

TODAY'S NEWS

Arendahl | Grace | North Prairie | Pilot Mound

FUNERAL



Robert "Bob" Willcox was received into the arm of God's mercy, into the blessed rest of everlasting peace, and into the glorious company of saints in light.

**August 16, 1931 -
January 21, 2023**



ASH WEDNESDAY

February 22 at 7:00 pm
Pilot Mound Lutheran



Pilot Mound Sunday School Christmas Program on December 4th.

Grace Lutheran Sunday School Christmas Program children and staff all ready to sing and ring the bells on December 11th.



The ULP Youth at the North Prairie/Arendahl Sunday School Live Nativity! No snow but it was bitter cold! Brrr... on December 10th.

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.

2/23 - **Vacuuming in the NUDE** by PEGGY ROWE

3/23- **Starry Messenger** by Neil deGasse Tyson

4/ 20 - **THE NIGHT WATCHMAN** by LOUISE ERDRICH

5/ 25 - **NOMAD CENTURY** by GAIA VINCE

6/22 - **The Lighthouse Road** by Peter Geye

7/27 - **1776** by DAVID MCCULLOUGH

8/24 - **OLGA DIES DREAMING** by XOCHITL GONZALEZ

9/28 - **Educated** by TARA WESTOVER

10/26 - **The Story of Arthur Truluv** by Elizabeth Berg

11/30 - **A Lesson Before Dying** by Ernest J. Gaines

12/21 - **THE RECKLESS OATH WE MADE** by BRYN GREENWOOD

ARENDAHL LUTHERAN CHRISTMAS ON DECEMBER 11th WAS FILLED WITH MUSIC, SMILES, FOOD, AND FAMILY!



HWY. 30 and friends



Julie Mulhern & Granddaughter



Willa Holger

Shari Boyum mixing up a delicious side dish.



North Prairie WELCA Announcements for FEBRUARY 2023

STEWARDSHIP GOALS for 2023:

Mission Quilts (locally and LWR) and School Kits (LWR)

PARAMENTS for Jan-Apr: Doreen Goodman, Sue Moen

BULLETIN BOARD for Jan-Apr: Circle # 1



**The 2023 Program yearbooks are available.
Contact President Diane if you have not received your copy.**

Upcoming events for WELCA include:

During the 2023 year we have scheduled several WELCA meetings throughout the year, quilting days from July thru November, and fundraising events - annual meatball dinner in April, a fall dinner in September, and Christmas Holiday Bake Sale in December.

We will be hosting the 2023 Spring Gathering of the Root River Conference on Saturday, April 15th. We will welcome women from our Root River Conference of 31 churches and also Synod Women officers. Representatives for Lutheran Campus Ministry, Lutheran Social Services, and others will be attending. Watch for further details.



Sunday, March 12th, 2023 - 9:30 am, WELCA meeting prior to worship;
Ruth Circle # 3 - devotions



Please add this 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 2023. 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 - WELCA President Diane Drinkall: 507.459.1776 or dedrinkall@hotmail.com

GRACE WELCA - FEBRUARY 2023

QUILTING

Wednesday, February 8 9:00AM

Wednesday, February 22 9:00AM

Everyone is welcome to join the quilting group!

NO MONTHLY MEETING IN FEBRUARY

Our next business meeting will be March 16th at 2 pm.

Servers are yet to be determined, when we create the new 2023 Welca booklet. We will install our 2023 officers at this meeting and go over the new 2023 Welca booklet.

The Bible study will be taken from Proverbs 4: 23.

" Above all else, guard your heart, for everything you do flows from it."

Hope to see many of you there!

REMINDER: 9:00AM WORSHIP SERVICES EVERY SUNDAY

Lent



WEDNESDAY LENT SERVICES

February 22 7:00PM at Pilot Mound - Ash Wednesday

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

ELCA Good Gifts

Do not say to your neighbor, “Come back later; I’ll give it tomorrow” when you now have it with you. Proverbs 3:28

Thank you to all who participated in Arendahl/North Prairie’s month-long Good Gifts drive. Together we raised \$1,457.94 for this ELCA program.

It is amazing how your thoughts and prayers guide you to give! The funds that were specifically designated by our fellow members will be going to purchase the following items:



ANIMALS: 3 chicks; 1 rooster; 3 goats and 1 piglet

WOMEN & Children: 2 school fees & uniforms for girls; 2 school supplies for a child



AGRICULTURE: 1 set of seeds and gardening tools

INTERNATIONAL EMERGENCIES: 3 blankets

GROW THE CHURCH: 1 Bible

HELP AT HOME: 3 backpacks stocked with food; and 2 gifts that will, together, feed 60 people at a soup kitchen

Those undesignated gifts of cash and checks will go for 2 latrines; 2 microloans for women to start their own business

(along with training) & 3 women will go to farmers’ field school to learn latest techniques in agriculture.

\$25.94 went to wherever it is needed most. If you wrote a check, all checks were mailed January 10, 2023. If you gave cash, the monies were placed in HWY 30’s checking account and a check was drafted from that total.



If you would like the opportunity to give to this program, the web address is ELCA.org/goodgifts.

We are blessed to live in a community where we do not tell our neighbors in need to “come back later; I’ll give tomorrow. . .”

Shrove Tuesday is the day before [Ash Wednesday](#) (the first day of [Lent](#)), observed in many [Christian countries](#) through participating in [confession and absolution](#), the ritual burning of the previous year's [Holy Week](#) palms, finalizing one's [Lenten sacrifice](#), as well as eating [pancakes](#) and other sweets.

Shrove Tuesday is observed by many Christians, including [Anglicans](#), [Lutherans](#), [Methodists](#) and [Roman Catholics](#),^[4] who "make a special point of self-examination, of considering what wrongs they need to repent, and what amendments of life or areas of spiritual growth they especially need to ask God's help in dealing with."^[5] This [moveable feast](#) is determined by [Easter](#). The expression "Shrove Tuesday" comes from the word *shrive*, meaning "[absolve](#)".

As this is the last day of the Christian liturgical season historically known as Shrovetide, before the penitential season of Lent, related popular practices, such as indulging in food that one might give up as their Lenten sacrifice for the upcoming forty days, are associated with Shrove Tuesday celebrations. The term *Mardi Gras* is French for "Fat Tuesday", referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season, which begins on Ash Wednesday. Many Christian congregations thus observe the day through eating pancakes or, more specifically, the holding of pancake breakfasts, as well as the ringing of church bells to remind people to repent of their sins before the start of Lent.^{[2][7]} On Shrove Tuesday, churches also burn the palms distributed during the previous year's Palm Sunday liturgies to make the ashes used during the services held on the very next day, Ash Wednesday.

In some Christian countries, especially those where the day is called *Mardi Gras* or a translation thereof, it is a carnival day, the last day of "fat eating" or "gorging" before the fasting period of Lent.

History



The tradition of marking the start of Lent has been documented for centuries. Ælfric of Eynsham's "Ecclesiastical Institutes" from around 1000 AD states: "In the week immediately before Lent everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him as he then may hear by his deeds

what he is to do [in the way of penance]".^[8] By the time of the late Middle Ages, the celebration of Shrovetide lasted until the start of Lent. It was traditional in many societies to eat pancakes or other foods made with the butter, eggs and fat or lard that would need to be used up before the beginning of Lent. The specific custom of British Christians eating pancakes on Shrove Tuesday dates to the 16th century.^[10] Along with its emphasis on feasting, another theme of Shrove Tuesday involves Christians repenting of their sins in preparation to begin the season of Lent in the Christian liturgical calendar. In many Christian parish churches, both Protestant and Roman Catholic, a popular Shrove Tuesday tradition is the ringing of the church bells (on this day, the toll is known as the Shricing Bell) "to call the faithful to confession before the solemn season of Lent" and for people to "begin frying their pa



MID-WEEK LENTEN WORSHIP SERVICES

7:00 pm Worship



S C H E D U L E

- Wed Feb 22 Ash Wednesday (PM)
- Wed Mar 1 (NP)
- Wed Mar 8 (A)
- Wed Mar 15 (G)
- Wed Mar 22 (PM)
- Wed Mar 29 (NP)

- Sun Apr 2 Palm Sunday (G-A)
- Thr Apr 6 Maunday Thursday (A)
- Fri Apr 7 Good Friday (NP)

- Sun Apr 9 EASTER (PM 7:00 am)
- Sun Apr 9 EASTER (G 9:00 am)
- Sun Apr 9 EASTER (NP 10:30 am)

Holy Week and Easter Services



Come Worship With Us!

CANCELLATION OR POSTPONEMENT of Worship services, meetings or events will be posted on KTTC TV as “United Lutheran Parish” and also on

Facebook pages:

Grace Lutheran Church or North Prairie Lutheran Church.



North Prairie/Arendahl Sunday School News

Sunday School resumed on January 22 after the Christmas break. We are always looking for more teachers and helpers! Let us know if you are interested in helping out a Sunday or two! *Every Sunday, please remind the kids to bring their Bibles and offering.

The following is our Spring schedule. Events may be added or changed.

February Events:

- February 12th Bowling at Nordic Lanes in Rushford.
- February 26th Sledding at the Brown's. (Rescheduled from January 15th.)



March Events:

- We will be collecting Noisy Offering for the month of March to donate to the Food Shelf.

April Events:

- The kids will be singing in church on Palm Sunday, April 2nd.
- No Sunday School on Easter Sunday, April 9th.
- Potluck and outside church cleanup at both churches and cemeteries. Date TBD.
- April 30th we will deliver May Day baskets to the Nursing Home.

May Events:

- Last day of Sunday School will be May 14th.
-

2023 Lanesboro Memorial Ice Fishing Tournament

- Saturday, February 18, 2023
- 11:00 AM 2:00 PM
- Bass Pond Mill Pond Road Lanesboro, MN

Registration Opens at 11 am.

Starts at Noon and ends at 2pm.

Adults \$15 and Youth \$5



Come fish with us on February 18th from 12:00PM to 2:00PM for first fish prizes, biggest price prizes, youth fish prizes, door prizes, silent auction, & fun! Proceeds go to Lanesboro Senior Scholarships and funds to help improve local communities. Food will be available for purchase from the Lanesboro Senior Class at the event.

Join us at the Root River Saloon after the event!

Must have a valid MN Fishing License. One line per person. No fishing shacks or portables allowed.

Proceeds support Lanesboro Senior Scholarships

2023-2024 MOWING BIDS:



North Prairie Lutheran Church and North Prairie Cemetery Association are accepting bids for the mowing of the church and cemetery grounds. Please include in your bid the cost per season for mowing including trimming.



This is a 2 year contract.
Please submit bids by March 15th.

Contact Diane Drinkall, Council President, for a copy of the job description.

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:
Linda 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 – 507-875-2460.

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

SUPPORT OUR LOCAL FOOD SHELVES

Food Drive for Hunger



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 cans 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)

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

Parish Nurse News

Attention Attention Attention

Connie instructor with American Heart Association who did our CPR class last March called me and indicated she would be willing to do it again. The training we did last March is good for 2 years. However if you took the training a long time ago --say 5 to 10 years ago it would be well worth everyone's time and effort to repeat it. The training protocol and effectiveness is much improved over what it was years ago. We will be inviting anyone in the community to participate. The cost is \$40 per person. If interested please call me (Rachel Boyum at 507-250-4177) so we will know how many to plan for.

Since February is Heart Health Month, our article is about heart taken from information published by NIH age page.

What Can I do to prevent or limit heart disease?

- be physically active with goal of 150 minutes per week. However start at activity program that is recommended by your doctor. Does not need to be done all at once. Do activities that you enjoy--walking, gardening, bowling etc.
- if you smoke, quit
- diet--choose foods low in saturated fats, added sugar, and salt. For further information see Healthy Eating info from NIA or USDA Food Patterns.
- Keep healthy weight--limit portion size, stay physically active
- cholesterol--keep under control. High cholesterol can cause plaque buildup
- limit alcohol consumption
- manage stress--activities that can be used is stress management program, meditation, physical activity

Questions to ask your doctor

- What is my risk for heart disease?
- What is my risk for hypertension?
- What are my risks related to elevated cholesterol?
- Do I need to lose weight?
- What is my sugar level and am I at risk for diabetes
- What screening or tests do I need and how can I lower my risks
- Can you help me quit smoking?
- What is a heart healthy eating plan for me?
- How can I tell if I am having a heart attack? If I think I am having one what should I do?

Dear Lord, Keep us all in your tender loving care. Amen



UNITED LUTHERAN PARISH
Birthdays and Wedding Anniversaries

ARENDAHL

Birthdays

14-David Holger
16-JoAnne Agrimson
17-Isaac Roos

GRACE

Birthdays

08-Diane Mathison
14-Bill Grindland
17-Nicole Eidenschink
19-Betsy Blixt
20-Laurie Johnson
20-Jennifer Scheck
23-Mark Olson
26-Megan Holien
29-Lori Hallum

Anniversaries

26-Lyle & Karen Thompson

NORTH PRAIRIE

Birthdays

02-Paisley Lorenz
04-Aaron Woxland
05-Crystal Bries
05-Carissa Newman
06-Taiya Brown
07-Lauren Olson
08-Tony Russell
09-Jelon Hogie
09-Amy Lawstuen
09-Caroline Mayer
10-Heidi Gerry
10-Nicole Hockert
12-Allison Brown
13-Quentin Johnson
15-Rebecca Lange
15-Ella Ann Gantverg
18-Annette Bradley
21-Ian Brown
23-Jayson Johnson
23-Tamara Monohan
25-Shelista Culbertson
26-Ken Connaughty
27-Aryana Himle
28-Irene Hatlevig
28-Ron Mayer

Anniversaries

25-Jared & Shelista Culbertson

PILOT MOUND

Birthdays

01-Nadine Merkel
07-Ethan Thompson
12-Reed Merkel
19-Kevin Horsman
26-Kelly Wrubel

**The Birthday/Anniversary lists are not complete.
Please help us keep accurate lists of these special days for our members**

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30 - 7:30 PM Zoom Confirmation Class	2	3	4
5 9:00 am Worship and SS at Grace 10:00 am PM SS 10:30 am Worship and SS at Arendahl	6	7	8 9:00 am Grace Quilting 6:30 - 7:30 PM Zoom Confirmation Class	9	10	11
12 9:00 am Worship at Pilot Mound 10:00 am PM SS 10:00 am Grace SS 10:30 am Worship and SS at North Prairie ULP Meeting following NP Worship	13	14	15 6:30 - 7:30 PM Zoom Confirmation Class NEWSLETTER DEADLINE	16	17	18
19 9:00 am Worship and SS at Grace 10:00 am PM SS 10:30 am Worship and SS at Arendahl 6:00 pm Grace Deacons 6:30 pm Grace Council	20	21	22 9:00 am Grace Quilting 7:00 pm ASH WEDNESDAY 4-pt Worship at Pilot Mound	23 7:00-8:00 pm Pastor Sarah's at "Dusk" Zoom Book Club – Vacuuming in the Nude by Peggy Rowe	24	25
26 9:00 am Worship at Pilot Mound 10:00 am PM SS 10:00 am Grace SS 10:30 am Worship and SS at North Prairie	27	28	 <p>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</p>			

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

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February