



Evangelical Lutheran Church in America
God's work. Our hands.

Baxter & Saron Church News

June 2023



Our Saviour's Lutheran Church of Baxter & Saron Lutheran Church
Serving together to make Jesus known in our communities and beyond

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Friends in Christ,

I recently completed a suicide prevention training that was provided to rural clergy at no cost. The training is part of a joint effort between the Minnesota Departments of Health and Agriculture. They are attempting to address the rising demand for mental health services in outstate Minnesota, a demand which has not been met by an increase in providers of those services, by training clergy to become better equipped to see the warning signs of suicidal ideation in others, to keep them safe in the short-term, to help them get connected to help, and to walk alongside them. The training also introduced how to help the ripple effect that a suicide has on families and communities. This was an introductory course. There is still much more to learn.

One of the things that kept coming back to me as I worked through this program was the stigma surrounding mental health, particularly in rural areas. We like to view ourselves as strong and self-sufficient. For many of us, asking for help of any kind, but particularly involving mental health, is a sign of weakness. Even our faith can become an obstacle to seeking help; even if the individual isn't strong, doesn't God intervene on behalf of those who pray and live right? Instead of getting help, many self-medicate with drugs or alcohol. In addition, many of us develop

compensatory skills in an attempt to manage our lives and relationships, to appear to be "fine" even when we are not.

I have dealt with anxiety for as long as I can remember. In middle school, I replayed my days and practiced responding differently to the people and situations that made me anxious. I created possible scenarios and tried out different ways that I could feel more in control. As a result, I developed a lightning-fast, sarcastic wit. As time passed, I was able to add an ability to find obscure references and turns of phrase that either made others laugh or frustrated them enough that they would walk away. I also spent many years as a socially-dependent alcoholic. My undergraduate years at Gustavus were a low point of drinking and depression.

My adult life as a husband and father, as a teacher and pastor, have been marked by a fluctuation of highs and lows, of anger and despair interspersed with times of satisfaction and even joy. While I was often able to seem to be a good parent and competent employee, insecurity has dogged my every step. Being constantly defensive is not conducive to building strong, healthy relationships. I have been on a variety of medications and have seen many counselors over the years.

I am currently at a point where something needs to change. For the past several months, I have been in a deep funk. While I have not attempted suicide, I have made specific plans on how it could be done. I have been unable to find joy in the little things that have

always kept me going. I have lost interest in and enthusiasm for pretty much everything except my grandchildren. I struggle to remember names or even what I am supposed to be doing. There have been Sundays when I have dreaded leading worship. I have taken all criticism, real and imagined, to heart and ignored all positive feedback and interactions. I have cut myself off from the world even more than usual.

There is, of course, hope. I continue to talk to my therapist and have consulted with several experts on possible medications and other interactions. I am currently waiting to see if TMS, Transcranial Magnetic Stimulation, along with Spravato, are feasible options. At the very least, I will be changing my medications again. The church councils have approved three stretches of vacation for me this summer. Tami, my mom, and my daughter, Kim continue their unwavering support, as do many of you. My ability to pray and to find peace in Christ continues to grow. I have some colleagues who have been amazing. There is every reason to believe that I will come out of this funk and even break the patterns in which I have lived. I tell you this not so that you feel sorry for me or so that you will excuse me for the shortcomings that I bring to my ministry, but so that we can all be reminded that what we see in one another publicly is far from the whole person. Each of us has a complex network of experiences and feelings that we navigate in every setting in which we find ourselves. Finding opportunities to share this hidden network is how we truly become community. If you are struggling, even a little bit, please don't be afraid to tell someone. Thank you for reading this, and please feel free to ask me about any of it. Thank you for bearing with me and being a part of my blessed life.

**In Christ,
Pastor Matt**



PARISH NEWS

May Worship

- **SUNDAY, JUNE 4** **HOLY TRINITY**
Karen Jacobson leads worship
Communion & Noisy Offering for the Hunger Walk
- **SUNDAY, JUNE 11** **PENTECOST 2**
- **SUNDAY, JUNE 18** **PENTECOST 3**
Communion & Noisy Offering for local food shelves
- **SUNDAY, JUNE 25** **PENTECOST 4**



Summer Worship Times

PLEASE REMEMBER that beginning on Sun. June 4th we will start our summer worship times. **Baxter will have worship at 8:00 am and Saron will have worship at 9:30 am.** These worship times will continue through Sun. Aug. 27th. On Sun. Sept. 10th, we will return to our regular times.

Attendance Figures

Baxter Attendance Figures			
Date	# Attending in 2022	Date	# Attending in 2023
5/1	38	4/30	104 Confirmation
5/8	29	5/7	33
5/15	31	5/14	35
5/22	32	5/21	26

Saron Attendance Figures			
Date	# Attending in 2022	Date	# Attending in 2023
5/1	38	4/30	59 Confirmation
5/8	44	5/7	27
5/15	25	5/14	51
5/22	61	5/21	29



Baxter WELCA

PLEASE contact Carla with info on how you want to help out with the church supper.

*** SARON NEWS ***

Saron Blessed the Quilts on May 14th

The quilts made this year by the Saron Quilting Team were blessed on Sun. May 14th.

Thank you very much to all those who worked on quilts this year. The quilting team persevered through continual snowstorms, health issues, and entryway construction to complete 99 quilts and 8 tied blankets. We had angels who collected fabric to make these works of art, so thanks to you as well.

The quilts will be and have been distributed to:

- Tied Blankets - Local school districts
- John & Cathy Bristle
- Baptisms
- Green Lake Lutheran Ministries - 3
- Church Fundraiser - 2
- Family Services
- Prairie Five
- Veteran's Home
- Local Fire Departments
- Neighbors United Food Shelf
- Julia Streblov
- Anywhere there is a need



- Military Service Personnel & their families
- Our Companion Synod in South Africa
- For Continued Healing

- *Shirley Sachariason *Susan Siverhus
- *Delores Ochs *Chantel Death
- *Sharla Kruger *Rick Odden
- *Jerry Johnson

Please contact the church office for a specific prayer request or if a home or hospital visit is needed.

Joint Worship Date

WEDNESDAY, AUGUST 30th

Takes the place of this service: **Sun. Sept. 3rd**

Church the hosts: **Saron**

Volunteers in charge: **September**

This service will be held at the **Heritage Hill**.

Time: 6:00 pm - A picnic supper will be provided.

*** BAXTER NEWS ***

Thank You!

We gratefully thank LeRoy Moseng for donating the new tables at Baxter in memory of his wife, Wendy, and his parents, Alfred & Lorraine Moseng.

Grace Christian Outreach Ministries

Grace Christian Outreach Ministries needs our help! We are collecting hygiene items in **June & July**. There is a donation box in the Chapel. Any questions, please contact Cody Dyshaw or a Council member. Thank you for supporting this wonderful mission!

Donate Hygiene Items





Montevideo Area Community Hunger Walk

The Montevideo Area Community Hunger Walk will be held on Wed. June 14th beginning at 6:00 pm at the Smith Park Shelter House. We will walk the same route as last year and will have sandwiches, fruit & water after the walk. Our honorary walkers this year are our pastors and church staff. We want to thank them for their service to our community. If you would like to be a part of the people putting this on, please contact Avis Swenson at 320-269-7838. There will be a meeting on Wed. June 7th at 5:30 pm at the Montevideo Library.

Ways you can help end hunger:

Walk in solidarity with all who hunger

Make signs to carry and / or post

Donate to a charity of your choice through your church community.

Local food shelf

St. Martin's Fund

Salvation Army

Relief and development agency

Lutheran World Relief

Catholic Relief Services

Oxfam

Other through your church

Advocate for Justice for all

Join Bread for the World

Join Land Stewardship Project

Create a team effort

Learn the root causes of hunger

Think Globally, Act Locally



Baxter Council Meeting Minutes

Baxter Council Meeting Minutes – May 10, 2023

Meeting was called to order by Vice President Jeff Johnson
Members present included: Inez Bjerkeset, Dick Erickson, Deb Anderson, Judi Eggert, Dave Croymans, Brenda Berends

Staff present: Pastor Matt Danielson, Gayle Staab

M/S/C (Dave/Dick) to accept the Pastor's Report as printed.

M/S/C (Judi/Deb) to accept the Secretary's as printed.

M/S/C (Dick/Dave) to accept the Treasurer's Report as printed.

M/S/C (Inez/Judi/) to accept the Office Account Report as printed.

OLD BUSINESS:

- Replace cement in front of church-get quotes and make decision in the near future.

1) Sidewalk from parking lot up to the church minus 3 sections in front of the doors.

2) Continue from sidewalk down to the service road in front of the church. It would curve around and serve as a ramp.

3) Section below the steps.

Take a look at black sign in front to see if any upgrades can be done.

- Church Siding on Bell Tower-there are approx. 8 pieces that are loose that need to be reattached to church. Check with Matt Olson to see if they can come out and fix.

- Update Edward Jones Authorized Personnel for Parsonage Account

Looking at removing Paul Olson & Paul Strand, adding Cody Dyshaw, Jeff Johnson & Dick Erickson. Gayle Staab will remain on it. No additional info right now so tabled until next meeting.

- Grace Christian Outreach Ministries (June/July) Hygiene Items (These are a need as a part of the prison ministry they do in Mexico.)

- Update on Pastor Matt's time off this summer- May 25th – June 8th/July 17th – July 29th/Aug. 31st – Sept. 14th Should be covered.

NEW BUSINESS:

- Transfer of Mike Hoime from Trinity Lutheran Church - Montevideo to Our Saviour's of Baxter
- FYI – Lyndsey Moe has requested to use the basement on Sat., July 15 from 11:00 am – 1:00 pm.
- Ditch Clean-Up – A big THANK YOU to LORI & DICK ERICKSON for taking time out of their schedule to clean the ditches. No action from council is needed at this time.
- Joint Worship/Picnic Supper at Heritage Hill on Wed., May 24th. Baxter will host. Pastor Matt will pick up plates and food. There is a need for 2 grills.
- There will be a Zoom Meeting on Thurs., May 25th at 7:00 pm, sponsored by the Synod on compensation guidelines. One may ask questions, or just listen to any discussion. To find materials go to SWMNELCA.gov congregation tab compensation guidelines.
- Cemetery clean-up – Sat., May 20th. There will be some trees that will be cut down also.
- Brought to Council's attention that there is no place for placement of walker or wheelchair at end of pews towards aisle in front of the church. Need to look into it further in the future.

The next Council meeting will be Wednesday, June 14th at 7:00 PM at the church.

Lord's Prayer / Adjourn

Brenda Berends, Secretary



Saron Council Meeting Minutes

Saron Council Meeting Minutes – March 15, 2023

Members present: Steve J., Steve R., Stan, Mike, Heidi, Diane, Izzy, and Pastor Matt

Meeting was called to order by Steve J.

Prayer said by Pastor Matt.

The Pastor's report was read and approved by Mike and Heidi.

Diane went over the treasurer's report. It was approved.

OLD BUSINESS:

- Izzy went over the remodeling project. They are finding more problems than expected but with their expertise they are fixing all of the problems.
- Heidi went over the storm damage problems. Things should be done this summer.
- Jim Walsh has agreed to be the janitor for April.
- The storage for quilts was discussed. Izzy and Joel have this under control.
- Problems with the elevator were discussed. Stan will call AGAIN and get the problem solved.

NEW BUSINESS:

- The only new business was the lawn mowing. No bids were submitted but Diane is doing some checking on this. This meeting was very short because we had a joint council meeting before our meeting.
- Secretary, Stan Knudson

Saron Council Meeting Minutes

Saron Council Meeting Minutes – April 2, 2023

Members present: Steve J., Steve R., Stan, Heidi, Izzy, Paul, and Lori. The remodeling committee was there, too.

Meeting was called to order by Steve J.

BUSINESS:

- Izzy went over the remodeling project. They are finding more problems than expected but with their expertise they are fixing all of the problems. It was determined that to finish the project completely we need another \$21,000. Heidi made a motion to paint the walls and leave the cry room for a later time. Steve R. seconded the motion. Motion was passed.
 - Problems with the elevator were discussed. The man was here and he will solve the problem soon. We need to get a phone in the elevator because that is the law. Steve J. will check on this.
 - We do have someone to take care of the lawn mowing. This was approved.
- Being no other business, the meeting was adjourned.
- Secretary, Stan Knudson

Saron Council Meeting Minutes

Saron Council Meeting Minutes – April 26, 2023

Members present: Steve J., Steve R., Stan, Shaun, Janice S., Heidi, Izzy, Diane S., Paul, Ross, Mike and Pastor Matt Meeting was called to order by Steve J.

Pastor Matt led us with a prayer.

We went over the pastor's report. Unanimously approved. Secretary's report was approved.

Diane went over the treasurer's report. This report was approved also.

The office report was also approved.

OLD BUSINESS:

- Izzy gave a report on the building project. He discussed some of the problems he had with the project. All the problems are being addressed.

NEW BUSINESS:

- Fund raising was discussed. Marge and Lori are taking care of this.
 - Storm damage was discussed. Lots of concerns were raised. Izzy said they would do the repair work. Mike made a motion to have Izzy do the project. Steve seconded the motion and it was unanimously approved.
 - Problems with the elevator were discussed. The man was here and he will solve the problem soon. We need to get a phone in the lift because that is the law. Steve J. will check on this.
 - We do have someone to take care of the lawn mowing. This was approved.
- Being no other business, the meeting was adjourned with the Lord's Prayer.
Secretary, Stan Knudson



Saron June Birthdays

Waylon Erickson	6/3
Denise Peterson	6/5
Pat Sederstrom	6/6
Luke Sachariason	6/9
Dara Walsh	6/11
Patrick Walsh	6/11
Kaisa Jaenisch	6/12
Kashton Sletten	6/13
Trent Rodeberg	6/13
Ashley Haff	6/14
Kjersti Jaenisch	6/16
Doug Teichert	6/17
Sawyer Sachariason	6/18
Ryan Sachariason	6/21
Carter Haff	6/21
Alli Sachariason	6/22
Carolyn Knudson	6/23
Susan Siverhus	6/23
Ajay Gaddam	6/24
Shirley Sachariason	6/24
Kolson Rodeberg	6/30

Baxter June Birthdays

Hadley Jurgenson	6/2
Katlyn DuVall	6/3
Bernice Moseng	6/4
Reagan Bossert	6/6
Cooper Nordaune	6/7
Tasha Enevoldsen	6/8
Paul Olson	6/11
Tera Gades	6/12
Lance Bjerkeset	6/12
David Willand	6/15
Aliyah Donahue	6/16
Levi Enevoldsen	6/18
Ruth Strand	6/21
Taylor Strand	6/22
Blair Berends	6/22
Jason Estling	6/23
Jordan Staab	6/26
Lyndsey Moe	6/27
Ramona Erickson	6/27
Carla Estling	6/30