

THE MESSENGER

Arendahl | Grace | North Prairie | Pilot Mound

Pastor Sarah's at "Dusk"
ZOOM BOOK CLUB LIST
2026

Thursday, 7:00 pm - 8:00 pm

10/22 - The Storyteller's Death,
Ann Davila Cardinal

11/19 - The Director, Daniel
Kehlmann

12/17 - Secret of Secrets, Dan
Brown



All are invited
to our monthly
Bible Study Monday,
October 19th
Ferndale Country Club
10:00 am
We are reading Jeremiah
18-24



Gathering of friends and neighbors at Arendahl Lutheran Church
on August 30 to engage and learn through pictures and stories
ELCA's Sumud response to occupation and injustice in Palestine
and Israel. Thank you all for attending.

MAY YOU ENJOY THE COOLNESS IN THE AIR,
THE BOLD PALETTE OF COLORS IN THE
LANDSCAPE, AND FRIENDS AROUND A
CAMPFIRE AS WE ENTER AUTUMN.

IN CHRIST'S LOVE,

PASTOR SARAH





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: Laura Eide, Emily
Charlebois, Karolyn Boyum,
Sandy Thompson, Shirley
Helgemoe, Roger Hegland, Kevin
Eide, Virgil Hogie, Trudy Dahle
Eggler, Val Daam (Judy Graham's
sister), Dean Feine, Katie Minter
(Phil Minter's wife), Allan
Aarsvold...

- On Going Health Concerns:
Tom Haugstad, Jess Arnold,
Dean McConochie (lives in
Rochester),...
- Homebound: Arlene
Holtegaard, Irene Hatlevig...
- Assisted Living and Care
Centers: Arlene Jensen, Sandy
Thompson, Virgil Hogie,
Dennis Gravos...
- Our Military: Tom Moen, Jon
Wiley (Bev Klinski grandson-in-
law), Dustin Willcox (grandson
of Bob & Ardis Willcox),
Dakota Winkelman (nephew of
Tom & Deb Haugstad) and
their families.



North Star Honor Flight

Left: Ryan Kelly

Right: Paul
Boyum

On September
16th Paul flew
with his
grandson to
Washington,
DC.

On September 16th Paul and his grandson Ryan flew out of Rochester International Airport at 6:00 am on the North Star Honor Flight with many other veterans to Washington, D.C. Paul was amazed at how the veterans were truly respected at the airports. After landing they boarded buses (four total) with motorcycle escorts that stopped traffic to let them go. They toured all the memorials and Arlington Cemetery. Paul stated, "It was a long day and I really enjoyed it."

On the return flight home they had a mail call and a box lunch. Paul was surprised by the many letters he received from the 3rd, 4th, and 5th grade Rushford-Peterson School students.

Upon landing at Rochester they received a BIG welcome home with the Chatfield Brass Band entertaining the families of eighty-seven veterans and seventy-six caregivers plus volunteers and medical staff. An awesome and heartfelt event.

"A trip Ryan and I will never forget!"



LeAnn Olson has recently joined our Parish Nurse Staff. She worked at Mayo Hospital in Rochester, Minnesota for sixteen years before retiring as a Registered Nurse. During her time at Mayo she taught clinical for Winona State Nursing School. LeAnn has been volunteering for Age Friendly Committees in Lanesboro and Fillmore County.

LeAnn enjoys visiting our United Lutheran Parish members that are in Chosen Valley Care Center and Good Shepherd Lutheran Services. Rachel and her are planning gatherings with retired and older adults and the creation of a "Memory Care Cafe". Keep your eyes and ears open for future developments.

She loves sports, especially watching her twenty-two grandchildren in school sports. LeAnn participates in golf and pickle ball at Lanesboro. Please welcome her to our staff.

MEET OUR TWO PARISH NURSES



In October 2005 Concordia College, Moorhead, Minnesota presented Rachel Boyum with the Parish Nurse Certification Course at Good Earth Village, Spring Valley, Minnesota. "I had been wanting to do parish nursing for some time and thought this was God calling me to do it now," stated Rachel. On November 2005 she was approved and was commissioned as Parish Nurse at Arendahl Lutheran Church, Peterson, MN to serve all four churches of United Lutheran Parish.

As Parish Nurse she visits with members in groups, at church, via phone calls and one-to-one—always listening, sharing information as requested, devotions and prayers. She attempts to keep parish up-to-date on health and wellness information—via news and visiting, etc.

Rachel keeps up with up-to-date conferences, continuing education, internet from reliable sources, attendance to SE Minnesota Parish Nurse meeting, monthly, and my connection Elder Network, and membership on Southeastern Minnesota Area Agency on Aging as director board member, etc. She has had 33 years experience as Public Health Nurse with Olmsted County.

"As a life long care giver myself, I find it rewarding and satisfying to be able to care for others and share my faith."



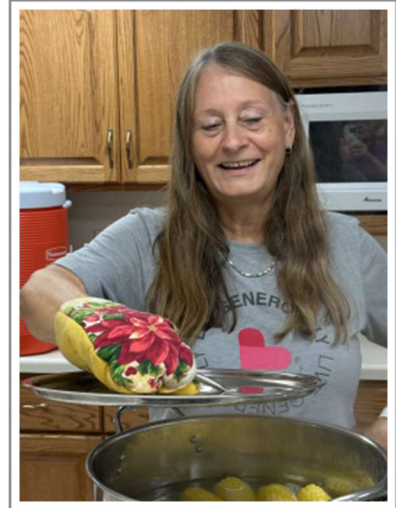
How many steps are there in preparation of sweet corn for North Prairie Lutheran Church's Meatball Dinner in April 2027?



Step One: Lisa Koljord and Pastor Sarah shucking the Corn.



Step Two: Lynn Koljord and Gayle Burdick making sure the silk is completely removed and cob is clean.



Step Three: LeAnn Olson blanching corn in boiling water for about 10 minutes.



Step Four: Anita Bue (not pictured) and Gayle Burdick stripped the kernels off the cob.



Step Five: Diane Drinkall bagging the corn kernels into one gallon Zip Lock Bag. 18 Gallons of corn kernels was placed in the freezer.

North Prairie WELCA Announcements for OCTOBER, 2026

Sat, October 11th – LWR (Quilts/School Kits) Drop Off, 7 am – 11 am,
Good Shepherd Lutheran Church, LaCrosse, WI



Wed, October 14th – 9:00 am Quilting, potluck

Thr, October 15th -- 9:00 am Quilting, potluck

Sun, October 18th -- 9:30 am NP WELCA meeting prior to worship;
with Election of 2027 officers (Nominating Committee-Beth, Charlene)



Please join up for **QUILTING DAYS**

Wednesday, October 14th and Thursday, October 15th –
9:00 am (potluck)

STEWARDSHIP GOALS for 2026:

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



PARAMENTS for Sep/Oct/Nov/Dec: Lynne Clarke, Eileen Koljord

BULLETIN BOARD for Sep/Oct/Nov/Dec: Circle # 3 – Ruth



WELCA is making plans for our **36th** annual “**Christmas Holiday Bake Sales**” again this December. Watch for more information, if you have questions or comments, contact President Diane.

Looking forward to Upcoming events for WELCA include:

Sunday, Nov 1st -- 10:30 am NP/A Thankoffering Service, Worship service at North Prairie

Wednesday, Nov 11th and Thursday, Nov 12th – 9:00 am Quilting, potluck

Thursday, Dec 10th – Pre-Order Bake Sale, 2 – 4 pm pick-up

Friday, Dec 11th – Holiday Bake Sale at Sterling Drug, Rushford; 9am -2 pm (or gone)

Sunday, Dec 13th – NP WELCA Treasurer’s Books Close.

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 2026. 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



**SUNDAY SCHOOL BEGINS
WITH RALLY SUNDAY ON:**
North Prairie/Arendahl -- October 4th
Grace -- October 11th



Sunday School will meet every other Sunday when services at North Prairie and Grace following the children's message and at 10:00am when worship services are at Pilot Mound.

"Whoever welcomes a little child like this in my name welcomes me." Matthew 18:5



Grace Lutheran Church 365 Park Street Peterson, MN

4:00 pm - 7:00 pm

Please invite your family and friends!

Walk down the ramp to the fellowship hall for tables filled with lots of treats.

GRACE WELCA - OCTOBER 2026

QUILTING

Wednesday, October 14th 9:00AM

Wednesday, October 28th 9:00AM

Our next Welca business meeting will be Thursday, November 19th at 2pm. Some items to be covered are charitable donations for the year and election of the 2027 Welca officers. Servers are Val Hasleiet and Susie Norby. Our devotions and study will come from Ephesians 5: 15-20. "Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do."

Welca's ANNUAL BAZAAR

Saturday, October 10

6:00PM supper

7:00PM bazaar/auction

Our Grace Welca annual bazaar is scheduled for October 10th. Chairs for this event are Debbie Brink, Mary Miner and Susie Norby. Welca members (or any church members who'd like to contribute) please have your auction items at the church by the day of the Bazaar, Oct 10th. The items can be new, gently used, baked goods, crafts, or whatever you think would be of interest.

"Trunk or Treat"

Friday, October 31st

4:00PM-7:00PM

Please invite your family and friends to this event!

2025 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!*



GRACE LUTHERAN CHURCH



SATURDAY, OCTOBER 10th

6:00 PM - Supper \$6.00

7:00 PM – Auction

*Join us
for an evening of
food, fellowship, and fun!*

Women of the **ELCA** 

2026

Proceeds to
Grace Lutheran WELCA ministry

Everyone Welcome!

Bring your
family and friends.

Great assortment of
auction items:
Quilts, Baked Goods,
Handcrafted items,
Garden Produce,
Theme Baskets, and
much more.

Buy gifts or
buy for yourself.
Something for everyone!

Auctioneer
Mitch Paulson

**DON'T MISS THIS
EVENT!**

**GRACE LUTHERAN
CHURCH**
365 Park St
Peterson, MN

507-875-2218
www.unitedlutheranparish.com

Accessible to all



Arendahl Women of the ELCA

The Arendahl Women of the ELCA meeting and Bible study will be on Tuesday, October 20th at 9:00 am at the church.



The Bible study for October is found on page 38 of the Gather magazine: "Love and loyalty: A story of connection and courage." This is session two of the "Bold faith on an unexpected journey" series by the Rev. Tiffany C. Chaney. This three-part Bible study takes us on a journey with Hagar, Ruth and Mary Magdalene, women whose bold faith transformed their unexpected stories. Their encounters with God remind us that we, too, are seen, sustained and sent to carry good news into the world!



ARENDAHL LUTHERAN CHURCH

Biennial BAZAAR

November 7, 2026



November 1st is ALL SAINTS SUNDAY.

In remembrance of loved ones who have died this past year we invite you to come forward at a designated time of the worship service to light a votive in their memory.

Please fill in the information needed for the worship service.

Name _____

Your relation to the loved one who has died (mother, father, son, daughter, friend, neighbor, etc.)

Name of the person and their date of death _____

PLEASE PLACE THIS FORM IN THE OFFERING PLATE.
WE NEED THIS INFORMATION BY OCTOBER 25th!

AS WE CONTINUE TO **KEEP OUR MEMBERSHIP LISTS 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 the membership and mailing address lists.



You can contact our church secretaries:

Allan Kingsbury at secretaryglc@goacentek.net or leave a message at Grace (and Arendahl) Lutheran Church office – 507-875-2218 or

Sheri Holtegaard at holte@acegroup.cc or leave a message at North Prairie (and Pilot Mound) Lutheran Church office – 507-405-4708

Thank you in advance for helping to keep the memberships at United Lutheran Parish up-to-date!



Recommended Vaccinations

September or **October** is recommended to get a booster of the influenza vaccine. The CDC has recently issued the following recommendation that the new formulation be available to anyone 6 months or older to receive an annual dose anytime but September or October is recommended to cover the expected flu season. Each year they formulate a new vaccine depending on the anticipated flu strain to be prevalent that season. This year the three that are included are 2 strains of influenza A and 1 strain of influenza B.

Those over 55 years old or who have chronic diseases such as diabetes, COPD, heart disease, asthma, immune-suppressed or other chronic diseases are especially recommended to get this vaccination yearly. Usually a high-potency form is recommended. The reason is that the older individuals usually have decreased immune systems. If they were to get the flu it would be more severe and would take longer to recover without the vaccine.

The flu vaccine is usually available at many pharmacies and your health care providers' office. For those on Medicare the cost is covered. For those younger many insurance policies will cover the cost.

When you go to get your flu shot you will be asked to fill out a health form to determine if you have any allergies such as an egg allergy or other health problems such as guillian barre or other situations that the flu vaccine should be avoided. For those with egg allergy a special vaccine and procedure is available.

A new virus that can cause illness is RSV – problematic for children but can be problematic for older adults as well. A new formulation just came out last week. Ask your health care provider if you should be receiving this also.

It is important to keep your Covid-19 immunity up-to-date. Currently it is recommended, especially for older individuals to receive a booster every 6 months. The Covid virus mutates frequently and the most recent vaccination will keep it up-to-date.

Another respiratory infection that is common is bacterial pneumonia. The vaccine for that is Pneuomo-vax – this is a one-time vaccine. Many have already had this vaccine.

A resource to see if you are up-to-date on your vaccine is the STATE IMMUNIZATION RECORD that is available where ever you get your shots from. You can ask them for a copy for your own record.

DTaP – diphtheria, tetanus, pertussis or whooping cough. Usually good for 10 years unless you have a significant injury then after 5 years.

Your immunization record will tell you if you are up-to-date on your MMR (measles, mumps, rubella) and shingles vaccine as well.

Dear Lord, please keep us in your tender care. Amen.



Rachel Boyum, Parish Nurse

PEOPLE EAT YEAR ROUND

Donate to your local
food shelf today!

There are people who will starve to death today. We don't truly understand how blessed we are in America. As Christians we are to feed the poor and help people who are in need. Feeding the needy is part of serving one another and as we serve others we are serving Christ.

Matthew 25:35, 40 explains to us about feeding the hungry – Jesus said “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in” and “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did to me”.

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.

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).

NP WELCA

FOOD BANK WISH LIST

As you gear up to give, fill your list with these top nonperishable items* food banks need most! *Please skip any item with glass or cellophane packaging because it can be broken in transport. Pop-top can are a plus – no opener needed.

Applesauce
Canned beans
Canned chicken
Canned fish (tuna and salmon)
Canned meat (SPAM and ham)
Canned vegetables
Cooking oils (olive and canola)
Crackers
Dried herbs and spices
Fruit (canned or dried)

Instant mashed potatoes
Meals in a box
Nuts
Pasta
Peanut butter
Rice
Shelf-stable milk
Soup, stew and chili
Whole grain cereal



UNITED LUTHERAN PARISH

Birthdays and Wedding Anniversaries

<u>ARENDAHL</u>	<u>GRACE</u>	<u>NORTH PRAIRIE</u>	<u>PILOT MOUND</u>
<i>Birthdays</i>	<i>Birthdays</i>	<i>Birthdays</i>	<i>Birthdays</i>
13-Larry Brown	01-Nancy Boe	01-Roger Hermanson	01-Brayden Horsman
16-Peyton Morrison	04-Mike Eidenschink	03-Leon Koljord	02-Kayla Erickson
23-Carl Paulson	04-Carol Johnson	07-Ardell Nordgaard	05-Troy Danielson
23-Katherine Holger	07-Rachel Stearns	09-Cotter Horihan	10-Alexa Dahl
	11-John Benson	13-Larry Brown	13-Larry Brown
<i>Anniversaries</i>	12-Karen Thompson	19-Hayden Lawsteun	16-Trenton Schaefer
08-Randy & Karolyn Boyum	13-Larry Brown	20-Jonathan Haug	26-Samantha Beck
	13-Sally Poepping	23-Keith Brown	30-Madison Erickson
	15-Mark Mathison	23-Charlene Eide	31-Sue Trogstad
	16-Brian Bauer	26-Roger Bradley	
	19-Carolyn Hensrud	27-Jacob Albrechtson	<i>Anniversaries</i>
	20-Jim Holien	27-Jessica Clarke	04-Luke & Amanda Proper
	20-Angel Lund	27-Silke Horihan	
	21-Milton Hallum	30-Alysha Dahl	
	24-Caitlin Bauer	30-Virgil Hogie	
	26-Danielle Corcoran	30-Grady Schott	
	27-Margie Blixt		
	27-Reese Gorder	<i>Anniversaries</i>	
	27-Amy Mattson	13-Ryan & Beth Vitse	
	31-Josh Brown	13-Keith & Kari Hanson	
		15-Allen & Karen Haugen	
<i>Anniversaries</i>		15-Wayne & Sherry Kingsbury	
07-Chris & Leslie Quella		18-Michael & Rita Siglin	
08-Corey & Amy Mattson		18-Chad & Lindsey Eide	
09-Jon & Jamie Wiley		18-Joe & Ashton Lorenz	
14-Alan & Pam Black			
16-Gabe & Jess Howe			
20-Mark & Diane Mathison			
31-Mark & Kim Hallum			

The Birthday/Anniversary lists are not complete.

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

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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			1	2	3
4 9:00 am Worship at Pilot Mound 10:00 am PM SS 10:30 am Worship and SS (Rally Sunday) at North Prairie	5	6	7 6:30-7:30 Zoom ULP Confirmation Class	8	9	10 7 – 11 am LWR delivery, LaCrosse Grace WELCA Annual Bazaar 6:00 pm Supper, 7:00 pm Bazaar
11 9:00 am Worship and SS (Rally Sunday) at Grace 10:30 am Worship at Arendahl 5:00 pm Pastor Sarah at Fall Theo, LaCrosse	12 Pastor at Fall Theo, LaCrosse	13 Pastor at Fall Theo, LaCrosse	14 9:00 am Grace WELCA Quilting 9:00 am NP Quilting, potluck 6:30-7:30 Zoom ULP Confirmation Class	15 9:00 am NP Quilting, potluck	16	17
18 9:00 am Worship at Pilot Mound 9:30 am NP WELCA meeting 10:00 am PM SS 10:30 am Worship and SS at North Prairie	19 10:00 am Bible Study at Ferndale Country Club, Rushford	20 9:00 am Arendahl WELCA Bible Study and Meeting	21 6:30-7:30 Zoom ULP Confirmation Class	22 7:00 – 8:00 pm Pastor Sarah’s “At Dusk” Zoom Book Club – The Storyteller’s Death, by Ann Davila Cardinal	23	24
25 9:00 am Worship and SS at Grace 10:30 am Worship at Arendahl	26	27	28 9:00 am Grace WELCA Quilting 6:30-7:30 Zoom ULP Confirmation Class	29	30	31 4:00 – 7:00 pm Trunk-or-Treat, Halloween Night at Grace

THE MESSENGER NEWSLETTER

Arendahl-Grace-North Prairie-Pilot Mound

United Lutheran Parish

P. O. Box 36

Peterson, MN 55962

