

# THE MESSENGER

Arendahl | Grace | North Prairie | Pilot Mound

**REMEMBER IN YOUR PRAYERS THE FOLLOWING PEOPLE AND THEIR FAMILIES:** That we at United Lutheran Parish may be open to God's will, strength and healing for...

- **Health:** Marlo Boyum, Harold and Arlene Jensen, Dean McConochie (lives in California), Nancey Gathje, Emily Charlebois, Janine Lange, Jesse Arnold, Michelle Pelyz, Linda Kingsbury, Tom McCabe, Judy Koeneman...
- **On Going Health Concerns:** Tom Haugstad.
- **Homebound:** Arlene Holtegaard, Luella Brown...
- **Assisted Living and Care Centers:** Barb Holien, Marlow Boyum, Harold and Arlene Jensen.
- **Our Military:** Tom Moen, Dustin Willcox (grandson of Bob & Ardis Willcox), Dakota Winkelman (nephew of Tom & Deb Haugstad) and their families.

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**NEWS:** Dave Holger is serving on the SEMN Synod Discipline Committee as a lay representative from the Root River Conference.



## A Love Story!

Tom and Patti Dombrock became members of Grace Lutheran Church on November 26, 2023. Their love for one another started as a friendship when they met in Confirmation Class at Newport Lutheran Church in Newport, a community outside of St. Paul, Minnesota.

Patti shared they had over twenty youth in Confirmation! "It was quite an eclectic group of kids coming from two different school districts," she stated. Patti lived in Inver Grove Heights over the bridge. Both of them were active in the youth group called Servants for Christ. The friendships they made in the youth group at the age of fourteen were very strong. The mission statement of the youth group was "Pass the Light on to Each Person." The youth group service project was to visit Greenbrier Group Home for Adult Males and do activities and song with the residents. It was pretty scary were Tom's words to describe the experience as a teenager.

Tom stated, "I was smitten with Patti from the very beginning." "It was impossible to ignore her," Tom stated. However, Patti didn't want to be bothered with a "boyfriend," she was busy studying, passing notes in class to her girlfriends and going to the mall with her friends.

When Patti was 16 her Dad moved the family to Keokuk, Iowa. Both Tom's and Patti's life became separated through geography. Thirty four years later Patti is searching for that spiritual connection like she had in her earlier years in Confirmation. She found Tom on Facebook. Patti said to Tom when she came up to visit, "Are you still what I remember?" They were married three years later 2014 in the Servant of Christ Youth Room at Newport Lutheran Church where their friendship began.

Pastor Sarah's at "Dusk"  
ZOOM BOOK CLUB LIST

Thursday, 7:00 pm - 8:00 pm

Please email me if you are  
interested at  
[sarahjwalkerbrown@gmail.com](mailto:sarahjwalkerbrown@gmail.com)  
and I will email you the  
ZOOM link.

**The 2024 Reading List**

07/18 - THE SEVEN SISTERS,  
LUCINDA RILEY

08/15 - The COMFORT of  
CROWS: A Backyard Year,  
Margaret Renal

09/26 - The Dutch House, Ann  
Patchett

10/24 - On Earth We're Briefly  
Gorgeous, Ocean Vuong

11/21 - The Sentence, Louise  
Erdrich

12/26 - LAND OF MILK  
AND HONEY, C Pam Zhang  
\*\*\*\*\*

**DONATION HIGHLIGHT**  
**MID-WEEK LENTEN**  
**WORSHIP SERVICES**

Thank you to our  
Confirmation Youth who led  
in worship and to all the  
participants that attended  
our series on Lament.  
\$1000 was raised and  
donated to AMMPARO/  
WIN.  
Winona Immigration Network



**BAPTISM CELEBRATION**

Payton Rose Hinshaw was  
baptized on April 28th at  
Grace Lutheran Church in  
Peterson, MN She was  
born on February 18, 2023.

Parents: Nicholas Robert  
Hinshaw & Ashley Elizabeth  
Sponsors: Brian Adam  
Kruse & Marie Lynn Kruse  
(friends of parents).

Such wonderful celebrations  
remind us of our own  
baptism and the love of  
Christ poured out for  
everyone of us, each and  
every day of our lives.  
Just as Christ has loved  
you, we also our to love one  
another.



**GATHERING OF FRIENDS**

*As the Samaritan woman went to Jacob's well  
to draw water and Jesus said, "Give me a  
drink." John 4:7 The two discuss thirst  
(physical and spiritual), relationships, and  
religion.*

You are invited to Ferndale Country Club, Rushford, MN once  
a month as we gather to connect our personal story with God's  
story through Scripture. Come to be surprised, to laugh, and  
be spiritually fed. Invite a friend!

**Monday July 15th, 10:00 AM - 11:00 AM**

**Monday August 19th, 10:00 AM - 11:00 AM**

**See you there!**



## Rite of Affirmation



ABOVE: North Prairie Lutheran, May 12th, Camdyn Rye & Pastor Sarah Walker Brown.



BOTTOM RIGHT: Grace Lutheran, May 12th, Caitlin Bauer, Pastor Sarah Walker Brown, & Conor Popping,



TOP RIGHT: Pilot Mound Lutheran, May 19th, Annora Kramer, Madysen Proper, Kylie Davidson & Pastor Sarah Walker Brown.



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**SMILING FACES AT NORTH PRAIRIE'S  
MEATBALL DINNER**

**APRIL 28TH**

Left to Right:

Diane  
Drinkall

Charlene  
Eide

Beth Vitse

\*\*\*\*\*

Middle Left  
to Right:

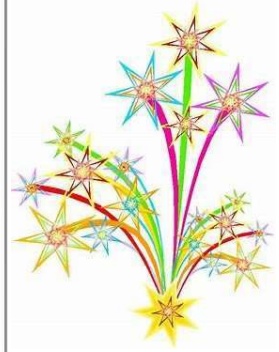
Wayne  
Kingsbury

Keith Eide &  
Jeff Brown

\*\*\*\*\*

Left Bottom:

Luke Rye,  
Wayne Rye,  
Jolene Rye, &  
Camdyn Rye.



Below:  
Confirmation  
Youth Helpers;  
Conor  
Poepping,  
Madyson Proper,  
Amanda Proper  
(Mom), &  
Annora Kramer.

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**Who is Brad Boice?**

From Church Choir to High School Choir, from High School Band as a tuba player to eight years as the lead singer for the popular rock band "Gemini", Brads' life has always been filled with music. Back in 2005, Brad became an Elvis Tribute Artist. His journey has taken him to many places around the United States and to different countries. He has won numerous awards as an "ETA". Currently he is still doing a "Tribute" to "Elvis" and A "Toast to the Classics" (which includes tributes to Glen Campbell, Conway Twitty, Barry Manilow, Dean Martin, Wayne Newton, and many more classic entertainers). Gospel Music and Singing Praise to our Savior Jesus Christ is close to his heart. His Gospel Show is a must. Recently Brad has formed a new band called "The RPG Band" which entertains with the music from the 50's to the 70's.



**YOU ARE INVITED**  
to  
**BRAD BOICE CONCERT  
SHOW**  
*(free will offering)*  
at  
**NORTH PRAIRE LUTHERAN  
PAVILION**

*(weather permitting otherwise in the church)*

**35957 HWY. 30**

**LANESBORO, MN 55949**

**2:00 PM**

**SUNDAY, JULY 14th**

*(refreshments provided)*

*Please bring a lawn chair for you to sit on.*





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Provided by NORTH PRAIRE LUTHERAN CHURCH Foundation



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UNITED LUTHERAN PARISH COUNCIL MEETING  
JUNE 5TH, 2024  
Arendahl Lutheran Church, 11:20 AM  
Unapproved Minutes

Present: Paul Boyum (President of Arendahl & ULP Council President), Sonia McCabe (Pilot Mound President), Doris Horsman (Pilot Mound), Keith Agrimson (Arendahl), Dana Knudsen (Arendahl), & Rachel Boyum (Arendahl and ULP Parish Nurse), & Pastor Sarah Walker Brown.

Not Present: Allan Kingsbury (President of Grace), Brad Gorder (Grace), Diane Drinkall (North Prairie President & ULP Secretary), Steve Erickson (Pilot Mound), Anita Brown (North Prairie), Brent Olson (North Prairie), & David Hllum (Grace).

Paul Boyum opened the meeting.

Secretary Report: Motion made to approve the Secretary's Report. Seconded.

Treasurer Report - Motion made to approve the treasurer's report. Seconded.

Report from Rachel Boyum: Rachel Boyum gave a detailed overview report on all that she has been involved with since 2006; the Parish Nurse's qualifications; experiences recommended by the Parish Nurse Program; on staff with United Lutheran Parish; she is part of the Parish Nurse Group of SEMN Synod & the MN Parish Nurse Group; she is involved in continuing education; just to name a few.

Rachel stated it has been a pleasure to be a Parish Nurse for all these years. She presented options that she handed out for the council members to deliberate on for her future years as Parish Nurse.

Parish Nurse Job Description will be tabled until the next meeting when we have more council members present.

June 2nd - ULP Worship service at NP Pavilion with Pastors Nick and Cindy Fisher-Broin, 10:00 am. It was decided not to have refreshments after worship.

July 14th - Brad Boice Concert at NP, 2:00 pm. It was decided to have refreshments at the event.

Pastor Sarah will be on vacation June 23rd returning June 28th.

Next Meeting - August 11th at Grace before the Supper & Song.

Adjourn Meeting at 11:50 AM Motion made. Seconded.

-Submitted by Pastor Sarah Walker Brown



## **North Prairie WELCA Announcements for JULY- AUGUST, 2024**

Please join us for **QUILTING DAYS** - ALL are welcome to come and participate in this mission in ministry. Working together, serving others. Also, enjoy great conversation. Contact Diane if you have questions.



**JULY --**

**Wednesday, July 17<sup>th</sup> - 9:00 am** (NOTE-date change) (potluck) |

**AUGUST --**

**Wednesday, Aug 14<sup>th</sup> - 9:00 am** (potluck)

### **NEXT WELCA Meeting**

**Sunday, Aug 11<sup>th</sup> - 9:30 am** WELCA meeting prior to worship;  
Devotions - Circle # 3 - Ruth

### **STEWARDSHIP GOALS for 2024:**

- Mission Quilts (locally and LWR) Quilting Days  
- months of July - November
- School Kits (LWR) Collection thru September 29<sup>th</sup>

**PARAMENTS for May/Jun/Jul/Aug:** Gayle Burdick, Twilah Brown

**BULLETIN BOARD for May/Jun/Jul/Aug:** Circle # 3 - Ruth



The "WELCA YEARBOOKS" are available. Please contact President Diane if you do not have one. Please give any corrections or additions to Diane to keep info up-to-date.

### **Upcoming events for WELCA include:**

July 17<sup>th</sup> -- Wed, 9:00 am Quilting Days

Aug 14<sup>th</sup> -- Wed, 9:00 am Quilting Days

Aug 11<sup>th</sup> - Sun, 9:30 am NP WELCA Meeting, prior to worship;  
Devotions, Ruth Circle # 3



Sep 11<sup>th</sup> -- Wed, 9:00 am Quilting Days  
Sep 29<sup>th</sup> - School Kits collection due

No FALL FUNDRAISER is planned for this year.

**Please add these dates to your calendar.** Your participation makes for a great opportunity to volunteer and support the work of our Women of the ELCA at North Prairie.

Looking forward to working with YOU during 2024. To streamline communications for WELCA with e-mail, text, and/or calls and to cut costs for postage and paper, please forward your e-mail address and phone #s to WELCA President Diane Drinkall: 507.459.1776 or [dedrinkall@hotmail.com](mailto:dedrinkall@hotmail.com)

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AS WE CONTINUE TO KEEP OUR MEMBERSHIP LIST CURRENT, PLEASE CONTACT US WITH ADDRESS CHANGES or if you are a member of another church or do not wish to remain a member at Arendahl, Grace, North Prairie or Pilot Mound, let us know so your name can be removed from our membership and mailing address lists.

You can contact us via email: [united\\_lutheran@yahoo.com](mailto:united_lutheran@yahoo.com) or contact our church secretaries for:

ARENDAHL and GRACE at: [secretaryglc@goacentek.net](mailto:secretaryglc@goacentek.net) or leave a message at the church office at 507.875.2218

NORTH PRAIRIE and PILOT MOUND at: [holte@acegroup.cc](mailto:holte@acegroup.cc) or leave a message at cell phone 507.696.0725 or the church office at 507.875.2460. Thank you in advance for helping to keep the membership at UNITED LUTHERAN PARISH up-to-date!



Please check our Facebook pages and the website - [www.unitedlutheranparish.com](http://www.unitedlutheranparish.com) for updates as we continue to move forward.

# GRACE WELCA - JULY / AUGUST 2024

## QUILTING

**Wednesday, August 14 9:00AM**

**Wednesday, August 28 9:00AM**

Everyone is welcome to join the Quilters!

## MONTHLY MEETING

**Thursday, July 18 2:00PM**

*Bible study will be John 14: 15-26.*

*Discussion will center on what the Holy Spirit means to you. Servers: Lucy Benson and Carol Ramsey.*

## **No August WELCA meeting**

*Our next Welca meeting is Thursday, September 19th, and it is our Honor Day.*

The executive board would like to thank all members who worked or brought baked goods for our annual Gammel Dag celebration. It was another very successful day!

**2023 WELCA Officers: Co-Presidents – Val Hasleiet, Susie Norby  
Secretary – Karen Thompson    Treasurer – Kathy Hallum**

*WELCA is our church organization for all women members.  
Everyone is invited and encouraged to participate in WELCA activities!*





Save  
the  
Date

Arendahl's biennial bazaar is scheduled for Saturday, November 2. More details will be coming, but the Arendahl WELCA hopes you can set aside the date for friends, family, food and fun!



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### Helping Fillmore County's Women's Shelter

Arendahl's WELCA has committed to helping the Fillmore County Women's Shelter by shopping for the most-needed items. A \$250 Thrivent card plus a match from the WELCA means that social services will receive \$500 worth of the following items:

Adult coloring books  
Pajamas (all sizes)  
Socks  
New bath towels  
Shampoo & conditioner  
Bodywash

kitchen utensils  
kitchen appliances (toasters; coffee pots, etc.)  
soap  
baby wipes  
toothpaste & toothbrushes  
combs

The items collected will be delivered to the Preston courthouse in mid-July, but, unfortunately, the shelter always needs new items. If you wish to contribute to this fund, Arendahl WELCA hopes to deliver more items in late fall or early winter. For more information, or to donate goods or dollars, Contact Jo Anne Agrimson: 875-2839 or [kagrims@acegroup.cc](mailto:kagrims@acegroup.cc)

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### Arendahl Women of the ELCA



The July/August gathering of the Arendahl Women of the ELCA will be a lunch outing on Wednesday, July 24, at 11:00 at the Farmhouse Eatery & Gifts. The address is 219 North Kingston Street in Caledonia.

Please meet at the church at 10:00 if you would like to carpool. What a special time this will be for women with connections to Arendahl Lutheran Church!



PILOT MOUND  
LUTHERAN CHURCH  
RURAL CHATFIELD



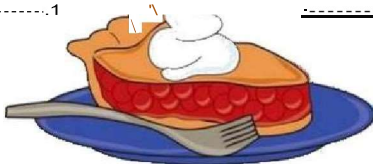
\*\*\*\* 49<sup>th</sup> \*\*\*\*  
ICE CREAM SOCIAL

FEATURING THE CHATFIELD BRASS BAND

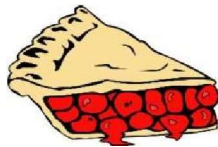
SUNDAY, JULY 21 2024

SERVING @ 6:00pm

MUSIC @ 7:00pm



BARBECUES, PIES, ICE CREAM,  
POP AND COFFEE WILL BE SERVED



--- PLEASE BRING YOUR LAWN CHAIRS ---



## **STEWARDSHIP SERVICE PROJECT**

July-August-September stewardship project will focus on providing "SCHOOL KITS" for Lutheran World Relief. We invite all individuals and families in our community to participate. Arendahl and North Prairie WELCAs will collect and deliver to LWR drop off sites in-October. YOU CAN CHOOSE to assemble any of these kits throughout the year and/or give a monetary donation to help with shipping cost overseas.



Education is important to every community, especially where poverty or disaster has limited the options for young people to reach their potential. School Kits contain essential supplies to help children - and in some cases adults - continue learning despite the hardships they face. That learning leads to a better life for them, their families and their communities.

### **EVERYONE IS WELCOME TO DONATE. KITS WILL BE SHIPPED IN OCTOBER.**

Items need to be at the churches by SUNDAY, September 29<sup>th</sup> for packing in boxes.

Box drop off will be Saturday, October 12<sup>th</sup>, 7 am - 11 am; LaCrosse, WI

**Include the following items in each School Kit:**

- 4 - 70 sheet notebooks of wide- or college-ruled paper; No loose-leaf paper
- 1 - 30-centimeter ruler, or a ruler with centimeters on one side and inches on the other
- 1 pencil sharpener
- 1 pair of blunt scissors (safety scissors with embedded steel blades works well)
- 5 unsharpened # 2 pencils with erasers, secure together with a rubber band
- 5 black or blue ballpoint pens (no gel ink); secure together with a rubber band
- 1 box of 16 or 24 crayons
- 1 - 2 ½" eraser

(NP and ARENDAHL have some extra drawstring bags from last year) -----

1 sturdy drawstring backpack-style cloth bag approximately 14"x17" with shoulder straps no standard backpacks); recommended fabrics include sturdy cotton, canvas, denim, and twill.

Do not add other items or leave out any of the items listed. All items should be new and in good condition. Remove any excess packaging, pack all items in bag and close. Do not enclose the Kit or any of its contents in plastic bags.

**PLEASE DO NOT DONATE ANY ITEMS:** with any religious symbols, messages, your congregation's name, business names, items decorated with a U.S. flag, patriotic or military symbols, or references to the armed forces, including camouflage.

SHARING GIFTS OF EXTRAORDINARY LOVE - Pens and pencils, a toothbrush, a quilt...ordinary items we take for granted become treasures in the hands of their recipients. The items you send will be cherished and used by people who take nothing for granted, for whom even a simple bar of new soap is special.

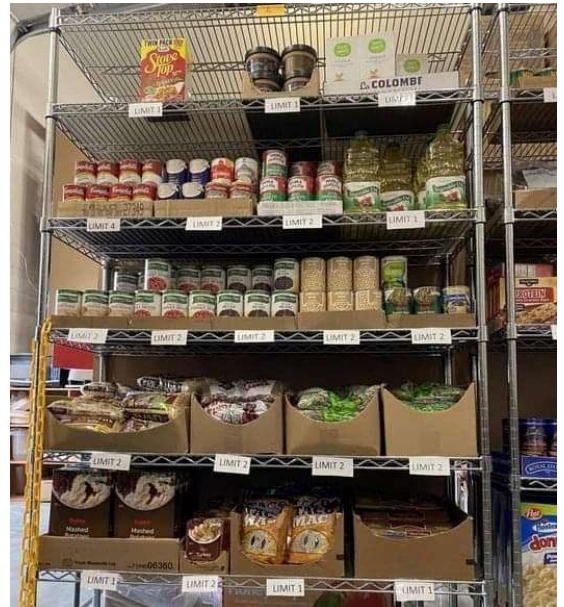
Your gift of time and resources are beautiful expressions of God's love and grace to those in greatest need. Thank you for your partnership in putting them together.

## HELP SUPPORT YOUR LOCAL FOOD SHELF!

Some tips and guidance if you donate to food pantries derived from feedback by those who use them:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

Most people buy what they think food pantry users want, but have never asked them. If you help families, single people, foster youth and the homeless, this list can help better tailor your donations! Or make a cash donation.



THANKS FOR YOUR SUPPORT!



I attended an in-service meeting recently and this information sheet was shared—thought these suggestion may be helpful for anxiety, depression, and PTSD

# Grounding Techniques

## for anxiety, depression, and PTSD

### 5 Senses:

Find:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

### In Your Body


Place your feet flat on the floor. Starting at the crown of your head, focus on your body piece by piece. Paying attention to each tiny movement and feeling as you breathe.

### Distraction

- Name all the red things you see
- Count backwards by 3 from 100
- Recite a poem or song
- Pick a category and name all the things you can (dog breeds, baseball teams, etc.)

### Breathing

Focus on breathing from your diaphragm (your stomach should move, but not your chest). Breathe in for 5 seconds, hold 4, out for 7 seconds, hold 4. Repeat.



Dear Lord, please keep us all in your tender loving care and Lord let us know you are there for us in time of distress or need. Amen



## UNITED LUTHERAN PARISH

### Birthdays and Wedding Anniversaries

#### **ARENDAHL**

##### ***Birthdays***

05-James Knudsen  
09-Dana Knudsen  
16-Amelia Whitacre  
16-Henrik Whitacre  
17-Allen Aarsvold  
23-Chris Goldsmith

##### ***Anniversaries***

#### **GRACE**

##### ***Birthdays***

01-Rick Olson  
01-Vicky Quimby  
03-Deb Book  
03-Larry Pelzl  
10-Emily Didier  
12-Michele Pelzl  
13-Hayley Boyum  
13-Jon Graham  
13-Chad Kingsbury  
16-David Hallum  
19-Jane Holien  
20-Jessica Thompson  
23-Claire Gorder  
28-Rhonda Bauer  
29-Erica Klein  
30-Barb Thompson  
31-Kim Hallum

##### ***Anniversaries***

01-John & Jenny Kahoun  
07-Maynard & Sandy Thompson  
12-Dennis & Edna Gravos  
13-Jim & Jane Holien  
15-Chad & Stephanie Kingsbury  
24-Tom & Danielle Paulson  
28-Stan & Nancy Agrimson

#### **NORTH PRAIRIE**

##### ***Birthdays***

01-Anna Vick  
02-Kailan Schott  
03-Diane Eide  
04-Derek Holtegaard  
05-Sommer Holtegaard  
09-Grant Horihan  
09-Tatum Olson  
11-Thor Mosdal  
12-Wayne Highum  
14-Kelly Connaughty  
15-Tessa Holtegaard  
16-Kim Wilde  
18-Griffin Holtegaard  
18-Meghan Moger  
20-Camdyn Rye  
22-Stephanie Drinkall  
23-Paula Haug  
27-Elisa Edwards  
30-Craig Bain  
31-Lisa Koljord

##### ***Anniversaries***

01-Darin & Nancy Hegland  
15-Nathan & Becky Olson  
21-Brent & Michelle Olson  
31-Charles & Lindsay Horihan

#### **PILOT MOUND**

##### ***Birthdays***

01-Annora Kramer  
02-Grace Goddard  
02-Kaylee Rockvam  
05-Amanda Stevens  
09-Paisley Lawstuen  
13-Heather Luehmann  
14-David Schaefer  
15-Timothy Goddard  
15-Alyssa Luehmann  
15-Anastasia Hongerholt  
16-Joe McCabe  
19-Clay Peterson  
25-Katelyn Burt  
26-Deb Erickson  
31-Duane Erickson

##### ***Anniversaries***

28-Brian & Laci Nelson

**The Birthday/Anniversary lists are not complete.**

**Please help us keep accurate lists of these special days for our members**

**Any updates/corrections should be sent to [united\\_lutheran@yahoo.com](mailto:united_lutheran@yahoo.com)**

## July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Worship 9:00 AM Grace 10:30 AM Arendahl	8 6:00 pm NP Foundation Meeting	9	10	11	12	13
14 9:00 am Worship at Pilot Mound 10:30 am Worship at North Prairie 2:00 pm Brad Boice Concert Show at NP Pavilion by ULP	15 10:00-11:00 am Gathering of Friends, Ferndale Country Club	16	17 9:00 am NP Quilting, potluck	18 2:00pm Grace WELCA meeting  7:00 pm Pastor Sarah's "At Dusk" Zoom Book Club – THE SEVEN SISTERS, LUCINDA RILEY	19	20
21 Worship 9:00 AM Grace 10:30 AM Arendahl	22 Pastor on Vacation – 7.21 – 8.02	23	24 11:00 am Arendahl WELCA Lunch outing	25	26	27
28	29	30	31	 <b>ALL WORSHIP CANCELLATIONS</b> will be posted on KTTC TV as "United Lutheran Parish" and also on Facebook pages. Contact officers for meeting updates. Calendar events will be reviewed regularly.		



**THE MESSENGER NEWSLETTER**

Arendahl-Grace-North Prairie-Pilot Mound

United Lutheran Parish

P. O. Box 36

Peterson, MN 55962

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