



#### Laughter is the Best Medicine

When I was a first grade teacher, every Friday we began our day with jokes. It became known as "Joke Friday" by my students. We would all meet around my reading area and students would get the opportunity to either press my joke

machine, which would tell us a joke, or they could tell one of their own. I still smile today remembering the jokes that were told sitting in that group of little people. We began our day with laughter and then we ended our day by dancing to music...which brought laughter. Memories of Joke Fridays came flooding back one day as I read a verse from Proverbs 17:22. The book of Proverbs says, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." And I began to wonder, do I laugh with my students like I used to? Am I being intentional about spreading laughter and joy like I did as a 1st Grade teacher? Where do you find yourself as you read Proverbs 17:22? Or are we all caught up in the day to day tasks of life and we forget to slow down and laugh? Are we weighed down by hurt, disappointment and loss and we forget to find the joy and laughter that is still in our lives?

I read about a study that has shown that children laugh about **300 times** a day as compared to adults who laugh **17 times** a day. These numbers made me think that we need to be more like our children. We need to take time to laugh with our family, with our friends, with our co-workers, and with the people in our parish. A prescription of laughter that allows joy to fill our hearts, a medicine that costs little and gives great results. A prescription that burns calories, helps arteries and boosts blood flow! Laughter that is a gift from God. Laughter a

gift that we can share with those around us, spreading joy and peace in the midst of broken and rough times. Laughter is one of life's greatest rewards, and if we let it, it can revive us and carry us through the challenges that life gives to us.

Are you suffering from a lack of cheer? I encourage you to look for ways to laugh more. Visit that friend that makes you laugh. Watch a clip of a comedian that makes you laugh. Find a list of jokes that you can share with others. Play a card game with friends and family. Sit around a campfire and share stories of happy times. Allow yourself to set the stress of life aside for each day and be present, be joyful, and let yourself incorporate the good medicine of laughter cultivate a cheerful heart. What would our parish look like if our goal was to laugh as much as a child? I am smiling just thinking about it...Are you?

In honor of "Joke Friday" I will end with a joke to hopefully bring laughter to your day.

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!" As she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again. As she ran she once again began to pray, "Dear Lord, please don't let me be late... But please don't shove me either!"

-Pastor Sarah



# Knife River

JANITORS for May are Larry and Dorothy Goodall. Thanks!

WELCA will meet at Jean Nelson's on Tuesday, May 14<sup>th</sup>, at 2:00 p.m.

#### **CONGRATULATIONS:**

- CeeJay Bohmbach received her first communion at ALC and we wish God's blessings on her.
- On Sunday, May 19<sup>th</sup>, at the 9:00 a.m. worship service we will honor our graduate, **Dyllon Craft**, followed with cake and coffee following worship. *Congratulations to Dyllon and we wish God's blessings on him*.

On Sunday, May 12<sup>th</sup>, we honor our mothers. Give your mom a hug and God bless all of the mothers.

FUN FAMILY NIGHT – Sunday, May 19<sup>th</sup>, at 5:00 p.m. at the bowling alley. (Please note we will also have morning worship this date also). This is for everyone – young and old and pizza will be served following the bowling.

SUMMER WORSHIP – In June we will return with morning worship at 9:00 a.m. and no evening services or family night scheduled again until fall.

#### THANK YOU TO:

- all those who helped with Lenten suppers
- those who provided bars and cookies and to the Family Night committee for all their planning and preparation of food.
- Nikki Longmuir for another year of her devotion to the Sunday school and being a faithful leader.

Let us remember to give thanks to all those who served our country on Memorial Day.

#### **Knife River Sunday News**

Its hard to believe the school year is coming to an end! Our last day of Sunday School will be May 12th. May 19th at 5pm, we will be having a bowling party and everyone is welcome to join. Supper will also be served that night.

Its time again to talk about Vacation Bible School! Camp of the Cross will be leading us again this summer. The dates will be July 29-Aug1. 10am-2pm with a program that Thursday at 2pm. I will start registration anytime. Kids will need to bring a sack lunch each day. This also means I will be looking for volunteers to provide the counselors with a lunch at the church and people to serve them supper at their home. If interested, please let me know.

Thanks for another great year!!! - Nikki

# American Lutheran

#### AMERICAN WELCA NEWS

On April 13, the Prairie Lutheran Parish hosted the Spring Cluster meeting of our District. Our theme was from Isaiah 6:8—Here Am I, Send Me! That theme was great, because it reminds each of us that there are many ways for us to serve God, both big & small! 80 women were in attendance & for roll call, all parishes contributed socks for the Homeless Coalition. (Thank you Diana, for taking them to Minot for us!) Our Love Offering was given to NWND Domestic Violence. And thank you to Pastor Carter for leading our Bible Study, it was excellent! (And I must say, little Adelaide was a big hit, as well!) Thank you to Jim & Susie Trana for donating the beautiful door prize, it was appreciated so very much! And very special thanks to Marilyn & each of our Parishes hard workers—you all did so much! And since I have NO experience at all, thank goodness for all of you!! We had a lot of good fellowship between our churches & our guests. (And girls, keep reminding me of what's next, ok?!)

- Maren (629-1067)

In a world where you can be anything, Be KIND.

#### White Group

#### Nancy Brown Ken & Cleo Bykonen Yanci Crider Rod & Connie Essler \* Zach & Erin Essler Brad & Amy Farhart

June 2019 Blue Group Maren Feiring Heather Greenlee July 2019 Gene & Carol Hanson \* Gold Group Kyle & Marianne Hanson Nichole Janz Hoffert August 2019

Dale & Mary Kilen Don & Verlee Kjosen Quintin & Heather Lee

Wally Lee Purple Group

Don & Connie Longmuir Marichel Mariscal David & Renae Minton

Mark & Sheila Morgan Dave & Barb Nesheim

Deloris Oja

Gordon & Connie Patten Tom & Akela Raile

Chad & Sarah Rismon

Jane Rismon Brent Rodenhizer

Bruce Rodenhizer Alex & Katie Sandeen Tom & Betty Simmers

Cliff & Judy Skaar Tanya Skaar

> Korey & Valerie Stammen Jim & Tara Swegarden

Arden & Janis Thompson

#### Blue Group

Jason & Stacey Barstad \* Jason & Danielle DuPay Matthew & Kim DuPay Renee Grinolds Deanna Haugen Grace Johnson Jan Johnson Lacey Johnson McKenzie Johnson Ronnie LaFromboise

Jerome & Pat Lautenschlager

Jessica LeRohl

Susan Arneson

George & Amy Littlecreek Jennifer & Brian Manson

Curt & Summer Mever Elmer & Carol Nelson

Steve Nelson

Landon & Kara Nichols Dennis & Brenda Nielsen Chris & Whitney Nordloef Gary & Kay Nordloef

Andrew & Randi Petras Michael & Abby Reep Brad & Barb Reese Ira & Amy Walter

Gary & Cheryl Weisenberger\* Bill & Anna Marie Whitmore

Rvan & Beth Wilhelmi

#### Important Dates at ALC

New Member Sunday & Quilt Sunday, May 5th. ALC Council Meeting May 5th. Graduation Sunday, May 26. An Open House will be held at 10:00, before the service, to honor the graduates.

#### Green Group

May 2019

White Group

September 2019

#### 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 leff Colbenson 4th Jake Hellman 5th

## Faith Lutheran

#### **THANKS**

- to everyone who helped make goodies for our Lenten services when we served.
- to everyone that helped and brought for the Spring Cluster meal.
- · Western ND Synod Assembly Delegates, Debbie and Barb

**Congratulations Graduates!** We will be celebrating Gaby Rolfe and Brendan Wilson on May 26th with cake and refreshments downstairs from 9:20-10:20 with church to follow. God bless them both!

We welcome Adelaide Hill to our church family as she was baptized on March 31st at ALC.

#### **SERVING US THIS MONTH:**

<u>Afternoon Bible study:</u> May 14 at 2pm at the church. Darlene B hosting. <u>Evening Bible study:</u> May 16 at 3pm at Darlene V's home.

Charity has table decorations.

Altar and Greeter: Sarah

Work: Sarah

	Readers	Coffee	
5	Darlene B	Phyllis	
12	Monica	Darlene B	
19	Mike	Debbie	
26	Iva/Alice	<b>Graduation Cake</b>	

Council will meet on June 9 after church.

WELCA meets June 13 at 2pm. Hope serves.

#### **Sunday School News**

We had an awesome year of attendance and studies! I'm wishing everyone a fun-filled, safe summer and will see you back in the fall. Sunday school will meet May 5 and 12. I have planed an outing for the kids on May 11th at the Aquatic center in Stanley for swimming from 1-3pm that afternoon. (Note time change) - Kathryn

# Bethlehem

Next Church Council Meeting June 4<sup>th</sup> at 8:00 pm

#### May Ushers and Greeters

5— G & V Evans with C & L Trulson

12 — W & D Evans with A & D Lund

19 — Vachal Family

26 — Uran Family

#### **Ross WELCA News**

April showers bring May flowers—Nothing like waking up to the smell of spring in the air and a hint of green in the grass. Thanks be to God! Spring Church Cleaning Date Coming Soon!!

*Thank you* to everyone who provided food and helped in the kitchen for Lent supper served by the rural churches on the 17<sup>th</sup> of April.

Lesley and myself attended the Spring Cluster Gathering on Saturday April 13<sup>th</sup> hosted by the PLP WELCA. Thank you to everyone who donated socks for this event. The Homeless Coalition was very grateful and impressed with the large donation delivered to their door on Monday morning. The Western Prairie Women have generous hearts indeed! A donation was also collected for Stanley Domestic Violence.

Some other folks with generous hearts are the students of Mrs. Roise's kindergarten class. The students in the class of 2017 tied fleece blankets and also donated them to the Homeless Coalition. Mr. Mac (the manager) was very impressed and said the blankets serve all ages and are treasured when received and for years to come. A big belated thank you goes out to Mrs. Roise and her students for this beautiful act of kindness!!

The WND SYNODICAL WOMENS ORGANIZATION CONVENTION will be held on June 28-29<sup>th</sup> in Crosby. Keynote speaker will be Marci Narum! — Diana

#### **Sunday School News**

We hope everyone had a Happy Easter! Thank you to the Junior and Senior High students and families for serving Easter breakfast at our church. Thank you to the Roise family for the eggs for our Easter egg hunt! The last day of Sunday school in Ross will be on April 28<sup>th</sup>. On Sunday, May 5<sup>th</sup>, the Sunday school kids will have their end of the year party! They will be buying groceries for the food pantry with their Sunday school offering from the year and then enjoy a bowling party in Stanley. Thank you Jane and Ted for gifting us this bowling party! We love you both and appreciate how thoughtful you are!

- Breann and Pam

# Wee Care



We hope that everyone had a Happy Easter! We spent our Bible time in April learning about the Easter story. We learned that God loves us so much that he sent his son to die for us. That makes us feel pretty special. Please join us for our Spring Program on Thursday, May 9th @10:00 & 2:00. We will have refreshments after the program in the fellowship hall.

- Breann

### May

Sun	Mon	Tue	Wed
Worship Schedule 9a Bethlehem 9a Knife River 10:30a American 10:30a Faith	Regular Weekly Activities:  8p A.A. on Mondays & Fridays at ALC  10a AlAnon on Saturdays at ALC  Mondays: Boyscouts in Fellowship Hall ALC		<b>1</b> Last Night Confirmat
5	6	7	8
ALC New Member Sunday ALC Council—noon	10a ALC Quilting	10a Pastor's Text Study 10a Centennial Crt	10a Parish
		Study	LYO goes t
12 Mother's Day	13	14	15
	10a ALC Quilting	10a Pastor's Text Study	
		10a Ross Bible Study	
		2p Faith Aft Bible Study	
		2p Knife River WELCA	
19	20	21	22
	10a ALC Quilting	10a Pastor's Text Study	
		10a Ross Bible Study	
5p Knife River Family			
Night	John out of the office		
26	27	28	29
Graduate Sunday	Office Closed	10a Pastor's Text Study	
	Office Ocosem	10a Ross Bible Study	

### 

	Thu	Fri	Sat
of ion	<b>2</b> 8am Parish Men's Bible Study	3 Pastor's Sabbath	4
	9	<b>10</b> Pastor's Sabbath	11
Bible Study o Minot	8am Parish Men's Bible Study WeeCare Programs @ 10 and 2pm	Bethlehem fixes hair at Bethel	
	<b>16</b> 8am Parish Men's Bible Study 3p Faith Eve Bible Study	17 Pastor's Sabbath	18
	Joh	n out of the office	
	<b>23</b> 8am Parish Men's Bible Study	<b>24</b> Pastor's Sabbath ALC fixes hair at Bethel	25
	30 8am Parish Men's Bible Study 1p Scroll Assembly— Bethlehem	<b>31</b> Pastor's Sabbath	

# Panish News

#### **Vacation Bible School**

VBS is just around the corner! As a parish, we offer two options. <u>All</u> children of the parish are invited to participate. There is <u>no</u> charge to send parish children to VBS, even if it's outside your home congregation.. Please mark your calendars now!

- \* ALC will hold VBS July 15-19 with Metigoshe Ministries
- Knife River will hold VBS with Camp of the Cross, July 29-Aug1. 10am-2pm

#### Lost and Found

ALC cleans out the Lost & Found items in <u>June</u>. What has not been claimed will go to the Thrift Shop. We have children's clothing, coats, caps, gloves, snow pants, as well as stuffed animals and baking/serving dishes etc. - John



#### You Are Invited!

Pastor Sarah and her family invite you come celebrate Hannah's Graduation. We will have an open house on May 26th following the graduation ceremony in the backyard of Sorenson's house, 410 1st ST SE, just a block north of the outdoor pool.



The 2019 Western North Dakota Synod Assembly will soon be here! The theme this year is "The Kingdom of God is like..." dreams – desires - demands." The pre-assembly events kick off on Thursday, June 6<sup>th</sup>. Two events scheduled are a Bible Study and the Mission Gala Supper and Silent Auction. It you wish to attend the Mission Gala Supper you should register NOW as this event always sells out early. The Thursday Bible Study (10:00-3:00) "Kingdom Dreams" is open to all and you do not need to preregister for this event, however there is a \$25.00 registration which includes your noon meal. From the agenda this looks to be an excellent itinerary with speakers and time spent in the Word.

Last year there was a question about individuals going in place of the delegates. When I asked the WND about this, I was reminded that the delegates are voted upon by the congregation to represent that congregation and would be the ones recognized as the delegates. If you were elected by your congregation to serve and you have a conflict with the dates, contact your council president so they may take immediate action to follow the correct protocol in electing a new delegate. If you would like to attend along with your delegates, there is an option to register as a visitor—you just will not be able to vote.

The location this year is the Grand Hotel in Minot. If you are a participant or a delegate from your congregation, you must make your own reservations. A block of rooms has been reserved for the synod assembly. Book your room NOW. Check with your congregation's treasurer on how they wish to handle the lodging costs if you are a delegate.

The Synod Assembly will open on June 7<sup>th</sup>. To register or find additional information go to the Western Synod North Dakota Website: http://wndsynod.org

# Youth News

We are wrapping up our school year and our weekly LYO meetings for junior high and high school youth. We've had a lot of fun with small and large groups, serious conversations and silly games, and I'm excited for the ideas that we've brainstormed for the summer months.

Our last LYO for the school year is set for Wednesday, May 8th. We'll be going to Minot with all 7th-12th grade youth for an evening of laser tag or the trampoline park.

During the summer, we will meet once a month for June, July, and August. We are working on the dates that we'll use. Look here for more future plans as well. We will be in Stanley for some of the time and also taking advantage of other opportunities in the surrounding area. We've got quite a few ideas to pick from, such as a lock-in, football under the lights, going to bowling or laser tag and many others.

Another important heads-up is that I will be taking maternity leave for some time this fall. Pastor Carter, Pastor Sarah, and I will work out some details for when I am gone and what LYO will look like during that time.

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

Keep checking the scroll, Facebook, and Remind messages for updates on LYO events for the summer! Thank you to all the churches for all of the love and continued support that you show our youth!

- Eden Cuypers, Youth Leader

### Food Pantry

The Mountrail Community Food Pantry served 59 families in March, for a total of 170 people, of which 71 were children and 19 were seniors, providing 5946 pounds of food to these families.

We received a very generous donation from a local resident who is a faithful partner in our mission to provide food to those in need. 

We received donations from individuals, as well as from the Parshall Hi League, from their "Souper Bowl" fund raiser. 

We are so thankful to have such wonderful support from folks that want to make sure families get the food that they need!! We were awarded funds from the St. Joseph's Community Foundation on March 14<sup>th</sup>. Barb Jones, Melissa Bristol, our board member, and I attended the awards ceremony. It was so inspiring to hear the good things that are happening around us! The projects, the plans, the desires to make our little corner of the world a better place....THAT'S the stuff the news channels need to be broadcasting!!!

Barb, Nancy, Mary and I were extremely surprised/touched/delighted by a very thoughtful card and gift from Bethlehem Lutheran Church in Ross, given to us in appreciation for our service to the food pantry. We feel very appreciated!! We very much enjoy our work with the food pantry, and we get to see firsthand what a difference it makes in the lives of so many. None of this would be possible, however, without the generosity of this wonderful community. © With much gratitude, Mary





- 1 Dave Brown, Mabel Howell, Sydney Craft
- 2 Calum Sorenson
- 3 Jessa Longmuir
- 4 Kelly Wittmayer, Sadee Uran, Eric Ostdahl
- 5 Shadoe Sveen
- 7 Alex Johnson, Deanna Haugen, Lisa Uran, Grady Uran, Waylon Dazell
- 8 Halle Larson, Alexis Koester
- 9 Julia Jones
- 10 Jason Barstad, Ranold Vesey
- 11 Robert (Hod) Hysjulien, Jerome Lautenschlager, Dawn Evenson, Bill Rudolph, Andie Roise, Mark Longmuir
- 12 Rydge Gjellstad, Stacy Craft
- 14 Judy Johnson
- 15 Jack Wilhelmi, Cooper Rismon, Parker Manson, Curt Trulson, Jim Enge, Arlan Ostdahl
- 16 Kevin Craft
- 17 Wayne Evans
- 18 Chancey Henin
- 20 Nala Fladeland, Lillian Johnson
- 21 David Colbenson, Ryan Faber, Sawyer Skarsgard
- 22 Kelly Evenson, Linda Wienbar
- 23 Judy Vedaa, Tanya Skaar, Brett Ellvanger
- 25 Sophie Vachal, Evan Meiers
- 26 Joanne Wirtz, Lane Gandrud, Lexi Ann Neset, Sadie Carkuff
- 27 Beth Wilhelmi, Traci Hysjulien, Debbie Lund
- 28 Jordan Larson, George Littlecreek, Waylon Bruhn
- 29 Carol Mehus, Jordan Evans, Jana Enger
- 30 Robert Western, Tara Swegarden, Bev Fretheim, Darla Craft, Howard Rolfe
- 31 Leonard Stettner

# Happy Anniversary

- 3 Ryan and Beth Gjellstad
- 3 Larry & Grace Lystad
- 6 Grady & Lisa Uran
- 8 Monte & BreAnn Lund
- 9 Philip & Cassandra Petz
- 9 Jake & Jessica Niemitalo
- 9 Shane & Stephanie Pappa
- 11 Jim & Tara Swegarden
- 12 George & Amy Littlecreek

- 18 David & Barbara Nesheim
- 25 Howard & Kathy Rolfe
- 26 Gary & Kaylen Nordloef
- 27 Scott & Nancy Meiers
- 28 Jason & Andie Roise
- 28 Jennifer and Brian Manson
- 29 Charles & Claranne Baddeley
- 31 Pastor Carter & Kayla Hill

#### PRAIRIE LUTHERAN PARISH CONTACT INFORMATION

PO BOX 310 | Stanley, ND 58784 | (701) 628-2550

#### Carter Hill, Pastor

carterbhill@gmail.com (701) 425-7041

John Mogren, Parish Administrator parishadmin@midstatetel.com (701) 628-2550

Marichel Mariscal, Parish Treasurer alcstanley@hotmail.com (701) 628-2550

Sarah Sorenson, Pastoral Intern sarahsorenson51@gmail.com (701) 629-1206

Eden Cuypers, Parish Youth Leader eden.drevecky@gmail.com (701) 840-2871

**Kayla Hill, Parish Publications** kayla.price.hill@gmail.com

www.prairielutheranparish.org facebook.com/PrairieLutheranParish

# Synod News

#### Assembly Registration Open Now!!!

It is that time of year again and synod staff can hardly wait to welcome you to this year's Western North Dakota Synod Assembly. Go online now and register the voting members from your congregation. What will you experience at assembly:

- a chance to worship with over 300 other Lutheran Christians lead by incredible musicians as we gather to praise God, ponder God's Word and celebrate Holy Communion.
- an opportunity to hear about incredible ministry happening across this church to help people come to know and love Jesus
- time to let your imagination run wild, wondering how the Holy Spirit might be calling each of us to live out the Good News of Jesus Christ, in very ordinary ways on a daily basis
- a chance to hear what is happening in other congregations across our synod
- time to engage Bible passages around images of the Kingdom of God

Every congregation can bring two lay voting members and as many guests as they like. Larger congregations are allotted more voting members based on the size of the congregation.

**Pre-Assembly Workshop...** If you are coming to Minot for Assembly we encourage you to come a day early to be involved in **Kingdom Dreams**, the pre-assembly workshop. Registration for pre-assembly opens at 9:30AM and the event begins at 10:00AM. Rev. Phil Hirsch, the Executive Director of the ELCA Domestic Mission Unit, will talk with us about the Lutheran perspective on Jesus' words, "...thy Kingdom come..." I will lead conversation around various Old and New Testament text which do not mention God's Kingdom but might be a glimpse of God's Kingdom or Reign here on earth.

There will also be 5 workshops to chose from – each providing a *Kingdom glimpse* right here in Western North Dakota. The cost of registration will include lunch. This event is happening at the Grand Hotel in Minot and costs \$25 per person which includes lunch.

#### Gala...

Our Annual Mission Gala will happen once again at Christ Lutheran in Minot. Different congregations will be in charge of the different courses. You will experience great fellowship, excellent food, a bit of entertainment and a lively auction. All of this is to benefit the Western North Dakota Synod Mission Endowment Fund. This fund helps provide grants and financial support to strategic mission priorities across the synod.

There are a limited number of auction tickets available. Get yours now! Tickets cost \$30 per person.

<u>Other News...</u> Pastor Renee Johnson and Pastor Charles Johnson were officially installed at Dakota Prairie Parish (Amidon, Bowman and Rhame) at the end of March. It is great to welcome them back to Western North Dakota.

Bethany Haberstroh will be ordained on Sunday May 5<sup>th</sup> at St. John Lutheran, Carson and installed that same day to serve the Horizon Parish (Flasher, Carson, Bethesda).

Pastor Lee Herberg who served First Lutheran in Mandan has retired. We wish him God's speed.

A discernment event for high school students is being held at Camp of the Cross on May 31 – June 1. Check the synod webpage for more information.

#### Sabbatical...

I will be away on sabbatical this summer from mid-June to mid-August. While away I will not be answering email or synod phone calls. We are blessed with an excellent staff who will be able to help with any needs (as they always do).

God Bless All! See you at Assembly.

Mark Narum
Serving as Bishop of the Western North Dakota Synod

Prairie Lutheran Parish Stanley, ND 58784 PO BOX 310

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