

# MESSENGER

Grace | Arendahl | North Prairie | Pilot Mound

## Holy Week Worship Schedule

April 10 - Palm Sunday

9:00 am - Pilot Mound

10:30 am - North Prairie

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April 14 - Maundy Thursday

7:00 pm - North Prairie

\*\*\*\*\*

April 15 - Good Friday

7:00 pm - Arendahl

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April 17- Easter Sunday

7:00 am - Pilot Mound

9:00 am - Grace

10:30 am - Arendahl



Dear Parents of United Lutheran Parish Third Graders or *older* who have not taken a communion class,

*"Do this in remembrance of me..."*  
Luke 22:19

Your child is invited to participate in First Communion instruction. The instruction in the sacrament insures that your child have a basic understanding and appreciation of the gifts God gives through Holy Communion. The instruction is interactive and experiential. Parent(s) are encouraged to attend the class with their child for an opportunity to share this significant faith experience. **The class will take place on Saturday April 2 at Grace Lutheran in Peterson from 9:00 am to 10:00 am.**

*The celebration of First Communion is a faith milestone and a family occasion at Grace/North Prairie/Arendahl.*

*\*On April 14th, Maundy Thursday, the North Prairie children will participate in their first communion.*

*\*On April 17th, Easter Sunday, the Grace and Arendahl children will participate in their first communion.*

I am looking forward to our time together on April 2. Please contact me to sign up:  
[sarahjwalkerbrown@gmail.com](mailto:sarahjwalkerbrown@gmail.com) or 507-458-5163.

In Christ's Love, Pastor Sarah

## 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  
and I will email you the ZOOM  
link .

4/21 - **Once There Were Wolves**  
by Charlotte McConaghy

5/19 - **Lightning Strike** by  
William Kent Krueger

6/23 - **Talking to Strangers** by  
MALCOM GLADWELL

7/21 - **NEITHER WOLF NOR  
DOG** by Kent Nerburn

8/25 - **THE SEED KEEPER** by  
Diane Wilson

9/22 - **While Justice Sleeps** by  
Stacey Abrams

10/20 - **NOTHING MORE  
DANGEROUS** by Allen Eskens

11/17 - **Kindred** by Octavia E.  
Butler

12/15 - **THE BLACKHOUSE** by  
Peter May

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Looking Ahead...

**May 7, 2022 - Southeastern  
Minnesota Synod Assembly**  
at the Verizon Center in  
Mankato, MN. Registration  
opens on February 1, 2022.  
Imagine: Endless Possibilities  
in God's Grace is the theme.



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:** Dan & Kory Everson, Don  
Boyum, Herb Highum, Linda Kingsbury,  
Eileen Kinneberg (Sheri Holtegaard's  
mother), Arlene Grimes, Bill Marietti  
(friend of Pastor Sarah), Beverly  
Klinski, Shawn & Jana Draper & their  
children Andrew and Abby (Jo Anne Agrimson's sister is Jana),  
& Lynne Clarke.

•**On Going Health Concerns:** Tom Haugstad.

•**Homebound:** Lyle Bremmer, Arlene Holtegaard, Ruth Black,  
Lois Ulrich, & O'Donna Haugstad.

•**Assisted Living and Care Centers:** Barb Holien, Mavis  
Malmin, Roger Boyum, Marlow Boyum, Bob Willcox, Don  
Boyum, & Sarah Turnmire.

•**Our Military:** Eric Boyum, Tom Moen, Timothy Harrison, Jon  
Wiley (Bev Klinski grandson-in-law), Dustin Willcox (grandson of  
Bob & Ardis Willcox), Dakota Winkelman (nephew of Tom & Deb  
Haugstad) and their families.

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Arlo Wilbur Roos joined  
our flock on March 3rd,  
2022 at 6:37pm. The  
newly born angel  
weighed 8lbs 1.4oz, and  
was 20.5" tall.

\*Adam & Stephanie  
Roos are the proud  
parents

\*Isaac & Elliot Roos are  
the excited big brothers

\*Keith and Jo Anne  
Agrimson are the  
grandparents, looking  
forward to spoiling a 3rd grandson!





February 16, 2022

Grace Lutheran Church  
365 Park Street  
Post Office Box 36  
Peterson, MN 55962

Dear Grace Lutheran Church,

On behalf of the Winona Community Foundation, I would like to thank you for your recent donation in the amount of \$500.00. Your generous and thoughtful donation will enrich the community and strengthen the programs and efforts in and around the area.

Recognition Name:	Grace Lutheran Church
Donation Date:	02/09/2022
Fund:	Dive and Rescue of Winona
Check Number/Type:	6451
Amount:	500.00

Thank you for entrusting the Winona Community Foundation with your philanthropic endeavors and for your support of this fund.

Thank you,

A handwritten signature in blue ink, appearing to read "Nancy M. Brown".

Nancy M. Brown, CFRE  
President/CEO

The Winona Community Foundation certifies you have received no goods or services as a result of this contribution. Please note that the date on this receipt reflects the date we processed your gift and does not imply the date your gift was made. That determination is yours and generally the date you delivered or mailed your donation is given. We suggest that you consult with your tax advisor regarding the charitable deduction. The Winona Community Foundation has exclusive legal control over the contributed assets.

111 Riverfront, Suite 2 East Annex Winona, MN 55987  
Phone: 507-454-6511 Email: [wcf@winonacf.org](mailto:wcf@winonacf.org)  
[winonacf.org](http://winonacf.org)



*A Community Action Agency Serving Southeast Minnesota Since 1966!*

204 South Elm, PO Box 549, Rushford, MN 55971-0549  
Phone: 507-864-7741 Fax: 507-864-2440  
Visit: [www.semcac.org](http://www.semcac.org) Email: [semcac@semcac.org](mailto:semcac@semcac.org)

January 30, 2022

Grace Lutheran Church  
PO Box 36  
Peterson MN 55962

Dear Grace Lutheran Church,

Thank you for your donation to the Rushford Food Shelf of \$500.00, dated 11/25/2021. Your gift will help us with our mission to empower and advocate for people to enhance their self-sufficiency by maximizing community resources. Through our programs, we continue to help people and change lives.

Semcac is a 501c3 tax-exempt non-profit organization, tax ID 41-0907135. Please keep this letter as a receipt of your tax-deductible donation. No goods or services were received in exchange for this contribution.

Again, thank you for your generous support.

Sincerely,

*Doug Grout*

Doug Grout  
Executive Director

*We do not share our donors' contact information with any other organization or source. Semcac publishes donor names in the annual report, but donors may opt out of having their name included by contacting Annette Theobald, [Annette.theobald@semcac.org](mailto:Annette.theobald@semcac.org) or by calling 507-864-7741.*

Visit our website at [www.semcac.org](http://www.semcac.org) for the latest news and activities.  
You can sign up for Semcac E-Updates and receive the *Semcac Sentinel* E-newsletter either on our website or by texting **Semcac to 22828**.

Dodge County	Fillmore County	Freeborn County	Houston County	Mower County	Steele County	Winona County
634-4350	765-2761	373-1329	725-3677	433-5889	451-7134	452-8396

With additional programs operated in Goodhue, Olmsted, Rice and Wabasha Counties  
*Please remember Semcac programs in your financial and estate planning. Your legacy is a gift to the future.*  
An Equal Opportunity Employer



# GRACE WELCA - APRIL 2022

## QUILTING

Wednesday, April 13 9:00AM

Wednesday, April 27 9:00AM

Everyone is welcome to join the Quilters and "fleeceketeters" group!

## MONTHLY MEETING

Thursday, April 21 2:00PM

*Bible Study will be Jeremiah 29: 1-23 the key verse is Jeremiah 29:11.*

Servers: Susie Norby and Lucy Benson.

2022 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!*



Highland Prairie Welca bake sale  
April 8th beginning at 10 am in the entrance to  
Sterling Pharmacy and Rushford Clinic.  
Proceeds go to replacing outside doors.

# ROOT RIVER CONFERENCE WELCA 2022 SPRING GATHERING

*Saturday, May 7th*

*Chatfield Lutheran Church*

*304 Fillmore St SE Chatfield, MN (accessible to all)*

*8:00am – Registration, Displays/Vendors, Coffee Fellowship*

*9:00am – Program      12:30pm – Lunch*

*\$10.00 includes Program, Morning Coffee and Lunch*



***"PAUL'S MESSAGE OF LOVE IS..."***

***Love is patient; Love is kind; ... And now faith, hope and love abide,  
these three; and the greatest of these is love. 1 Corinthians 13:4-13***

***Guest Speaker: Kathy Little***

**Kathy is from Houston, Minnesota. She is retired after 36 years as an English teacher and school counselor in Caledonia and Winona. She writes a monthly column for the Fillmore County Journal. Her hobbies are reading, writing, speaking, and gardening.**

*April United Lutheran Parish*

## North Prairie WELCA Announcements for APRIL, 2022

**Sunday, April 24<sup>th</sup>:** our ANNUAL MEATBALL DINNER,  
“Dine-In” AND “Carry-Out”

### STEWARDSHIP GOALS for 2021:

Mission Quilts (locally and LWR) and  
School Kits (LWR). Quilting Days will be during the months  
of July – November.



PARAMENTS for Jan/Feb/Mar/Apr: Doreen Goodman, Sue Moen

FLOWERS for April: Circle # 3

BULLETIN BOARD for Jan/Feb/Mar/Apr: Circle # 3

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

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**Upcoming events for WELCA include:**

**April 4 (Monday) Good Shepherd Birthday Party,** 2 pm program; Executive Board serves. All welcome

**April 25 (Sunday) Annual Meatball Dinner.** The dinner committee/fundraising committee are  
working hard at planning a safe and smooth running event. If you are willing to join us  
and help with this event and/or if you have any questions, contact President Diane  
Drinkall.

**May 7 (Saturday) Root River Conference WELCA Spring Gathering** at Chatfield Lutheran Church,  
Registration/Coffee begin at 8:00 am, Meeting/Program at 9:00am; Day ends with 12:30  
pm lunch. Cost registration/lunch is \$10.

**May TBD (Sunday) Graduation/Confirmation/Cradle Roll Recognition,** Cradle Roll Chm. Pam Brown  
and Diane Drinkall

**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 2021. 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)

**NORTH PRAIRIE LUTHERAN CHURCH**



***MEATBALL  
DINNER***

***“CARRY-OUT” OR “DINE-IN”***

**Sunday, April 24, 2022**

Serving 11:00 am – 1:00 pm

SERVING: Meatballs,  
real mashed potatoes and gravy,  
glazed carrots, salad, rolls,  
bars, and bottled water.



**TICKETS: All Carry-outs OR Adults - \$12.00; Children under 12 - \$6.00**

**Drive up. We will take your order and deliver it to you in your car.**

**OR Come in, enjoy dinner with friends and fellowship.**

**35957 State Hwy 30, Lanesboro, MN**

9 mi West of Rushford or 15 mi East of Chatfield

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***FUNDS raised will support food shelves!***



# VOLUNTEERS NEEDED!

## MEATBALLS *(And Mashed Potatoes)* WITH GRAVY



NP WELCA Fundraising Committee is looking for volunteers (**women, men, and youth**) to help with our annual “MEATBALL DINNER” April 24<sup>th</sup>. Funds raised support our church and local food shelves along with other charities worldwide.

If you are able, **would YOU consider this opportunity to partner with our Women’s Ministry here at North Prairie?** We are looking for volunteers to help in several areas from preparation, set up, and serving the dinners on Saturday, April 23<sup>rd</sup> and Sunday, April 24<sup>th</sup>.

God seeks to include us in what He is doing in the world.

We are His helpers. God wants us to use the gifts He has given to help others. Let’s work to be part of God’s amazing journey.

If YOU are willing to help, please contact a dinner committee member:

Gayle Burdick, Lynne Clarke or Diane Drinkall



### IN SEARCH OF:

North Prairie WELCA is in search of an 18 qt roaster (or larger), that you are no longer using, for our church. Our fundraising dinners supports area food shelves. Contact Diane Drinkall if you have one to donate.



## Easter Lilies

Would you like to share and Easter lily in honor or memory of a friend or loved one? Lilies are needed to decorate the sanctuaries on Easter Sunday, April 17<sup>th</sup>.

Let's fill our churches with Easter Lilies again this year. Kari Hanson will pick up Easter lilies for our church sanctuaries. Cost of each plant will be \$15.00. Please make checks payable to: Kari Hanson.

Please place your order by signing up in the rear of the church. The deadline for ordering is **Sunday, April 10<sup>th</sup>**. Also specify if your Easter lily is in someone's honor or memory.

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## FRIENDSHIP GARDEN

### AT NORTH PRAIRIE

This spring the friendship garden will be taken out and seeded down.

**EXCEPT for the Peony Bush**, anyone interested in the perennials are

welcome to take them. The Peony is going to be transplanted to the area near the entry door.



# North Prairie/Arendahl Sunday School News

- After church on April 3<sup>rd</sup>, we will have a Service Project Sunday of cleaning up the church yards and cemeteries at both churches, and we will be having a potluck.
- The kids will be singing in church on Palm Sunday, April 10<sup>th</sup>. It's been 2 years since we've gotten to sing for Palm Sunday!
- There will be no Sunday School on Easter Sunday.
- Sunday School families are invited to help the NP WELCA group with their Meatball Dinner on April 24<sup>th</sup>. This is a great opportunity for the kids to help out and our WELCA ladies appreciate the help! They will help with taking orders from drive-up customers and cleaning up tables inside. Please let Andrea Woxland know if your family or kids can help.



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## SUPPORT OUR LOCAL FOOD SHELVES

Children and families still need our support and donations. We have a cart located in the entryway of North Prairie church. Whatever you donate, whether it be just one item or several, we can make a difference in the lives of many.

### Food Shelf



Please join us in doing what we can to make sure families in need don't go to bed hungry. Items will be delivered at the end of each month to the local food shelf.

Cash Donations to local food shelves are encouraged at this time. Checks can be mailed to: SEMCAC Rushford Food Shelf

113 E Jessie St, PO Box 549 Rushford MN 55971 (OR a local food shelf where you live).

WELCA





# Healing Adventures Camp

Saturday, May 14, 2022 - 8:30 a.m. to 4:00 p.m.

Good Earth Village, 25303 Old Town Drive, Spring Valley, MN 55975



**HEALING ADVENTURES IS A ONE DAY GRIEF CAMP FOR YOUTH (AGES 5-17) WHO HAVE EXPERIENCED THE DEATH OF A SIGNIFICANT PERSON WITHIN THE LAST 3 YEARS. THERE IS NO CHARGE TO ATTEND CAMP.**

**Campers will have the opportunity to:**

- Connect with other youth who have similar grief experiences.
- Participate in discussions with trained volunteer grief facilitators about:  
Grief Experiences — Loss(es) — Support Systems

**Campers will be assigned to age-appropriate groups and will participate in a variety of activities, including:**

- Nature walks
- Music
- Pet therapy
- Crafts
- Games
- Group time

Camp is offered at no charge thanks to the generosity of Mayo Clinic Rochester's St. Marys and Methodist Campus Volunteer Leadership Councils; utilizing funds generated from both campus gift shops.

- Families are required to participate in a closing activity with the campers from 3:00 to 4:00 p.m.
- An optional Parent/Guardian Support Session will be offered from 9:00 to 10:30 a.m. the day of the camp.
- **Please contact Mayo Clinic Hospice at 507-284-4002 or 1-800-679-9084 or [RSTHOSPICEBEREAVEMENT@mayo.edu](mailto:RSTHOSPICEBEREAVEMENT@mayo.edu) for more information, application forms, and future camp offerings.**

**Completed applications must be received by the hospice office on or before Friday, April 22, 2022.**

Mayo Clinic Hospice plans to hold camp on 5/14/2022; however if social distancing related to COVID-19 persists into May, the camp will be canceled and held again in the Fall of 2022. Registrants will receive communication regarding a cancellation and information related to Fall 2022 camp.

## Parish Nurse News

After what seemed like a long winter, its time to get moving. It is advisable to start slowly to avoid injury or other problems.

If you have not exercised in a while, it is advisable to check with your primary care provider who can recommend the type of exercise that is right for you to avoid injury—many have chronic health conditions that need special precautions such as arthritis, diabetes, or heart problems.

There are 4 types of exercise:

Endurance—this is how much (how Many steps you can take) before fatigue sets in. This can increase with regular exercise. Walking is a good exercise.

Balance—this can prevent falls—regular balance exercises can prevent falls.

Flexibility—regular exercises can increase flexibility—increases ability to do other exercises and do other activities of daily living.

Muscle strength—will improve as you exercise regularly. Start each exercise session with warm up exercises and end with cool down exercises

Benefits—

Physical—you can feel better, improve or prevent some chronic conditions such as arthritis if the exercises are done correctly y or when you are stressed

Social—it will be safer to stay in your own home if you are physically active and easier to meet with family and friends.

Exercising outside

- use a walking stick or cane in uneven surfaces. Be careful of curbs to holes in the path.
- if walking the trail, make sure someone knows when you leave and when to expect you home. Carry a cell phone
- make sure you drink enough water—start with taking a drink and take a water bottle with you and sip along the way
- layer clothes so you can take off jacket etc as you warm up
- wear sturdy shoes

Exercises inside

- many of same items apply here too
- can use exercise video
- watch for exercise classes offered at fitness clubs or senior centers

**Dear Lord, thank you for your world and let us enjoy it through being active in it and exercises. Amen**





**UNITED LUTHERAN PARISH**  
**Birthdays and Wedding Anniversaries**

**ARENDAHL**

***Birthdays***

02-Hope Morrison  
13-Nathan Whitacre  
29-Stephanie Roos

***Anniversaries***

04-John & Megan Boyum  
12-Paul & Shari Boyum

**GRACE**

***Birthdays***

04-Josh Mattson  
04-Maynard Thompson  
06-Greta Monaghan  
08-Ruby Tudahl  
10-Bill Book  
15-Melanie Mattson  
20-Amy Harris  
21-Jenna Lee  
22-Noah Thompson  
27-Lorraine Benson  
30-Abigail Eidenschink

***Anniversaries***

29-Bill & Carol Liss

**NORTH PRAIRIE**

***Birthdays***

02-Greta Mosdal  
03-Gary Eide  
10-Gaylord Brown  
11-Sheri Holtegaard  
13-Avery Culbertson  
13-Crystal Vrieze  
14-Katlin Bain  
14-Lori Johnson  
14-Ted Olson  
17-Kobe Schott  
18-Wayne Kingsbury  
19-Nerisse Hermanson  
21-Arlene Holtegaard  
22-Joel Goodman  
22-Cooper Holtegaard  
24-Ryan Vitse  
25-Nathan Honsey  
27-Roger Hegland  
27-Madeline Jensen  
27-Isaac Mosdal  
27-Maggie Remmey  
29-Diane Drinkall  
30-Gary Olson

***Anniversaries***

20-Keith & Charlene Eide

**PILOT MOUND**

***Birthdays***

02-Sheena Lawstuen  
02-Luke McCabe  
03-Charles Kesler  
04-Amanda Proper  
09-Thor Lien  
14-Jessica Jones  
15-Gemma Charlebois  
20-Kendall Halbakken  
23-Shannon Goddard  
23-Jeff Horsman  
25-Karissa Merkel  
26-Sedona O'Byrne  
27-Brynn Danielson

***Anniversaries***

13-Matthew & Kelli Wrubel  
18-Kyle & Nadine Merkel

## April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>ALL WORSHIP CANCELLATIONS 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</b>					<b>1</b>	<b>2</b> 9:00 am - First Communion Instruction at Grace
<b>3</b> 9:00 am Worship and SS at Grace 10:15 am Pilot Mound SS 10:30 am Worship and SS at Arendahl SS Service Project Sunday following worship	<b>4</b> 2:00 PM Good Shepherd Birthday Party	<b>5</b>	<b>6</b> 7:00 PM Mid-Week Lenten Worship at Pilot Mound	<b>7</b> 1:30 pm Pastor Sarah at Good Shepherd leading worship	<b>8</b>	<b>9</b>
<b>10</b> 9:00 am Worship at Pilot Mound 9:00 am Grace SS 10:15 am Pilot Mound SS 10:30 am Worship and SS at North Prairie SS sings	<b>11</b> 6:00 pm NP Foundation mtg	<b>12</b>	<b>13</b> 9:00 AM Grace Quilting	<b>14</b> 7:00 pm Maunday Thursday Worship at NP, with Holy Communion  First Communion Celebration	<b>15</b> 7:00 pm Good Friday Worship at Arendahl	<b>16</b>
<b>17</b> 7:00 am Sunrise Worship at Pilot Mound 9:00 Worship at Grace, with Easter Egg Hunt 10:30 Worship at Arendahl First Communion Celebration	<b>18</b>	<b>19</b>	<b>20</b> NEWSLETTER DEADLINE	<b>21</b> 2:00 PM Grace WELCA mtg  7:00 PM Pastor Sarah's Zoom Book Club	<b>22</b>	<b>23</b>
<b>24</b> 9:00 am Worship at Pilot Mound, SS sings 9:00 am Grace SS 10:15 am Pilot Mound SS 10:30 am Worship and SS at North Prairie NP Meatball Dinner	<b>25</b>	<b>26</b>	<b>27</b> 9:00 AM Grace Quilting	<b>28</b>	<b>29</b>	<b>30</b>

**THE MESSENGER NEWSLETTER**

Arendahl-Grace-North Prairie-Pilot Mound  
United Lutheran Parish  
P. O. Box 36  
Peterson, MN 55962

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