

# Mendenhall Messenger

MARCH 2016

Mendenhall Presbyterian Church

## 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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## A Note From Our Pastor

*But the angel said to the women, "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said." Matthew 28:5-6*

If the women who came to the tomb on that Easter Morning had found the crucified body of Jesus, they would have been very sad, but they would not have been afraid. Death was something they knew, something they had seen before, something they expected to find at the tomb.

But to find the unexpected? To find the tomb empty? What could that mean? Where was Jesus, and what was the angel doing there?

It would be some time before these questions were answered for the women or before they could stop asking and searching for the answers to their questions. The Resurrection offered

the answers to them, but it would still remain a mystery in many ways.

The Resurrection still remains a mystery to us today in many ways. As we continue to follow, pray and search, that mystery is being slowly revealed in our daily encounters with Christ through the Holy Spirit. Our Saviors' presence continues in our lives through the power of God's Holy Spirit and through our faithful following, questioning and searching, day by day.

Kevin Kaufmann  
Interim Pastor



*Thank you for your thoughts, prayers and memorials in the recent death of my cousin.*

*Pastor Kevin Kaufmann*

## Report From Session

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- We will offer CD's with the bulletin to the shut-ins.
- Christian Ed is looking for teachers for VBS.
- We have met the \$12,000 goal for Merry Christmas Mendenhall.
- The Noisy offering of \$460.54 will be going to the Sunshine Hospitality House. The children will decide where the 2016 Noisy offering proceeds will go.
- It was decided the brass candle stands will be replaced with 2 single brass candle stands that are in the communion room.
- Family day is February 28, 2016
- It was approved for Rhys Michael Barrett to be baptized on March 6 , 2016.
- The Rules for the Kitchen and Fellowship Hall were reviewed.

### February Financial Report As of February 21

Year to Date	Actual	Budgeted	Variance
General Offering	\$ 19,338.19	\$ 26,258.00	(\$ 6,919.81)
Expenditures	\$ 22,101.10	\$ 26,258.00	\$ 4,156.90
Surplus or (Shortfall)	(\$ 2,762.91)		(\$ 2,762.91)

## Presbyterian Women News

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- Changes to the By-Laws were made. We will vote to accept the changes at March meeting.
- The spring PWP Gathering will be on April 9, 2016 at Jamestown, ND.
- June 15 - 18, 2016 Synod Gathering of PW of the Synod of Lakes and Prairies - Sioux Falls, SD



### World Day of Prayer

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World Day of Prayer will be held Friday, March 4, 2016 at 2:00 p.m. at Family of God Church in East Grand Forks.

World Day of Prayer (WDP) is a world wide ecumenical movement of women of many faith traditions who come together to observe a common day of prayer. Each year a

different country serves as the writer of the World Day of Prayer worship services.

For 2016, the women of Cuba invite us to consider these words: "Receive Children, Receive Me".

## Memorials

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### Undesignated

In memory of Patsy Nylen from Gene and Raanne Wavra

In memory of Dorris Thysell from Renae Hil-  
lestad

In memory of Florence Knoell from Kathy  
Cumming

### Christian Ed

In memory of Patsy Nylen from George & Ju-  
dy Hanson

### General Fund

In memory of Dorris Thysell from Tom &  
Cindy Barrett, Fred & Mary Barrett, Dawn  
Anderson, Ray & Pat Twedell

In memory of Florence Knoell from Tom &  
Cindy Barrett, Fred & Mary Barrett, Dawn  
Anderson

In memory of Ramona Baldwin from Fred &  
Mary Barrett



Notes From  
The Parish Nurse

## Mary Barrett, RN, PN

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The Zika virus has been in the news for the past month or so, thought it would be helpful to share some information.

### **Symptoms**

- About 1 in 5 people infected with Zika virus became ill
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other symptoms include muscle pain and headache. The incubation period (time from exposure to symptoms) is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.
- Zika virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.

### **Diagnosis**

- The symptoms of Zika are similar to those of dengue and chikungunya, diseases spread through the same mosquitoes that transmit Zika.

- See your healthcare provider if you develop the symptoms described above and have visited an area where Zika is found.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order specialized blood tests to look for Zika or other similar viruses like dengue or chikungunya.

### **Treatment**

- There is no vaccine to prevent or specific medicine to treat Zika infections.
- Treat the symptoms:
  1. Get plenty of rest.
  2. Drink fluids to prevent dehydration.
  3. Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
  4. Do not take aspirin and other non-steroidal anti-inflammatory drugs.
  5. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

*(Continued on page 4)*

(Continued from page 3)

- If you have Zika, prevent mosquito bites for the first week of your illness.
  1. During the first week of infection, Zika virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites.
  2. An infected mosquito can then spread the virus to other people.

### Simple Ways to Live a Healthy Lifestyle

You hear a lot about living a healthy lifestyle, enough that the phrase 'healthy lifestyle' may be one we'd like to permanently retire. The problem is, that phrase describes the life we need to live if we want to get our best bodies - One that looks good and feels good. So, what does it actually mean? Well, there are the obvious things that describe a healthy person: He or she doesn't smoke, is at a healthy weight, eats healthy foods and exercises on a regular basis.

It sounds so simple, it's funny just how hard it is to do all of those things in our current world.

The good news is, you don't have to change everything at the same time. In fact, the trick to healthy living is making small changes - Taking more steps each day, adding fruit to your cereal, having an extra glass of water or

saying no to that second helping of buttery mashed potatoes. So, what else can you be doing to live healthy? Your first order of business is to start exercising.

### Here's Why You Need Exercise

One of the biggest reasons we're have a weight problem these days is because we sit around too much.

We know we need to exercise, but we have so many excuses not to do it. We're too busy, don't know where to start, we're not motivated or we're afraid we'll injure ourselves or we're afraid that exercise has to be vigorous for what our bodies can handle. The truth is, everything counts and the more you move, the healthier you'll be.

It's great if you can spend time *exercising* - Meaning you're sweating, working in your target heart rate zone and/or doing something to strengthen your body.

But it doesn't always have to be that way. Moderate activities like chores, gardening and walking can make a difference. Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can to be healthy today.



## SPECIAL OFFERINGS ONE GREAT HOUR OF SHARING

*Serve one another with whatever gift each of you has received.* —1 Peter 4:10 Through your gifts to One Great Hour of Sharing, you can serve people in your community and around the world by alleviating hunger, rebuilding after crises or catastrophe, and working with communities to overcome oppression. A Few Examples of the Impact of Your Gifts 220,000 people received food, water, shelter, and medical care in the after-

math of the Nepal earthquakes. Presbyterian Disaster Assistance Over 308,000 people in over 30 countries now have increased food security and livelihoods through international development work. Presbyterian Hunger Program More than 10,000 children and their families in five bateyes in the Dominican Republic have access to clean water, helping to prevent water-related diseases.

We will be collecting the One Great Hour of Sharing Offering on Sunday, March 27.



First of all, the youth groups of Mendenhall would like to thank everyone for your support on Family Day. Through everyone's help cooking, baking, and donating to the silent auction, we're collecting funds for Triennium and our group activities.

Our March event will be held on the 13th starting at noon with lunch. The event will be hockey/sports themed. We'll frost cupcakes in school colors, then make school logo art, matted and ready for framing. The day will be topped off by a visit to

a huge private collection of UND mementos. We will wrap up around 3:00 p.m.

We had a group attend the Triennium Pre-Event Lock-in in Jamestown on Feb. 20-21. Youth leaders and students from the Presbytery met, did some planning, and socialized with others who plan to go to Purdue this summer.

We have a dynamic bunch of kids in this area, and they'll also be attending a Spring Retreat at Crystal Springs Camp, ND, in April 8-10th. This open to ALL YOUTH, grade 6 and older. According to previous attendees, it's an exciting experience...lets get a delegation from Mendenhall going! Youth from Chogoria, Kenya will be attending this.

## LITTLE LAMBS

Make these cute treats as a reminder that Jesus our Savior is also the Lamb of God.

**What you need:**

- Vanilla cupcakes
- Vanilla frosting
- Butter knife
- Mini marshmallows
- Jellybeans
- Red licorice

**What you do:**

1. Bake and frost the cupcakes.
2. Place marshmallows around the edge of each cupcake.
3. Cut green or blue jellybeans in half and place two on each cupcake as eyes. Cut pink jellybeans in half and place one below each pair of eyes as a nose.
4. Cut thin strips of licorice, and place one on each cupcake as a mouth.
5. Enjoy!

# PUZZLE

## Lamb of God

John the Baptist knew Jesus was the Messiah —   
 and offered a special greeting when he saw Jesus.

*Directions: Cut apart the squares and arrange them in a rectangle in numerical order, starting with #1 in the top left and going across to #7. Continue building four more rows of seven squares each, to reveal John 1:29, NIV.*

1	2	25	4	30	16
8	33	27	12	23	18
29	6	32	20	10	34
24	17	5	19	22	11
3	31	26	9	13	15
14	7	28	35	21	



- |                         |  |
|-------------------------|--|
| 14- George Hanson       |  |
| 15- Mel Clark           |  |
| 19- Dona Rae Rutherford |  |
| 19- Marilyn Ogden       |  |
| 20- Bev Bredemeier      |  |
| 22- Finn Barrett        |  |
| 25- Bonnie Vacura       |  |
| 26- Connie Love         |  |
| 27- Helen Nisbet        |  |
| 29- Eileen Vavrina      |  |
| 29- Ellen Vavrina       |  |
| 29- Mikayla Patterson   |  |
| 31- Ann Bowman          |  |
| 31- Dustin Casmey       |  |
| 1- Marie Barrett        |  |
| 3- David Gordon         |  |
| 3- Bryan Enright        |  |
| 3- Travis Enright       |  |
| 4- Chad Gardner         |  |
| 4- Tyler Hillestad      |  |
| 5- Gail Colwell         |  |
| 9- Sean Enright         |  |
| 11- Emma Gardner        |  |

**March Service Group**

LuElla & Duane Schauer  
Kathie Wirkus

Merle Ann Barr  
Nicole & Tyler Barrett  
Audrey Burfening  
Heidi Cash  
Julie & Mel Clark  
Robin & Wally Cash  
Kathy Cumming  
Ginny & Bob Eelkema  
Tammy & Steve Larson  
Terry & Corby Larson  
Eva & Roger Love  
Mavis Ness  
Paul Stadem

**Fellowship Schedule**

- |                 |                                   |
|-----------------|-----------------------------------|
| <b>March 6</b>  | Merle Ann Barr                    |
| <b>March 13</b> | <b>Volunteer Needed</b>           |
| <b>March 20</b> | <b>Volunteer Needed</b>           |
| <b>March 27</b> | <b>8:00 a.m. Easter Breakfast</b> |

**Worship Assistants**

**March 6**

Communion Leader	Hazel Merdink
Liturgist/Counter	Renae Hillestad
Usher	Volunteer Needed
Greeter	Duane & LuElla Schauer

**March 13**

Liturgist/Counter	Volunteer Needed
Usher	Volunteer Needed
Greeter	Julie & Mel Clark

**March 20**

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

**March 27 Easter**

Liturgist/Counter	Volunteer Needed
Usher	Volunteer Needed
Greeter	Kathy Cumming

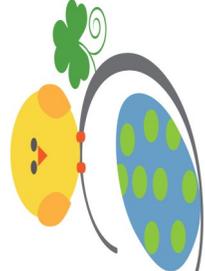
**Walking the faith**

As spring buds and temperatures rise, it's fun to get outside and walk. Walking is great for both body and mind. "To solve a problem, walk around," advised St. Jerome. Naturalist Henry David Thoreau agreed, saying, "The moment my legs begin to move, my thoughts begin to flow." Indeed, walking has been linked to improved creativity and reduced anxiety.

Some Bible versions translate Ephesians 5:8 "Live as children of light," while others use "walk": "You were once darkness, but now you are light in the Lord. Walk as children of light" (NKJV). What a great rendering! Living is something we often do passively and without much thought, while walking is an intentional, active pursuit; we must choose when, where and how we do it.

Now that we're children of light — newly alive springtime people, Easter people! — Jesus urges us to not just live the faith but to walk it. When our faith becomes active, new thoughts flow, anxiety decreases and we make strides in our relationship with Jesus.

—Heidi Mann



# March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9:30 Forks Co-op 6:00 Lenten Study 7:00 Choir Practice	3 7:00 PWCT	4	5
6 9:30 Sunday School 10:30 Fellowship 11:00 Worship/ Communion/Baptism <i>Barretts using kitchen and fellowship hall</i>	7 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts 5:15 Stewardship & Finance Mtg. 6:00 Committee Mtgs. 7:00 Session	8	9 9:30 Forks Co-op 6:00 Lenten Study 7:00 Choir Practice	10 7:00 Shawl Ministry	11	12
13 9:30 Sunday School 10:30 Fellowship 11:00 Worship 12:00 Youth Group 7:00 Town Hall Meeting	14 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	15	16 9:30 Forks Co-op 6:00 Lenten Study 7:00 Choir Practice	17	18	19
20 <b>Palm Sunday</b> 9:30 Sunday School 10:30 Fellowship 11:00 Worship/ Youth Singing/Noisy Offering	21 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	22	23 9:30 Forks Co-op 2:00 Circle 7:00 Choir Practice	24 <b>Maundy Thursday</b> 6:00 Choir Practice 6:30 Soup Supper 7:00 Worship	25	26
27 <b>Easter</b> 8:00 Easter Breakfast No Sunday School 10:00 Worship/ Communion	28 <b>Office Closed</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	29	30 9:30 Forks Co-op 7:00 Choir Practice	31		

Mendenhall Presbyterian Church  
528 10th St NW  
East Grand Forks, MN 56721

**Return Service Requested**



**Sunday, March 13**  
**Daylight Savings time begins**



**HOLY WEEK  
WORSHIP  
SCHEDULE**

**Palm Sunday, March 20**

- 9:30 a.m. Sunday School
- 10:30 a.m. Fellowship
- 11:00 a.m. Worship/kids singing/  
Noisy offering

**Maundy Thursday, 24**

- 6:00 p.m. Choir Practice
- 6:30 p.m. Soup Supper
- 7:00 p.m. Worship/Communion

**Easter Sunday, March 27**

- 8:00 a.m. Easter Breakfast  
No Sunday School
- 10:00 a.m. Worship/Communion/  
OGHS Offering



**Sunday, March 13, 2016**  
**7:00 p.m.**

The Pastor Nominating Committee has requested a Mendenhall Town Hall meeting to be held on Sunday, March 13th at 7:00 p.m. in the Fellowship Hall. The Pastor Nominating would like to seek input from the congregation in calling the next Pastor for Mendenhall. Questionnaires will be e-mailed, mailed and/or handed out.