Evenson*

Roger & Renae Gjellstad Ryan & Beth Gjellstad

Doug & Susan Halden Ron & Linda Hamers Traci & Jaci Jarmin

Keith & Taina Karow Darin Larson

Doug & Jen Larson Nellie Larson

Dale & Gwen Mortensen

Doreen Moser Ron & Laura Paetz Andrew Raasakka Heather Raasakka

Mike & Gail Raasakka

Jerry & Nancy Rudolph

Denise Sundean Jim & Susie Trana

Red Group

Rudy & Ardyce Alvstad John & Erin Anderson Annie Baumann Wayne & Konni Bohrer Arlo & Faye Borud * Brad Borud Joanne Colbenson David & Tammi Colbenson Jeff & Karen Colbenson Brett & Lindsey Ellvanger Jerome Erie Julie Erie Aaron Gandrud Lvnn & Marlene Grabow * Dan & Katie Harwood Pat Jensen Lynn & Carol Mehus Gary & Jenette Nelson Phil & Cassandra Petz Tad & Megan Ploium Cory & Jamie Rice Scott & Jackie Rudolph Austin & Abi Vachal Beau & Kim Vachal Lowell & Judy Vedaa

WELCA will be meeting March 4th at 2:15PM after quilting. We thank Renae Gjellsted for being our Fellowship and Church Donation Coordinator. Prairie Lutheran Parish is hosting the Western Prairie Spring Cluster on April 13th. Watch for a planning date in March.

- Blessings, Marilyn

Bethlehem

COUNCIL NEWS

Bethlehem council met Tuesday February 12th and will meet again Thursday April 4th at 8:00 pm. Thank you to those willing to give of yourself and share your time and your talents with our church by serving on council. At the February meeting, the council appointed (with authority to appoint given at the annual meeting) Matt Evans to serve as the incoming trustee.

A reminder that we have a mission outreach line in our budget that allows your council to approve financial support for missions that arise. Please speak with a council member if you become aware of person, family, or entity in need of support. The mission outreach line in our budget allows us to truly be church together and share the gifts God has blessed us with, when life happens and needs arise.

SUNDAY SCHOOL NEWS

Thank you to Barb and the Sunday school kids for singing in church in February! It puts a smile on everyone's face to hear their voices. The older kids are finishing up their book club and will be planning a day to watch the movie, "Case for Christ". The younger students continue learning lessons about the New Testament. We're looking forward to getting started with Lent activities in March!

WELCA NEWS

Welca met on February 3rd to elect Bev Fretheim as our new treasurer. Thank you Bev!! And a BIG thank you to Addy Evans our out going treasurer for faithfully serving for many years. Good job Addy!!

Our Welca group will be serving for **Lent supper** on March 13^{th} and again on April 10^{th} with Faith and Knife River.

Confirmation Sunday is March 24th. Our coffee hour will be in honor of Eli Pappa, Justin Germundson, and Logan Lapica. Congratulations and God's Blessing's to all of you as you confirm your faith in God and continue on your faith journey!!

The PLP Welca groups will host the Western Prairie Spring Cluster Meeting on April 13th in Stanley at the ALC church. More details on this event will be available soon.

WOW!! As I look out my living room window the winter scene is beautiful and I am reminded once again of God's amazing creation and of God's amazing grace brand new every single morning!! Only God can make this beauty appear on a cold winter day in our ND yards...and thanks be to God...spring will come!!

- Diana

Knife River

JANITORS for March are Brooks and Stacey Goodall. THANKS!

LENT begins on **Ash Wednesday, March 6th**, and Knife River is down to serve supper on **Wednesday, March 27**. The Work Groups will be notified to plan this meal and to serve.

FAMILY NIGHT - is scheduled for **Sunday, March 17**th, at 5:00 P.M. A short film will be shown with discussion to follow. Lunch will again be provided by the cooks, Jana and Camie. Hope to see you there! No morning worship.

"Let us love one another" 1 John 4:7

March

Sun	Mon	Tue	Wed
Worship Schedule	Wednesdays in Lent		
9a Bethlehem 9a Knife River 10:30a American 10:30a Faith	4 - 5:15p Wednesday School and Confirmation 5:30p Family Meal 6:30p Lenten Worship 6:45p LYO		
3 Regular Worship	4	5	6 Ash W
Potluck at ALC 11:30 ALC Council	10a ALC Quilting 2:15 ALC WELCA	10a Pastor's Text Study 10a Cnt Court Bible Study	Wednesda
	2:13 ALC WELCA		Noon - Fa Bible Stud
10 Regular Worship	11	12	13
11:30 Faith Council		10a Pastor's Text Study 10a Bethlehem Bible Study 2p - Faith Aft. Bible Stdy	Wednesda
17 Regular Worship	18	19	20 Scrol
Confirmation Sunday at Knife River and Faith	10a ALC Quilting	10a Pastor's Text Study 10a Bethlehem Bible Study	Wednesda
24 Regular Worship	25	26	27
Confirmation @ ALC and Bethlehem	10a ALC Quilting	10a Pastor's Text Study 10a Bethlehem Bible	Wednesda
31 Joint Service @ ALC Youth Sunday 11:30 Red Serving Group		Study	

10a AlAnon on Saturdays at ALC

Mondays: Boyscouts in Fellowship Hall ALC

	Thu	Fri	Sat
		1	2
ednesday y Schedule th Evening	7 8am Men's Bible Study at Centennial Court	8 8a Bethlehem fixes hair at Bethel	9
y Schedule	14 8am Men's Bible Study at Centennial Court	15	16
<i>Deadline</i> y Schedule	21 8am Men's Bible Study at Centennial Court	22 American fixes hair at Bethel Home	23
y Schedule	28 8am Men's Bible Study at Centennial Court	29	30
	1p Scroll Assembly by Knife River	Synod LYO Event @ Christ Lutheran, Minot	GIFTS Event @ Christ Lutheran, Minot

Youth News

We're kicking off something new for March! Both the junior high and high school groups will be starting a 4-week series called "Accepted"!! The groups will be working through the same lessons, games/activities, and discussion questions as the other group, and we'll be focusing on how we are fully accepted and loved by God!

Pastor Carter, Pastor Sarah, and Eden will be planning some other larger events for all the 7th-12th graders coming in the spring such as a day in Minot and a lock-in at the church. We are still waiting for a day that will be a little warmer for our postponed skating night in Minot at the Maysa. Be on the lookout for dates and details in the coming weeks/months.

Parents/Guardians: If you haven't had the chance to add yourself or your child/children, feel free to join our Remind group for any announcements or reminders for youth activities or quick questions.

Enter this number: 81010 Text this message: @plply

Here's what our month of March will look like for youth in grades 7-12:

March 6th -- 9th-12th grade

March 13th -- NO LYO (School spring break)

March 20th -- 7th/8th grade

March 27th -- ALL 7th-12th grade! (More plans to come!)

April 3rd -- 9th-12th grade

Another heads-up for all LYO: Youth Sunday is Sunday, March 31st.

Thank you to all the churches for all of the love and continued support that you show our youth!

Community News

The Mountrail Community Food Pantry served 50 families in the month of January, serving 145 people, of which 57 were children and 17 were seniors; providing 5888 pounds of food. We received many wonderful donations from members of our community. Area churches generously helped, from Berthold to White Earth to Plaza to Parshall to Knife River! CashWise donated over 100 hams which we were SO thankful to receive! Between the cold temperatures, storms, and holidays we didn't see as many folks as we normally see in a month. Last month, I shared a few grateful thoughts about our dedicated food pantry volunteers that serve every Monday. Today, as I ponder the unloading of our food truck, I think it's a perfect time to mention another group of extremely committed folks, who show up every truck delivery day....bitter cold, snowing, raining, HOT; when the truck comes, if they can be here, they WILL be here, carrying in thousands of pounds of food! These people will also not be tickled to have any attention brought to themselves, and would much rather serve than be recognized!! Harley Johnson, Gary Evans, Ron & Julie Roerich, Geraine Johnson, and Jim & Susie Trana. Thank you! Thank you! Now there are others that help when they can, which is always extremely appreciated! But it is a very rare unloading day if this small group of devoted people are not there when the truck pulls in. And for that, we are so very, very grateful.

- Mary

Lutheran Social Services Cookbook

For 100 years, Lutherans have gathered in congregations and rallied around, what is today known as Lutheran Social Services of North Dakota, to fulfill their calling and to put their faith into action.

To recognize the shared bond of mission, we have reproduced the original "Lutheran Home Cookbook", originally written by the Ladies Aid of First Lutheran Church in Fargo as a fundraiser for the "Lutheran Home", which grew into becoming Lutheran Social Services. These cookbooks are a \$25 donation, and we would welcome any additional contribution you'd like to add in support of LSS. To purchase and/or donate, contact Bryan or Jean Quigley (240-4505 or 340-9026).

MARCH BIRTHDAYS

- 1 Dylan Marie Uran, Zachery Bruhn, Janice Kvamme
- 2 Addlyn Bruhn
- 3 Matt Evans, Alex Wilson
- 5 Reese Smith, Allan Aune, Diane Seibel, Carol Craft
- 6 Steven Nelson, Chad Rismon, Crystal Gustavo, Shane Bruhn
- 7 Connie Patten, Kyler Anthony Vachal, Stacey Mortensen
- 8 Weston Skarsgard, Camie Anderson, Jacob Stordahl
- 9 Doreen Moser, Kane Reep, Kathryne Meckle
- 10 Carson Farhart, Cammi Hysjulien, Tyler Harstad, Ava Hauge
- 11 Pat Lautenschlager, Dave Nesheim
- 12 Carol Nelson, Shane Aadnes, Jake Niemitalo, Caitlyn Enger, Brence Wilson
- 13 Betty VanVugt, Lawrence Bruhn, Larry Crowder
- 14 Logan Neset, Ron Roehrich
- 15 Samuel Skarsgard
- 16 Valborg Johnson, Wade Trulson, Chad Hysjulien, BreeAnn Sorenson, Shane Ryals, Joel Dennis, Brooklyn Gunderson
- 17 Cashton Trulson, Elizabeth Nelson, Cassandra Petz, Tammy Hamers, Winnifred Kvamme, Josh Stordahl
- 18 Bruce Rodenhizer, Liberty Zuchara
- 19 Justin Germundson, Debbie Rae Johnson
- 20 Michael Raasakka, Ashley Skarsgard, Addy Evans
- 21 Corey Bristol, Madison Stordahl, Joann Ostdahl
- 22 Diana Evans, Michelle Harstad, Allyn Sveen
- 23 Grace Johnson, Trenedi Barstad, Brooklyn Vachal, Deann Jarmin, Delina Lidstrom, Muriel Bruhn
- 24 Paula Brown, Kassie Meyer
- 25 Mackenna Hanson, Cooper Dupay, Howard Rehak, Wes Reynolds
- 26 Jaxon Carpenter, Karen McLaughlin, Ruth Anderson
- 27 Dale Kilen, Roger Sorenson
- 28 Chester Johnson, Molly Lund, Jerimey Bruhn
- 30 Earl Rogstad, Jerry Rudolph, Haley Goodall
- 31 Teri Ostdahl, Wesley Rooster Reynolds

MARCH ANNIVERSARIES

2 - Larry & Pauline Crowder

22 - Doug & Susan Halden

5 - Bill & La Rae Rudolph

24 - Ron & Linda Hamers

8 - Russell & Katie Nichols

24 - Phyllis & Ken Vesey

21 - Tony & Jean Meiers

Wee Care

Hello from Wee Care! It has been cold outside, but we're still learning and having fun at preschool. We got to celebrate Valentine's Day with a classroom party. The students made special Valentines for their family with puff paint. If you have kids at home, you can make puff paint by mixing equal parts glue and shaving cream. Add in a little food coloring and paint with it! It has such a neat texture when it dries. The highlight of my month was when the students were writing numbers to put in their memory binders. We try to add a few things each month to show their growth throughout the year. In both the morning and afternoon class, the kids were so excited and proud of themselves because they can now form the numbers on their own! The room was filled with comments like, "Oh my gosh I can do it now!"... "Look teachers, I can do it!". It was so rewarding to hear as their teacher, and I'm guessing it was a rewarding feeling for them as well. Learning never gets old:) -Mrs. Lund

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Synod News

Why????

I was reading the Peace Lutheran, Burlington newsletter recently and in it Pastor Emily Nesdahl wrote about spending a year paying attention and asking a simple question "Why?" Shortly after reading that column I had conversation with another leader — who was trying to understand lots of "whys" about their context. Later I attended a training event, where we were taught to "peel back the onion", to dig deeper into the layers, asking questions like — "Why do you think that is so?" "Why has that been important?" Why — Why — Why — indeed.

Asking good questions helps us think deeply about issues of faith and life. Questions like "Why?" can help us rediscover what is at the core of our lives, recover forgotten stories of our history, help us ponder if what has always been done is really what we need to be doing now.

I hope that asking good questions helps us be reminded that at the heart of what we do as church is Jesus Christ. We have been saved and set free by his death and resurrection. This gift we have been given is not meant to be kept to ourselves but shared. Why? Because it is too precious, too costly, too life-giving to hoard.

As we move into Lent, I encourage you to be asking lots of good faith questions. Questions open our minds to new learning and deeper faith.

Lutheran Day at the Capitol is Thursday, April 4th in Bismarck.

This is an opportunity for you to put **Your Faith in Action**. Highlights will include a breakfast with legislators, including good conversation with ELCA and LSS leaders, opportunities to observe committee work with debates on issues of the day, displays and presentations on the social ministries and good work of Lutherans across North Dakota, and a chance to join your District Senator or one of your State Representatives at their desk that day for Floor Session. Let us know if you can join us for **Lutheran Day at the Capitol**, or if you have questions. Please specify which Legislative District you are coming from, or which legislator you would like to sit with at Floor Session. Email Dan Hannaher, Director of Community Engagement at LSSND DanH@lssnd.org

Register now for the March 29th Youth Ministry Event with Matt Skinner, "Does the Bible Tell me What to Believe." Open to youth confirmation age through high school. Also, registration is open for the March 30th Matt Skinner GIFTS Event – "Understand the Apostle Paul and his understanding of the Gospel."

Synod Council Actions... Your Western ND Synod Council met February 15 and 16 in Minot. I am thankful for this faithful and wise group of lay and rostered leaders from across our synod. Here is some of what happened:

- Spent a significant amount of time talking about Cultural Diversityethnic, economic, racial and philosophical. Formed a task force to create a plan to expand competency
- Spent time Dwelling in the Word and sharing "Times when we have experienced God's miracles."
- Celebrated the fact that congregations shared over \$1.148 million dollars in unrestricted Mission Support – and talked about the incredible generosity in this synod from both individuals and congregations
- Heard an update from Deacon Anna Dykeman with Lutheran Campus Ministry at Minot State including student engagement in Service Learning Projects and the concern over among students
- Heard an update on Synod Assembly 2019, "The Kingdom of God Is Like... Dreams...Demands...Desires" and that Rev. Phil Hirsch, newly appointed Executive Director for Domestic Mission, will be our churchwide representative.
- Revised the 2019 Fiscal Plan and Approved a 2020 Fiscal Spending Plan which will be shared, discussed and voted on at Synod Assembly
- Approved Minimum Compensation Guidelines which are based on a 2.8% raise calculated on the first year step, this proposal will be presented and voted on at synod assembly
- Appointed the Synod Council Executive Committee to the role of Synod Transition Team it will be their task to prepare for the process of discernment leading up to the election of the next Bishop.

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