

# Mendenhall Messenger

APRIL 2016

Mendenhall Presbyterian Church

## A Note From Our Pastor

### STAFF

Kevin Kaufmann  
Interim Pastor

Dawn Anderson  
Office Administrator

Cindy Hagel  
Organist

Jace Erickson  
Choir Director

Allen Osmundson  
Custodian

Gloria Bancroft  
Youth Director

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### Mendenhall Presbyterian Church

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God wants to change the world. And the truth is, the world needs changing. The only problem is, very few people are willing to change, because change requires more work than keeping things the same.

But, if we are going to make a difference in our community, and if we are going to be the “light of the world,” we must begin by working with God to change ourselves. Change is not a once and for all kind of thing. Changing ourselves is a lifelong process. We must be intentional about how we want to change. We must know the goal of change. One of the most important things about change is: When you change your thinking, you change your way of life.

A pastor friend once shared with me these ways of thinking that help us to accomplish positive changes. Our thinking should be:

- **Biblical**  
This allows you to be led by the truth of God’s Word.
- **Faithful**  
This allows you to be redirected by the Spirit’s leading.
- **Positive**  
This allows you to look for the best and receive it.
- **Creative** This allows you to find answers when others quit looking.

- **Purposeful**

This allows you to prioritize and get rid of busy work.

- **Simple**

This allows you to make easy changes before tackling bigger issues.

- **Practical**

This allows you to apply God’s principles to everyday life.

As most of you know, we are about to see important changes at Mendenhall. The Pastor Nominating Committee continues their work in finding and calling a new pastor. So, over the next few months I would ask you to take the time necessary to explore those areas of your life where you are resisting change. What is God calling you to do that you are avoiding? What is God calling you to let go of that you are holding on to? By changing your thinking, you may just discover the freedom to be the person God made you to be. And that is the kind of change God is looking for!

Kevin Kaufmann  
Interim Pastor

## Report From Session

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- Feed My Starving Children—April 2 from 5:00 p.m. to 7:00 p.m. at the Public Works.
- Fill the Pew with food for the Food Shelf, Sunday, March 20.
- Vacation Bible School will be held on June 5 -9. First Presbyterian Church in Grand Forks my join.
- Triennium – Brenna DeLowery received \$300 scholarship and won the pin contest; John DeLowery received \$200 scholarship and Gloria Bancroft received full scholarship.
- Spring Retreat is at Crystal Springs, ND April 8-10.
- The Noisy Offering will be distributed every three months. Jan– March will go to “Everly”. Other suggestions are Humane Society, Food Shelf, Mission or Save our Pool.
- Hazel Merdink is looking into getting some children’s bibles.
- Promotion Sunday May 8, 2016
- Books in Library – Chorgia requested faith based books. The older children’s story books will be sent.
- It was approve have Hazel Merdink be commissioner to Presbytery at April 2016 meeting.

### March Financial Report As of March 29

Year to Date	Actual	Budgeted	Variance
General Offering	\$ 33,159.69	\$ 42,669.25	(\$ 9,509.56)
Expenditures	\$ 38,235.97	\$ 42,669.25	\$ 4,433.28
Surplus or (Shortfall)	(\$ 5,076.28)		(\$ 5,076.28)

## Presbyterian Women News

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- The bylaws were approved as revised and a motion to accept revision carried.
- The World Day of Prayer was held on Friday, March 4, 2016 at Family of God Church. Mavis, Raanne and Hazel were readers at this event.
- Feed My Starving Children - Mendenhall will work on Sat. Apr. 2 from 5 - 7 p.m.
- April 9, 2016 - Presbytery Women of the Presbytery gathering at Jamestown, ND.
- Several women of the congregation are working on items to be taken to the April Presbytery meeting. The people visiting from Chogoria in April will take these items back with them.
- The EGF Arts and Crafts Fair is Oct. 1 - 2, 2016. We voted to pay the cost of having a booth at this fair.
- The session received a request from Pioneer Memorial Care Center in Erskine, MN. This request was taken to PW Coordinating Team, where it was decided PW would give four (4) lap robes. Gail on behalf of Christian Care and Outreach Committee sent the robes to the care center.
- The PW donated an extra long twin quilt to the Fergus Falls Veteran's Home.
- The PW donated 2 fleece blankets for the youth's auction held on Family Day. The money raised will go to help our youth to attend triennium at Purdue.

## Memorials

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### General Fund

In memory of Dorris Thysell from Dean & Penny Schumacher, Allen & Lorraine Love, Maury & Faith Finney, Bob & Ginny Eelkema

### Undesignated

In memory of Ted Pond from Steven & Margo Arnesen



## Mary Barrett, RN, PN

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### **Health Myths: separating fact from fiction**

Most common adages have a bit of truth. When you were a child, your mother may have told you not to go outside with wet hair because you would catch a cold. That adage can be traced back to the late 1800's. French chemist Louis Pasteur was looking for an anthrax cure, so he exposed chickens to anthrax, then put them in cold water. The chickens got sick and died. He then exposed other chickens and wrapped them in warm blankets; they lived. The truth is anthrax is contagious, but the link between cold and colds live on.

Below are seven common health adages, and only one is true.

1. **Feed a cold, starve a fever.** Sickness kills your appetite, but the best way to get over a cold and/or fever is to drink lots of clear liquids, rest and eat good calories to recover.
2. **Vitamin C prevents colds.** Vitamin C has other health benefits, but won't help you avoid colds or minimize the impact of a cold.
3. **Reading in dim light or lots of screen time damages your eyes.** Neither hurts your eyes, but both make your eye muscles work harder, which can cause headaches.
4. **Cracking your knuckles causes arthritis.** The pop you hear is pressure on the fluid between your bones, which re-

leases a gas. It won't cause arthritis, but if you have joint pain already, cracking them can be painful.

5. **Fresh vs. frozen or canned.** Frozen and canned fruits and vegetables are as nutritious as fresh. In fact, since lycopene is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutrition choices.
6. **Calories eaten at night are more fattening.** Calories are calories, so if you consume enough calories to fuel your activity level, you will maintain your weight. Looking to lose weight? Decrease your calories. Eating at night can interfere with good sleep, so consume most of your foods and drinks by a few hours before bedtime to rest better.
7. **Ringing ears means hearing loss.** Unfortunately, this is true. Most people with tinnitus (ringing in the ears) have some hearing loss since cells in the inner ear amplify low-level sound, so when these die, it causes hearing loss.

In general, good health information often involves getting exercise, sleep, fruits, veggies, water and regular doctor checkups while avoiding tobacco and managing stress. As always, ask a myth-buster (health care provider) if you have questions.

6 myths about fitness after 50 will be placed in April's weekly bulletins.



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|----------------------|--|
| 11– Renae Hillestad  |  |
| 16– Jeremy Love      |  |
| 19– Marlene Anderson |  |
| 20– Audrey Burfening |  |
| 20– Travis Strandell |  |
| 22– Patti Peterson   |  |
| 25– Heidi Cash       |  |
| 26– Brandon Hemsing  |  |
| 26– Robbi Kovar      |  |
| 26– Trisha Twite     |  |
| 28– Jordan Osmundson |  |
| 28– John DeLowery    |  |
| 3– Craig Olson       |  |
| 3– Melody Ogden      |  |
| 4– Kiersten Hemsing  |  |
| 4– Hallie Enright    |  |
| 6– Ryan Boushee      |  |
| 8– Kevin Peterson    |  |
| 9– Chloe Twite       |  |

### Worship Assistants

#### April 3

- |                   |                          |
|-------------------|--------------------------|
| Communion Leader  | Bev Bredemeier           |
| Liturgist/Counter | Doug Twite               |
| Usher             | Volunteer Needed         |
| Greeter           | Gordon & Sheila Swanberg |

#### April 10

- |                   |                  |
|-------------------|------------------|
| Liturgist/Counter | Allen Osmundson  |
| Usher             | Volunteer Needed |
| Greeter           | Mavis Ness       |

#### April 17

- |                   |                          |
|-------------------|--------------------------|
| Liturgist/Counter | Volunteer Needed         |
| Usher             | Volunteer Needed         |
| Greeter           | Warren & Annie Strandell |

#### April 24

- |                   |                  |
|-------------------|------------------|
| Liturgist/Counter | Volunteer Needed |
| Usher             | Volunteer Needed |
| Greeter           | Ann Bowman       |



### Fellowship Schedule

- |                 |                         |
|-----------------|-------------------------|
| <b>April 3</b>  | <b>Volunteer Needed</b> |
| <b>April 10</b> | <b>Volunteer Needed</b> |
| <b>April 17</b> | Hazel Merdink           |
| <b>April 24</b> | <b>Volunteer Needed</b> |



Thanks to our Presbytery and the people of Mendenhall, scholarships are being provided for a delegation to attend Triennium at Purdue this July 18 - 23. The turnout and giving at Family Day was great...and the meatball dinner was delicious!

Three of us recently went to Jamestown for a Presbytery Youth Lock-in. How exciting, to meet other young people and youth directors from our area. We tie-dyed shirts, played games, held discussions, and learned what to expect at Triennium. Brenna won the Northern Plains pin design contest...congratulations!

On the weekend of April 8 - 10, four of us will attend Presbytery Spring Retreat at Crystal Springs Camp, near Medina, ND. We've heard how much fun it is. So, next year, we'll get everyone fired up for a big group going from our church!

Gloria will be contacting the kids regarding spring activities. Now that the weather is nice, we'll consider boating/kayaking, or going to Turtle River for a bonfire, planning Youth Sunday, or other activities of interest. So, give Gloria your ideas!



# April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>3</b> 9:30 Sunday School 10:30 Fellowship 11:00 Worship/ Communion	<b>4</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts 5:15 Stewardship & Finance Mtg.	<b>5</b>	<b>6</b> 9:30 Forks Co-op 7:00 Choir Practice	<b>7</b> 7:00 PWCT	<b>1</b> Presbytery at Oaks, ND	<b>2</b> Presbytery at Oaks, ND 5:00 Feed My Starving Children
<b>10</b> 9:30 Sunday School 10:30 Fellowship 11:00 Worship PNP Youth Retreat At Crystal Springs	<b>11</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	<b>12</b>	<b>13</b> 9:30 Forks Co-op 7:00 Choir Practice	<b>14</b> 7:00 Shawl Ministry	<b>8</b> PNP Youth Retreat At Crystal Springs	<b>9</b> PNP Youth Retreat At Crystal Springs
<b>17</b> 9:30 Sunday School 10:30 Fellowship 11:00 Worship	<b>18</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	<b>19</b>	<b>20</b> 9:30 Forks Co-op 7:00 Choir Practice	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> 9:30 Sunday School 10:30 Fellowship 11:00 Worship/Youth Sing/Noisy Offering	<b>25</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts Newsletter Deadline	<b>26</b>	<b>27</b> 9:30 Forks Co-op 2:00 Circle 7:00 Choir Practice	<b>28</b> 7:00 Shawl Ministry	<b>29</b>	<b>30</b>

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528 10th St NW  
East Grand Forks, MN 56721

**Return Service Requested**



Our current custodian, Allen Osmundson, has submitted his resignation due to high demand of his full time job.

We are accepting applications for a part time Custodian. Approximately 12-14 hours/week. Please stop by the office for an application and job description.



*With Deepest Sympathy*

- \* To the Family of Marsha Nerby
- \* To the family of Marion Larson, Bev Bredemeier's sister
- \* To the family of Patricia Nylén, Judy Hanson's sister
- \* Nancy Rud sister-in-law of Hazel Merdink



- April 2 Feed My Starving Children
- April 8-9 Youth Retreat-Crystal Springs
- April 24 Youth Sing/Noisy Offering
- April 25 Newsletter Deadline
- May 8 Promotion Sunday/  
Noisy Offering
- June 5-9 Vacation Bible School



**THANK YOU** to all  
who brought food  
items for  
"Fill the Pew".