

# KINDRED CONNECTIONS

SEPTEMBER 2020 | KINDREDLUTHERAN.COM

## PASTOR'S POST

Dear Kindred Saints,

Excitement is in the air! It has been so long since many of us have gathered for worship. The past six months have been a challenge. Now we enter a new phase as fall begins.

The apostle Paul faced many challenges, too. In his second letter to the Corinthians, Paul speaks honestly about his own suffering, admitting that at times it was so great he was sure he would die. He faced riots and angry mobs. He was beaten and flogged and thrown into prison. He went without sleep, and knew terrible hunger and thirst. He was even shipwrecked. It was too much to bear! The Bible never asserts that faith is an insurance policy against suffering. Look at Paul! Look at the disciples! Look at Jesus! And yet Paul could write, "Finally, brothers and sisters, rejoice! Aim for maturity, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. Greet one another with a holy kiss. . . . May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all."

Hear the GOOD NEWS: you are NOT ALONE. Paul reminds us that we are never alone in our suffering because God suffers with us. Jesus suffered like us and for us. Jesus experienced the sense of being forsaken, of feeling alone and abandoned. He experienced sorrow and unimaginable pain. The Son of God even experienced death.

With that in mind, I encourage you to consider incorporating faith practices into your lives to remind you that you are not alone and as a way of aiming for maturity by encouraging one another, being of one mind, and living in peace. FAITH 5 is simple and easy-to-implement, perfect for incorporating into your daily routine in as few as fifteen minutes a day. Do it with a friend, spouse, children, or coworkers. When done over time, FAITH 5 carries the power to enrich communication, deepen understanding, and promote mental, physical, and spiritual health. The five steps are:

SHARE your highs and lows  
READ a Bible verse or story  
TALK about how the Bible reading relates to your highs and lows  
PRAY for one another's highs and lows  
BLESS one another

We'll be engaging in these faith practices during worship. I hope you will join us. Go ahead ... give it a try!

Peace,  
Pastor Andrew Schlecht



## Kindred Lutheran Church

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# gathered to grow



## EVENTS

### 13TH ANNUAL PRAYER WALK

Sept 27 • noon

We will gather after worship, walk the streets of Kindred and offer our prayers. You are also welcome to ride a bike, a scooter or even drive a car. Our Confirmation youth will be leading the prayers. No Chili Feed this year.

### SUNDAY SCHOOL

Oct 4

Sunday School will begin in-person classes on Oct 4. The schedule and method of instruction will follow the Kindred Elementary School / CDC guidelines and is therefore subject to change. The Parish Ed Committee will keep us informed of changes.

### BIBLE ADVENTURE CLASSES

Oct 4 • 2:30pm

Bible Adventure Classes for 3rd Graders will be held on Oct 4, 11 & 18. Students and parents are invited to attend all three sessions. Preschool children and 3rd Graders will receive Bibles during the worship service on Oct 18.

Please check the calendar online for updates or use the KLC App.

## IN THE PARK! RALLY SUNDAY SEPTEMBER 13TH

We've been cooped up for way too long! Let's get together for worship, good food, and fellowship! The entire family is invited to Kindred City Park (at the corner of Elm St. and Hwy 15) on Sunday Sept 13.

Unlike years past, there will be no organized games; however, the kids are welcome to play in the playground. We will have Sunday School sign-up/registration along with other information on the upcoming year.

10:00am Celebration & Worship. Blessing of the Children.

11:00am Lunch provided by the Fellowship Council (hot dogs & chips)

**Please bring your own lawn chair**





# gathered to grow



## TIME CHANGE

Sept 13 • 10:00am

Beginning on Sunday Sept 13, worship will now be in-person and on Facebook live at 10AM. Please mark your calendars!

## IN-PERSON WORSHIP

Below are recommended guidelines to keep you and KLC healthy while attending in-person worship services:

- Maintain social distancing
- Masks are highly encouraged when not seated
- Seating in every other pew with members from the same household
- Please do not gather in the narthex

Thank you & Stay safe!  
KLC Council

## FACEBOOK LIVE

A huge Thank You to those who have been working hard for months to ensure that we have a quality video option for those who want or need to join worship from the safety of their homes: Craig Hertsgaard, Scott Bartram, and Nick Milbrandt.

We are grateful that all our Kindred Saints are able to worship together regardless of location!

## AROUND THE OFFICE

We have a new logo and website! The previous logo and website was designed by our very own Pastor Andrew about 12 years ago. And now, many thanks to Viictory Media for a fresh new design at [kindredlutheran.com](http://kindredlutheran.com) and thanks to Katie Ayer for a revitalized logo. The new website has all the features you are familiar with

including announcements, calendar, contact information and newsletters. Mobile viewing will now be better than ever! The KLC app is still available for your use.

There have been some changes in the KLC office as well. Pastor Andrew has decided to take his day off on Mondays (instead of

Saturdays). The administrative assistant, Bekki DuBord, will now be in the office Mondays through Thursdays from 9am to 2pm.

If you are unable to drop by for a visit, you can always reach us via phone or email (701.428.3630 or [admin@kindredlutheran.com](mailto:admin@kindredlutheran.com)).

**FAITH 5**  
Every night in every home

**SHARE**  
highs and lows

**READ**  
a Bible verse or story

**TALK**  
about how the Bible reading might relate to your highs and lows

**PRAY**  
for one another's highs and lows

**BLESS**  
one another

[www.faith5.org](http://www.faith5.org)



# gathered to grow

## 9TH GRADE

Orientation meeting will be held on Wednesday, Sept 9, at 8:00 PM in the Sanctuary to review the next two months in preparation for affirmation of baptism / confirmation. Classes will resume on Sunday Sept 20 from 1:00-2:00 PM.

The confirmation dinner will be held on Saturday, Oct 24 at 6PM. Confirmation will be held on Reformation Sunday, Oct 25 at 2:00 PM.



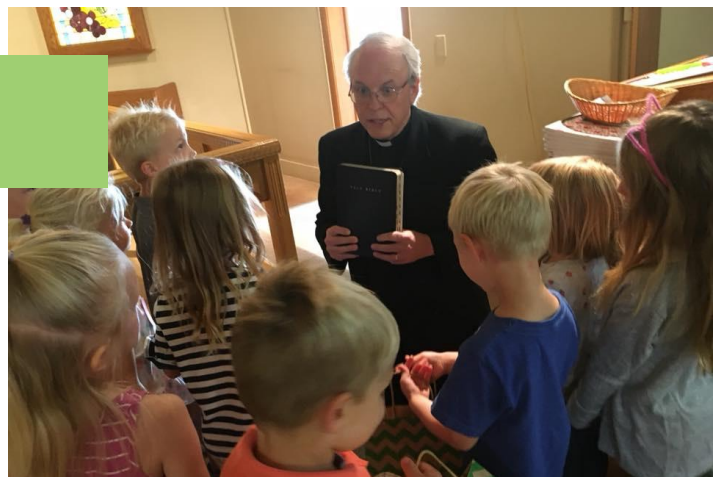
## 7TH & 8TH GRADE

Orientation meeting will be held on Wednesday, Sept 9, at 7:00 PM in the Sanctuary. Classes will resume on Wednesday Sept 16 from 4:00-5:30 PM.

On Sept 27, we will have the blessing of the confirmation students and parents during the worship service. After worship, the 7th and 8th grade students will be leading the annual Prayer Walk. This is part of the confirmation program, so please mark your calendars.

## 3RD GRADE

Bible Adventure Classes for 3rd Graders will be held on Oct 4, 11 & 18 at 2:30 PM with Pastor Andrew. Students and parents are invited to attend all three sessions. On Oct 18 during the worship service, 3rd Graders will receive new Bibles. Please contact Pastor Andrew with any questions.





# gathered to grow

Release. It's actually my word for the year. In 2019 and actually some of 2018, I was struggling with many things, some of which are probably familiar to some of you: Was I not a good mom? Am I fulfilling God's purpose? Am I a good spouse? A good friend? A good manager? A good anything? And probably the biggest – WTF (acronym for wow, that's fantastic) – Cancer? Seriously? Why me? Why now? Now what am I supposed to do? What changes do I need to make? Will my daughters have to go through this?

I just felt like I couldn't breathe. Or maybe that if I released my breath, that something bad might happen. Why was I feeling like that? Why was I holding my breath? Why, Why, Why??

Why did I expect so much of myself? I needed to release my own expectations as well as the expectations I had of others. I'm talking about a mix of grace and trust. Trust that others will do the right thing and to be able to give grace in abundance. And bigger, a trust in God – that he has a master plan (even though it may not be my color-coded "best plan") because here's the thing – God is Good, and God is Good at being God. Stop, go back, and read that last thing again - don't worry, I'll wait for you. That's right - we don't need to play God. And grace - I love the word Grace. It just makes me Happy (with a capital H), and everyone needs more of it and should give more of it. When I am at my wit's end (you know, those times when you're counting to 10 in your head) I just keep saying "grace, grace, grace" so that maybe I won't blow up. Hey, sometimes it works! How many times have we felt guilty for not exercising, not doing the dishes, not sending the thank you card, not making a full meal, not doing this or that or the other thing that we are "expected" to do? Give yourself some Grace, sisters and brothers! Release those expectations and just BE. Just be in the moment.

I get it, it's not that easy to release your worries and anxieties to God...release the what ifs, the whys...to release expectations and accept things as they are right here, right now. Over the last 9 or 10 months, I've educated myself on how to go about this. How to simply BE. Be ok where I am, be in the moment, and for the love of Pete - stop looking for the whys! Guess what? There's a name for this – it's called Mindfulness. Yeah, yeah, yeah, blah, blah, blah. Ok, bear with me, please! Here is the definition and you have my permission to stop reading if you are not interested any further: Mindfulness is awareness of the present moment, on purpose, without judgment. Basically – you are simply in the moment, just being - that's mindfulness! Bam, drop the mic. Maybe I should just stop writing now. Or not 😊.

Some things that mindfulness helps cultivate: kindness, gratitude, acceptance (releasing expectations), non-striving (aka let it be how it is right now), patience, humor, trust, and curiosity. Physical changes: relaxes nervous system, lowers blood pressure, boosts immune system, decreases anxiety, decreases pain, alleviates depression, increases overall well-being, and creates habits of positivity.

My favorite mindfulness practice is called yoga nidra. My favorite app is called Insight Timer (it's free). There's a great breathing/relaxation exercise formulated by Andrew Weil. If you want to know more about this stuff, just reach out to me. Or google, Google knows lots of stuff.

Hopefully your shoulders are a little further from your ears (yogi speak for relaxed) and you feel a little more grounded into the moment. Grace and peace be with you all! Namaste!

Proverbs 19:21, "You can make many plans, but the LORD's purpose will prevail." (NLT)

Isaiah 46:9, "Remember the things I have done in the past. For I alone am God! I am God, and there is none like me." (NLT)

Dona Schock

# Release



sent to serve



## THANK YOU

We are beyond Grateful and Thankful for everyone’s Prayers & Generosity! The funds that were given went to Westin's medical deductibles. It has been such a relief not having one more thing to worry about. Westin's port was taken out June 12th and he has been doing great! Roger Maris is trying to figure out a way to have the bell ringing ceremony with COVID restrictions. He will be going in every couple months for ultrasound and x-rays making sure nothing else transpires as Westin has a 2% chance of developing a secondary cancer. We are planning a party to celebrate and have a chance to thank those who have supported us throughout this journey. We hope you will join us when that event is scheduled.

Thank you again for all your prayers and support!  
The Hage Family

## BAPTISMAL BIRTHDAYS

- Rebecca DuBord 08/00
- Stephanie Swanson 08/00
- Eric Swenson 08/00
- Lavonne Nokleberg 08/01
- Savanna Nesemeier 08/06
- Velora Robertsdahl 08/06
- Gloria Overboe 08/10
- Chase Miller 08/14
- Ava Spelhaug 08/14
- Grant Spelhaug 08/14
- Edwin Overboe, Jr. 08/15
- Carly Pearson 08/20
- LeAnn Toppen 08/21
- Lana Perry 08/22
- Emma Ilvedson 08/23
- Alivia Hildebrand 08/26
- Marilyn Blumer 08/27
- George Kruse 08/27
- David Olson 08/27
- Cynthia Overboe 08/27
- James Fiesel 08/28
- Kayla Hoyme 08/29
- Liam Gray 08/30
- Lance Nokleberg 08/30
- Debra Perhus 08/30
- Scott Bartram 09/00
- James Halvorson 09/00
- Evan Moe 09/00
- Lloyd Olsgard 09/01
- Geraldine Hoyme 09/02
- Keith Perhus 09/02
- Victoria Braaten 09/05
- Elliott Wolf 09/05
- Sheyenne Frietag 09/06
- Christine Ilvedson 09/08
- Sheena Mattson 09/08
- Kennedy Bakko 09/09
- Teresa Braaten 09/10
- Andrew Jensen 09/10
- Karen Kruse 09/11
- Sandra Teske 09/14
- Steve Hildebrand 09/15
- Elenore Johnson 09/15
- Andrew Rutten 09/16
- Avery Thilmony 09/18
- Eric Engstrom 09/22
- Kristin Hoyme 09/22
- Everly Score 09/22
- Nicole Ernst 09/23
- Dawn Johnson 09/24
- Grace Getscher 09/25
- Vickie Kub 09/25
- Larry Mitchell 09/25
- Eugene Lykken 09/27
- Braydon Olson 09/27
- Phyllis Borud 09/28
- Johnny Brayton 09/29
- Diane Erickson 09/29

## FINANCIAL GIVING

Annual Budget	Received this Year	Needed Each Month	Received Jun/Jul/Aug
\$222,409	\$125,929	\$17,684	\$31,178



# prayers

*“THE PRAYER OF THE RIGHTEOUS IS POWERFUL AND EFFECTIVE!” JAMES 5.16*

**Please lift up the following in your prayers:**

## THANKFULNESS FOR:

The coming of our Savior, Jesus Christ.  
The recent marriages of Matthew & Alexis Ottis (04/03) and Luke & Rachael Gietzen (7/25).  
All of those who have been steadfastly serving others, whether in their personal or professional lives, during this unprecedented time of a global pandemic. Including, the military, politicians, and community leaders.

## HEALING FOR:

All victims of COVID-19	Sandy
Peggy Carlson	Shirley Jermstad
Taeryn Teberg	Helen
Eleanor Johnson	Vallorie Schlecht
Lloyd Hoffarth	Hunter Pinke
Jack Anderson	Jeff Kub
Ken	Cindy
Wes Robertsdahl	Velora Robertsdahl
Cindy	Westin Hage
Craig	Linda
Carlotta	Travis Anderson
Jason	Sandy Olsgard
Erbie Hopwood	Dean
Raymond William	Cory
	Josh Ostenson

## HOPE FOR:

An end to the global pandemic.  
An abundant harvest and asking for safety for all the farmers and workers in the field.  
Our leaders that God would grant them wisdom.  
Missionaries: Sam & Rebekka Rood; Louis and Annie Liss and children in Lebanon.  
Christians in China, Egypt, Iraq, Central African Republic and throughout the world who face persecution.  
The Gideon’s ministry that doors would be opened and Scripture would be placed and God’s Word would accomplish what God sets out to do!

## COMFORT FOR:

The families of those who have passed into the loving arms of Jesus Christ our Savior:  
  
Bonnie Christopherson (mother of Shana Rude)  
Don Jenny (friend of David Rostad)  
James Macheel (father of Nicole Sahr)  
Beverly (mother of Vallorie Schlecht)  
Kathy (mother of Rob Sahr)  
Phyllis Borud  
  
Victims of sexual abuse and assault



**Kindred**  
Lutheran Church

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Youth Director: Trish Miller  
[trish@kindredlutheran.com](mailto:trish@kindredlutheran.com)

Music Coordinator: Cheryl Rostad

Choir Director: LaVonne Nokleberg

Caretakers: Wes & Velora Roberts Dahl

Custodian: Mike Jostad

## Kindred Lutheran Church APP!

You can connect with KLC anytime, anywhere!  
Features include church calendar, sermons,  
audio and digital Bibles, devotions, journal,  
website links, social media and so much  
more. Download the app to your cell phone or  
tablet.

