



THE UNITER

United Lutheran Church Monthly Newsletter

March 2020 | Vol. 45 - Issue No. 3



Lent begins in the wilderness. The Spirit guides Jesus into the wilderness where he comes face to face with temptation and struggle. Yet there Jesus is also shaped and formed by God's life-giving word. In Lent, we willingly enter a 40-day journey based on Jesus 40 days in the wilderness. We seek the Spirit's leading, remembering who we are and whose we are. There is no wilderness space that is outside of God's love. This Lent, we welcome you to the journey.

— Sunday Mornings during Lent —

Worship at 8:30am and 10:15am | sanctuary

Each Sunday through worship and music, scripture readings, preaching, and art we will explore the Wilderness theme. In the wilderness our faith is nurtured, challenged, and resurrected. *The early service is a quiet reflective service. The later service includes the full music ministry of the congregation.*

— Wednesday Nights during Lent —

5:30pm – 6pm – Soup Supper / \$5 per person or \$15 for family | fellowship hall

6:15pm - Midweek Lenten Worship | sanctuary

Wednesday night worship will include both communion and candle lighting and prayer. Each Wednesday, individuals from our congregation and community will share their “wilderness stories”. Listen as they share stories of how God has walked with them and given them life through the wilderness experiences:

Week One: The Wilderness of Refugees | Week Two: The Wilderness of Addiction

Week Three: The Wilderness of Homelessness

Week Four: The Wilderness of Grief | Week Five: The Wilderness of Identity

— Studies during Lent —

A Way Through the *Wilderness*:
Experiencing God's Help in Times of Crisis
by Paula Gooder

**The study will be offered on both
Sundays at 9am beginning
March 1st and Wednesdays at 1:30pm
beginning March 4th in the lounge.**

More information on page 3.

High School Youth Lenten Study:

Wilderness Devotional Booklet



Any high school youth are welcome to join Molly for a Lenten bible study through the season of Lent from **7-8pm on Mondays at Urban Stampede!**

Youth will receive a Wilderness Devotional booklet which includes scripture, poetry, art, & prompts for writing and discussion.

Pastors Page

During this season of Lent we will be exploring the theme of *"Wilderness"*.

The first Sunday in Lent begins with the story of Jesus' temptations in the wilderness for forty days, which is why the season of Lent is forty days long. In a literal sense wilderness can mean a variety of things to different people.

For those first coming to this continent, wilderness meant unending, mysterious dark forests where European culture and settlement did not exist. For those who came after them and traveled to the Great Plains it meant an unending sea of grass or snow with nothing on the horizon but sky.

In Biblical times wilderness meant deserts where wild things dwelled. It was a place of struggle, hardship, and sometimes even temptation.

We are not early European explorers come to the new world nor are we wanderers in the desert, and yet it is a universal human understanding to have a "wilderness" experience or two in their lifetime. Perhaps it is some hardship or struggle that has nearly broken you or your family. Maybe it is the loss of a loved one or the ending of a career or losses because of illness, physical or mental, or poverty.

All these times of walking in the wilderness can seem like the end or even wishing it were the end. Christians are certainly not immune from these wilderness experiences, but as believers in a loving and gracious God we may trust that we are not alone in our wilderness journey, for God walks with us. At times God in love, even sends others to walk with us and care for us in our time of need. Ultimately we trust that we will come through these struggles not unscarred but still able to share our love with others and then perhaps even share the experiences we have endured so that other may know that they are not alone.

During each Wednesday night worship in Lent we will take time to listen to stories of wilderness walks and how faith has made a difference, and still continues to make a difference as we share this road of life. May your forty days journey through Lent be a time of spiritual renewal and healing as we make our way together through the wilderness of life.

Pastor Peter Coen-Tuff

Wilderness LENT 2020

Space of Grace

Come, you who need rest: from work, from expectations, from the fullness of life. Come, find a holy space created for you: to nurture your faith, to engage with one another, to care for yourself.

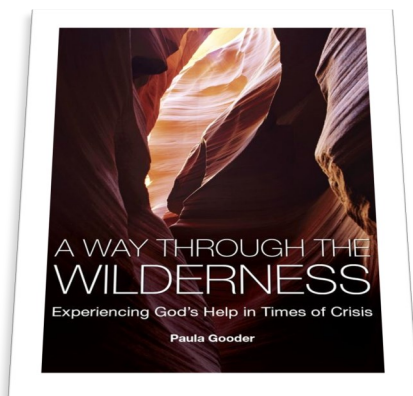
Women of United are invited to take a break from their work; one hour a month to re-center yourself in your journey with Jesus, relationships with friends and to fill your "cup." We will be exploring faith practices together & learning new creative ways to make a space of grace in our lives.

Space of *grace*

Tuesday, March 24, 2020 | 7-8pm | ULC lounge

March: Discussion of Joyce Rupp's book, "The Cup of our Life". Please come whether you have read the book or not – there will be something to fill everyone's cup!

Lenten Book Study



“A Way Through the *Wilderness*: Experiencing God’s Help in Times of Crisis”

by Paula Gooder

Lenten Book Study on Sunday mornings & Wednesday afternoons.

Beginning on Sunday, March 1 and Wednesday, March 4, we will be reading and discussing the book “A Way Through the Wilderness: Experiencing God’s Help in Times of Crisis” by Paula Gooder. When faced with times of trial, how can we find strength not in self-help but in God’s help? This five-session course exploring God’s promise to

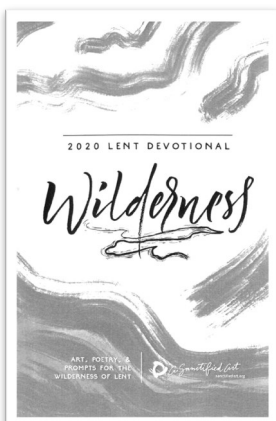
comfort his people as they struggle through life’s wildernesses. Books for this class will be available in the office. The study uses passages from the prophet Isaiah and the experience of the Judean exiles and their promised return as a basis for discussion. **The class meets each Sunday morning at 9:00 a.m. in the Lounge or each Wednesday afternoon at 1:30 p.m. in the Lounge.** Hope to see you there.

Devotional Materials for Lent

*“One does not live by bread alone,
but by every word that comes from the mouth of God”* (Matthew 4:4)

This Lent, journey through the wilderness with words to sustain you every step of the way. You will receive a packet of cards with a card for each day of Lent beginning with Ash Wednesday through Easter Sunday. Select a card and contemplate the word for the day. Then, read the short scripture verse and prayer on the back of the card. Get

creative and display your words in a fun way—adhere the cards to a fridge or wall, create a fun wall hanging, or arrange them on a desk or table. This is a great daily devotional for middle & high school youth, college students, young adults, families, and adults of all ages. The **Words for the Wilderness Devotional Cards** are available on the tables at the entrances to the sanctuary.



2020 Lent Devotional

This Lent, journey through the wilderness with our devotional booklet. Beginning with Ash Wednesday and ending with Easter Sunday, this devotional includes art, poetry, prompts, and reflections inspired by the Lenten scriptures we hear in worship each week and the theme, *Wilderness*.

This booklet is great for older youth and adults of all ages—and especially for those who are hungry for readings and prompts to dig into each week.

Outreach and Wellness Ministry News

Thanks to all who signed up to help serve the **Love Feast** on February 25. Many hands always make for light work! *God's Work, our hands.*



LENT BREAD AUCTION IN MARCH! Coming soon is our annual **Lent Bread Auction** on Sunday, March 15 after the 10:15 AM worship. Think about something to bake and bring to stimulate competitive bidding for delicious treats! All proceeds from the Bread Auction go to support ELCA World Hunger, and its many worthy projects. The people at United are known for baking and bidding generously! We look forward to seeing everyone's efforts and the outcome for an excellent cause. *God's Work, our hands.*

Anyone who might like to help serve a **supper at LaGrave on First** from 6-6:30 PM is welcome to join us. The next opportunities are March 20 and 27. More Fridays will be scheduled later. LaGrave on First was supported in 2018 by our contributions to provide housewares for the 42 apartments for those who were previously chronically homeless. Without a place to call *Home*, it is so hard for a person to have a job or become stable. The facility opened to residents in the fall of 2018. We are looking for those willing to lend a hand, bring a salad or dessert, or plan menus for a meal for 30 people. Contact Julie Abrahamson or other ministry members (Nancy Hughes, Suzy Belyea, or Shelly Amundson) if you would like to join in this service to our neighbors. *God's Work, our hands.*

Thanks to everyone for all the energies and heartfelt outpourings of life-changing love! We are sharing God's love and **LIGHT** in so many ways.

God's Work, our hands. AMEN!

Julie Abrahamson

Chair, Outreach & Wellness Ministry



Feed My Starving Children



MOBILEPACK

Feed My Starving Children MobilePack Event will be held in Grand Forks, ND April 17-19 and we are planning to collect a **noisy offering for Feed My Starving Children through the month of March on Wednesdays and Sundays**. The children will be asked to go out into the congregation with cans to collect the loose change. *Watch for more information to come on signing-up to help pack meals in April.*

Friday Fellowship

Friday Fellowship with Communion: Friday, March 20, 2020 at 2:30pm in the lounge.

United Lutheran Church Women

Thank you to all who helped at the Spring Workshop on February 13, 2020.

With your help we prepared the following:

Hospice Kits.....18

Newborn Kits.....21

Personal Care Kits.....20

Quilts.....20

Children's Surgical Caps.....50

Hospice and Newborn Kits are sent to Global Health Mission
and Personal Care & Quilts are for Lutheran World Relief.

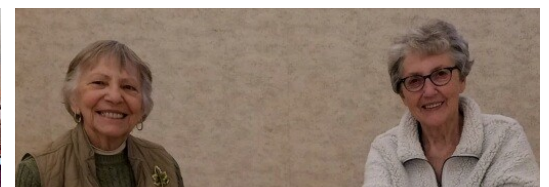
ULCW Schedule for March

- ULCW Executive Board Meeting: Tuesday, March 10, 2020 at 1:15pm in the lounge.
- Lenten Service: Thursday, March 12, 2020 at 1:30pm (Hosts and Devotions: M-N)
- ULCW Bible Study and Circle: Thursday, March 19, 2020 at 9:30am in the lounge.

United in Pictures



Live - Learn - Share



First Communion News

First Communion Retreat

Sunday, March 22nd from 4:00—6:00pm

Our 5th graders and their parents will gather in the ULC Lounge for a class hosted by Pastor Karla and Molly. We will take a closer look at the meaning behind Holy Communion, as well as prepare to receive their First Communion during our Maundy Thursday worship on April 9th. Snacks provided!

See you there!



~ Lock-In ~

First Communion Lock-in will be Friday, April 3rd beginning at 6pm until 8am Saturday morning. All 4th & 5th graders are invited to the Lock-in.

~ First Communion ~

The 5th grade First Communion class will receive their First Communion during the 7pm worship on Maundy Thursday, April 9, 2020.

Around the Table

Around the Table



Sunday, March 8th from 6:00 – 8:00pm in
United Lutheran Church Lounge.

Come & enjoy food and fellowship around
the table. All high school youth welcome!

RSVP by texting Molly

Idaho Youth Trip Info

ATTENTION

IDAHO YOUTH & PARENTS



~ Ralph Cleaning Fundraiser ~

Last one!!! Yay!

We will have our Last Ralph Cleaning Fundraiser on Friday, March 13th!

Idaho Trip Parent/Youth Meeting

Monday, March 23rd at 7-8
ULC lounge

Confirmation News

Dear Confirmation families,

The season of Lent is quickly approaching in the Church, beginning with **Ash Wednesday service on February 26th**. As Christians, we observe lent as a forty-day journey to listen and reflect on Jesus' life leading up to his death and resurrection. Many people take on a spiritual practice or give up something in efforts to renew their connection with God while in anticipation of Easter.

For this Lenten season, we have decided to invite our Confirmation students to observe the six weeks of Lent in new way. Rather than our regular confirmation routine of meeting from 7:00 to 8:00pm on Wednesday evenings, we are encouraging our students and their families to join us for each Wednesday service from 6:15 – 7:00pm followed by a 30-minute reflection time together. Our conversation will be intended to reflect on our worship experiences and stories we've heard, as well as time to ask questions. Parents are encouraged to join us for these conversations as well. This will also be a great opportunity to complete 6 sermon notes for the year!

Along with attending worship on Wednesdays, each small group is assigned to be worship assistants, such as acolyting, greeting, reading and ushering for one Wednesday of Lent. Here is the week your student's confirmation small group will serve as Wednesday night worship assistants:

- ♦ **March 4th: Grade 6 with Melanie Cairns**
- ♦ **March 11th: Grade 7 with Kevin Wiley**
- ♦ **March 18th: Grade 7 with Amber Hagadorn**
- ♦ **March 25th: Grade 8 with Lanae Brown**
- ♦ **April 1st: Grade 8 with Susan Stern**

As leaders, we have spent the fall teaching about Lutheran theology, learning about aspects of worship, and digging deeper into the life of Jesus. We believe now is the time for our youth to experience God in worship, reflection, and holy communion. **We hope that you are able to join us for Wednesday worships from 6:15 to 7pm and reflection time from 7 to 7:30pm. If your family has a conflict with attending Lenten worships, please reach out to one of us.** We are looking forward to this formative journey together!

God's peace be with you,

Pastor Karla Coen-Tuff

Pastor Peter Coen-Tuff

Molly Haagenson, Director of Youth and Family Ministry

Confirmation Scheddule

Confirmation in March (see above for more information)

- March 4: Worship at 6:15pm followed by 30-minute reflection time together at 7pm
- March 11: 9th Grade Confirmation Mentor Night at 7pm in the lounge / 6th - 8th Graders - Worship at 6:15pm followed by 30-minute reflection time together at 7pm
- March 18: Worship at 6:15pm followed by 30-minute reflection time together at 7pm
- March 25: Worship at 6:15pm followed by 30-minute reflection time together at 7pm



Memorials and Gifts

RADIO FUND

In Memory of ...

Don & Donna Simenson by their family

Mark Cairns by Gregory & Rebecca Horner

Joyce Flermoen by Alice Davis

YOUTH FUND

In Memory of ...

Joanne Quanrud by Darrell & Ellen Nottestad

UNDESIGNATED

In Memory of ...

Gary Larson by Steven & Merrilee Horton

Curt Johnson by Steven & Merrilee Horton



Be The Light!

Special **THANK YOU** to the following donors who, in addition to the others listed last month, generously gave to the *Be the Light Fund*.

United Lutheran Church Women (ULCW)
Peter & Vicki Schmidt
Ronald & Marian Hansen
Phyllis Norgard
Donald Walz
Elsie Anderson

Pastoral Acts



Baptisms

Clarence Walters - 02/16/2020

Financial Summary

Income/Expense Statement

	Jan 2020 Actuals	Jan 2020 Budget	Jan 2019 Actuals	2020 YTD Actuals	% OF BUDGET YTD	2019 Annual Budget
Income:						
Regular Offering	40,439.83	29,166.67	30,554.77	40,439.83	12%	350,000.00
Other Offering	655.50	2,783.33	433.22	655.50	2%	33,400.00
Other Receipts	5,569.27	9,549.08	4,633.59	5,569.27	5%	114,589.00
Restricted Contributions	16,347.36	18,606.33	13,262.67	16,347.36	7%	223,276.00
TOTAL	63,011.96	60,105.42	48,884.25	63,011.96	9%	721,265.00
Expenses:						
Fellowship Ministry	1,093.04	816.67	628.78	1,093.04	11%	9,800.00
Administrative Ministry	3,162.55	3,229.17	3,754.21	3,162.55	8%	38,750.00
Invitation Ministry	1,677.26	2,000.00	965.27	1,677.26	7%	24,000.00
Outreach Ministry	2,992.63	3,959.25	3,227.28	2,992.63	6%	47,511.00
Physical Property Ministry	16,122.71	12,266.67	9,087.09	16,122.71	11%	147,200.00
Spiritual Formation Ministry	1,136.51	1,187.50	991.94	1,136.51	8%	14,250.00
Staff Support Ministry	33,717.96	35,721.17	34,398.45	33,717.96	8%	428,654.00
Youth & Family Ministry	362.07	925.00	651.65	362.07	3%	11,100.00
TOTAL	60,264.73	60,105.42	53,704.67	60,264.73	8%	721,265.00
Surplus / Short fall	2,747.23	0.00	-4,820.42	2,747.23		0.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM - Worship/Communion (SA) 9:00 AM - Sunday School (Upper Level) 9:00 AM - Book Study: "A Way Through the Wilderness: Experiencing God's Help in Time of Crisis" (LG) 9:00 AM - Coffee & Conversation (YR) 10:15 AM - Worship/Communion/ Baptism of Archer Sand (SA) 11:15 AM - Coffee Fellowship (FH) 11:15 AM - Haberstroh-Sand Family Lunch (LG)	2 7:00 PM - High School Youth Lenten Study (Urban Stam-pede)	3 9:00 AM - Quilters (FH) 11:00 AM - Staff Mtg	4 10:30 AM - Prayer and Share (Rm 106) 1:30 PM - Book Study: "A Way Through the Wilderness: Experiencing God's help in Time of Crisis" (LG) 5:30 PM - Meal (FH) 5:30 PM - Sing & Ring (CR) 6:15 PM - Midweek Lenten Worship with Holy Communion (SA) 7:00 PM - Confirmation reflection time (FH) 7:00 PM - Faith Friends (Upper Level) 7:00 PM - Cathedral Choir (CR) 8:00 PM - Youth Group (YR)	5	6 2:30 PM - Friday Fellowship (LG)	7
8 8:30 AM - Worship (SA) 9:00 AM - Sunday School (Upper Level) 9:00 AM - Book Study: "A Way Through the Wilderness: Experiencing God's Help in Time of Crisis" (LG) 9:00 AM - Coffee & Conversation (YR) 10:15 AM - Worship (SA) 11:15 AM - Coffee Fellowship (FH) 6:00 PM - Around the Table: High School Youth (LG)	9 7:00 PM - High School Youth Lenten Study (Urban Stam-pede)	10 9:00 AM - Quilters (FH) 11:00 AM - Staff Mtg 1:15 PM - ULCW Executive Board Meeting (LG) 5:15 PM - Evangelism Meeting (Rm 106)	11 10:30 AM - Prayer and Share (Rm 106) 1:30 PM - Book Study: "A Way Through the Wilderness: Experiencing God's help in Time of Crisis" (LG) 5:30 PM - Meal (FH) 5:30 PM - Sing & Ring (CR) 6:15 PM - Midweek Lenten Worship (SA) 7:00 PM - Confirmation reflection time (FH) 7:00 PM - 9th Grade Confirmation Night (LG) 7:00 PM - Faith Friends (Upper Level) 7:00 PM - Cathedral Choir (CR) 8:00 PM - Jubilee Bells (BA) 8:00 PM - Youth Group (YR)	12 1:30 PM - ULCW Lenten Service/Dessert to follow (SA/LG)	13 2:30 PM - Friday Fellowship (LG) 10:30 - Youth Cleaning of Ralph Engelstad Arena (REA)	14
15 8:30 AM - Worship/Communion (SA) 9:00 AM - Sunday School (Upper Level) 9:00 AM - Book Study: "A Way Through the Wilderness: Experiencing God's Help in Time of Crisis" (LG) 9:00 AM - Coffee & Conversation (YR) 10:15 AM - Worship/Communion (SA) 11:15 AM - Coffee Fellowship/Bread Auction (FH)	16 7:00 PM - High School Youth Lenten Study (Urban Stam-pede)	17 9:00 AM - Quilting (FH) 11:00 AM - Staff Mtg 6:30 PM - Outreach & Wellness Ministry Meeting (FH) 6:30 PM - Spiritual Formation Ministry Meeting (FH) 7:00 PM - Ministry (FH) 8:00 PM - Council (LG)	18 10:30 AM - Prayer and Share (Rm 106) 1:30 PM - Book Study: "A Way Through the Wilderness: Experiencing God's help in Time of Crisis" (LG) 5:30 PM - Meal (FH) 6:15 PM - Midweek Lenten Worship with Holy Communion (SA) 7:00 PM - Confirmation reflection time (FH) 7:00 PM - Cathedral Choir (CR) 8:00 PM - Youth Group (YR)	19 9:30 AM - Bible Study & Circle (LG)	20 2:30 PM - Friday Fellowship/Communion (LG)	21
22 8:30 AM - Worship (SA) 9:00 AM - Book Study: "A Way Through the Wilderness: Experiencing God's Help in Time of Crisis" (LG) 9:00 AM - Coffee & Conversation (YR) 10:15 AM - Bluegrass Worship (SA) 11:15 AM - Coffee Fellowship (FH) 11:15 AM - Baptism of Kayleigh Mae Johnson (SA) 4:00 PM - First Communion Retreat (LG)	23 7:00 PM - High School Youth Lenten Study (Urban Stam-pede) 7:00 PM - Idaho trip Youth/Parent Mtg. (LG)	24 9:00 AM - Quilting (FH) 11:00 AM - Staff Mtg	25 10:30 AM - Prayer and Share (Rm 106) 1:30 PM - Book Study: "A Way Through the Wilderness: Experiencing God's help in Time of Crisis" (LG) 5:30 PM - Meal (FH) 5:30 PM - Sing & Ring (CR) 6:15 PM - Midweek Lenten Worship (SA) 7:00 PM - Confirmation reflection time (FH) 7:00 PM - Faith Friends (Upper Level) 7:00 PM - Cathedral Choir (CR) 8:00 PM - Jubilee Bells (BA) 8:00 PM - Youth Group (YR)	26	27 2:30 PM - Friday Fellowship (LG)	28
29 8:30 AM - Worship (SA) 9:00 AM - Sunday School (Upper Level) 9:00 AM - Book Study: "A Way Through the Wilderness: Experiencing God's Help in Time of Crisis" (LG) 9:00 AM - Coffee & Conversation (YR) 10:15 AM - Worship (SA) 11:15 AM - Coffee Fellowship (FH)	30 7:00 PM - High School Youth Lenten Study (Urban Stam-pede)	31 9:00 AM - Quilting (FH) 11:00 AM - Staff Mtg	March 2020			

United Lutheran Church
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 Website: www.unitedgf.org
 Email: reception@unitedgf.org
 Sunday Morning Broadcast:
 KNOX 1310AM - 10:15am

CHANGE SERVICE REQUESTED

Non-Profit Organization
 U. S. POSTAGE
 PAID
 Grand Forks, N Dak.
 PERMIT No. 163

Pastor: Rev. Karla Coen-Tuff
 Pastor: Rev. Peter Coen-Tuff
 Dir. of Youth & Family Ministry: Molly Haagenon
 Church Secretary: Christine Barta
 Bookkeeper: Becky Knutson
 Receptionist: Rebecca Heigaard - McGurran
 Council President: Cathy Williams
 Youth Education Director: Karen Syrstad
 Custodian: Darren Lee, Bryce Irvine
 Cathedral Choir Director: Michael Marcotte
 Sing & Ring Director: Ruth Ann Tuseth
 Jubilee Bells Director: Caitlin Becks



 Like us on facebook at United Lutheran Church in Grand Forks, ND - ELCA  Follow ULC Youth on Instagram: <https://www.instagram.com/ulcgfyouth/>

**We are United,
 welcoming ALL
 to live, learn, and
 share the love of
 Jesus Christ!**

Sunday Mornings

Worship at
 8:30am & 10:15am

Wednesdays

Worship at 6:15pm

Office Hours

Mon - Fri: 8:30am - 5pm

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-Holy Week Schedule-

Palm Sunday, April 5, 2020

Worship at 8:30am & 10:15am

Walking Though Holy Week Event from 9am - 10am

Maundy Thursday, April 9, 2020

Worship with Communion at 7pm
 will include 5th Grade First Communion

Good Friday, April 10, 2020

Tenebrae Worship at 7pm

Easter Sunday, April 12, 2020

Celebration Worship with Communion at 8:30am &
 10:15am

Easter Pancake Breakfast served from 8am - 10am | fellow-
 ship hall

