



1402 East Avenue C, Bismarck, ND 58501

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After Hours Emergency Line: 701-595-0223

[www.faithbismarck.com](http://www.faithbismarck.com)

# News and Views

September 2021  
Volume 2021, Issue 9

## MISSION STATEMENT

*"We are building a welcoming, nurturing faith community that is guided by Jesus and shares the Gospel."*

## MENTAL HEALTH WORSHIP SERIES SCHEDULE

Wednesday, Sept. 15 & Sunday, Sept. 19 - Anxiety

Wednesday, Sept. 22 & Sunday, Sept. 26 - Suicide Prevention

Wednesday, Sept. 29 & Sunday, Oct. 3 - Body Image

Wednesday, Oct. 6 & Sunday, Oct. 10 - Depression

Wednesday, Oct. 13 & Sunday, Oct. 17 - Addiction

Guest preacher: Rev. Beth Watch  
Lord of Life Lutheran Church

## FAITH LUTHERAN CHURCH CLERGY

Pastor Derek Harkins  
*(Fridays off)*  
Pastor Sylvia Bull  
*(Fridays off)*

## WORSHIP SCHEDULE

SUNDAY: 8:30 & 11 AM

STARTING SEPTEMBER 12

WEDNESDAY 7:00 PM

Online and Indoor

## OFFICE HOURS

Monday - Thursday

8:00 AM - 5:00 PM

Friday: 8:00 AM - NOON

Pastoral Care  
Emergency Number  
701-595-0223

*Answering machine is available evenings and weekends when the office is not staffed. Office is generally open during the lunch hour.*

**WELCOME BACK TO  
CHURCH SCHOOL**

**REGISTER  
NOW**

Rally Day is  
September 8 and 12

## FLC Executive Team

Jennifer Prince, Chair  
Amy Groce, Vice-Chair  
Jim Sheldon, Vice-Chair  
Steve Sundvor, Secretary  
Matthew Nygard, Treasurer

## Pastoral Ministries

### Baptism

Taizlee Call

### Funerals

Mildred Schimmelpfenning  
Corinne Renner

*Star Word  
Reflection Question*

HOW MIGHT  
YOUR STAR WORD  
POINT TO GOD'S  
PRESENCE IN  
UNCERTAIN  
TIMES?

*The deadline to submit information to the News and Views newsletter is the 10<sup>th</sup> of each month prior to the next newsletter. The Church bulletin deadline each week is at noon on Tuesday for the coming Sunday bulletin. Articles, schedules, etc., can be sent by email to [donna.bisfaith@gmail.com](mailto:donna.bisfaith@gmail.com).*

*For additional information,  
call the church office at 701-223-2236.*

# **Pastor Derek's Parables**

*Grace and peace to you, sisters and brothers in Christ,*

It is hard to believe that September is already upon us. School has started.

Summer vacations are now a memory. The busyness and hubbub of life is ramping back up full-steam ahead.

Beginning in a few weeks you will have probably heard and will have information in this month's newsletter that we will be focusing on Mental Health Awareness. We are offering several ways in which we might bring awareness and learning around this much needed topic. Mental Health Awareness will be a focus in worship, we will be offering different trainings and learning times, and there will be opportunities to do activities as a community such a suicide prevention walk.

Mental Health Awareness was needed before 2020 and COVID-19 and it is even more important now in the wake of it and while we are still in its midst to give it the attention it deserves. Just as our physical wellbeing and spiritual wellbeing are important, our mental wellbeing is no different. And just as when our physical wellbeing is suffering it impacts our spiritual and mental wellbeing, when our mental wellbeing is suffering it impacts all areas of our life. We must care for our whole selves.

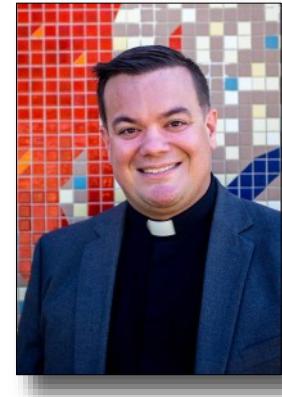
There has long been a stigma and shame surrounding mental illness of any kind. We want you to know that Faith Lutheran Church will be a safe place and that Pastor Sylvia and myself are here to listen and to support you in whatever ways we can. We pray that we as a community can work to shatter the stigma and shame surrounding mental illness and wrap one another in God's love.

I want to leave you with one of my favorite Psalms that I dwell in most especially when I am walking in the darkness of a valley in my own life. It helps me to keep my eyes lifted and brings me hope that even if I don't feel God close to me, God is still there.

In Christ,  
Pastor Derek

## **Psalm 121**

I lift up my eyes to the hills;  
From where is my help to come?  
My help comes from the Lord,  
the maker of heaven and earth,  
The LORD will not let your foot be moved  
Nor will the one who watches over you fall asleep.  
Behold, the keeper of Israel  
will neither slumber nor sleep;  
The LORD watches over you;  
The LORD is your shade at your right hand;  
The sun will not strike you by day,  
Nor the moon by night.  
The LORD will preserve you from all evil  
And will keep your life.  
The LORD will watch over your going out and your coming in,  
from this time forth forevermore.





## A Message from Bishop Craig

Brothers and sisters in Christ of the Western North Dakota Synod, grace, and peace to you from God our Father and our Lord and Savior Jesus, who is the Christ. Amen.

It seems like several lifetimes ago since we gathered together at the beginning of summer in Minot, North Dakota or online thru Zoom for this year's Synod Assembly. We gathered around this text from the Gospel of St. Matthew in the 22nd chapter where we hear, "When the Pharisees heard that Jesus had been silenced by the Sadducees, they gathered together and one of them, a lawyer, asked Jesus a question to test him. 'Teacher, which commandment in the law is the greatest?' He said to them, 'You shall love the Lord your God with all of your heart, with all of your soul and with all of your mind. This is the greatest and first commandment. The second is like it, you shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets." (Matthew 22:37-39)

In Minot, at the Synod Assembly, that text was the centering text for our time together as we conducted the business of our Synod, gathered together in Bible study, worship and prayer. Matthew's teaching to us and Jesus' words to us to, "love your neighbor as yourself" reflected across the entire scope of our time together.

My guess is that you've gathered in other ways over these summer months; family reunions, school reunions, class reunions, gathering together with friends in ways that you weren't able to do last summer because of the pandemic. Other ways that we've gathered with one another in the past have yet to return. We long for those things to return, to be like they used to be.

Several lay leaders in the church and a couple of our Rostered Ministers have recently said to me, "You know what, I'm tired of taking care of my neighbor; when is someone going to take care of me?" To which I've often responded, "Aren't you grateful that you have a neighbor who has paid attention and is taking care of you in and through this time?"

As we continue to travel through this time that is unlike any other in human history, some of us believe that coronavirus and the pandemic are already in the rear-view mirror. For others the pandemic is still very present and real.

May Jesus' teaching guide us as we enter into fall; as we come back together for events like Rally Sunday and God's Work Our Hands Sunday; as church school and confirmation ministries happen; as worship returns to some reflection of what is was before; and even in those times when nothing really returns to what it was before, continue to be kind to one another, to serve alongside one another, to take care of each other.

As fall programming begins and fall activities take place, know that you are held in prayer, that your synod staff is available to walk with you in whatever way we can be supportive and helpful, and that, together as church, as church made up of the Western North Dakota Synod, 160 or so congregations, part of this crazy little church called the Evangelical Lutheran Church in America, we do this together. We love the Lord our God with all of our heart, with all of our soul, with all of our mind and we love our neighbor as ourselves.

*God bless you and may God's grace and peace be with you always.*

# Missouri Slope North Campus Update

It is finally going to happen! The new building is scheduled to open in a few weeks. The plan is to move over 12-24 residents each week until all are moved, plus any new people who want to make Missouri Slope their new home! The Assisted Living tenants will remain in their building.

In order to get prepared and help with the move, each of the ELCA churches who are owners of Missouri Slope are asked to assist. There are four areas that need help. Training will be provided. Volunteers who work with residents will be required to be vaccinated and wear a mask.

**Grounds Crew:** help plant trees, plants, etc. in the various garden areas. Donations of plants and trees are welcome. People with green thumbs are crucial, to be helped by us who know which end of the shovel to put in the ground (training provided!) This work starts in September.

**Team Clean:** Clean and stock the rooms. This starts in September and will take several weeks as the floors are finished.

**Welcome Wagon:** Meet the new residents and families, provide tours, check in the first few days, serve as concierge. Accompany the residents on the bus to the new location, as many residents have no family to help them. This will start at the end of September go thru the end of the transfers.

**Team Cuisine:** on the day of moving, get orders from the residents, families, volunteers and deliver the food to them. This will start at the end of September and go thru the end of the transfers.

You can help as often as you want or just for a day. Please contact the Church office, 223-2236 to sign up. If you need more information, please call Diane at 222-0160.





## Abundant Life Includes Mental Health

Mental health concerns among God's people are real and complex, and have always been so throughout history. The church has struggled to address these concerns, often contributing to stigma around mental illness rather than contributing to healing and hope. In North Dakota, our communities across the state already struggle with inadequate access to mental health services; years of drought, coupled with a worldwide pandemic, have only made things worse. In our community of faith, many of us, our families, and our friends are struggling with mental health concerns, whether depression, anxiety, body image issues and disordered eating, addiction, bipolar or schizophrenia, or thoughts of suicide.

As Christians, we believe that God desires abundant life for all people. As a church, we believe that God is calling us to help one another, especially the most vulnerable, in times of need and to seek the welfare of our community.

And so, in the church we need to be able to talk about mental health openly, to pray for and listen to one another, and to accompany one another on the journey toward wellness.

This fall, we invite you to join us as we grow and learn together about mental health in worship and through several special events and education opportunities (see schedule below). The themes and topics we will cover are difficult, because they reflect some of the most difficult experiences of being human. Many of us have painful experiences of mental illness ourselves or from those we love. As we embark on this journey together, we ask you to come with openness and curiosity. We also ask you to tend to your own well-being in the midst of this. Please reach out to us if you are struggling. Tend to one another. If you see someone else struggling, check in with them.

Together, we can work to end the stigma of mental illness in our congregation and community. Together, we can share the message of God's love and hope with those who are hurting. Join us!

### **Mental Health Worship Series Schedule**

Wednesday, Sept. 15 and Sunday, Sept. 19  
Anxiety

Wednesday, Sept. 22 and Sunday, Sep. 26  
Suicide Prevention

Wednesday, Sept. 29 and Sunday, Oct. 3  
Body Image

Wednesday, Oct. 6 and Sunday, Oct. 10  
Depression

Wednesday, Oct. 13 and Sunday, Oct. 17  
Addiction

*Guest preacher: Rev. Beth Watch  
Lord of Life Lutheran Church*

### **SPECIAL EVENTS**

#### **Out of the Darkness Suicide Prevention Walk**

Date: Sunday, September 26th

Registration: 12pm

Walk: 2pm - 6pm

Join our Faith Lutheran Church team to walk with us (talk to Pastor Sylvia or Pastor Derek), or support suicide prevention in our community by donating to our team. You can donate by visiting [supporting.afsp.org](http://supporting.afsp.org) and typing in "Faith Lutheran Church" in the fundraiser search box in the upper right hand corner. Or, you can send a donation to Faith Lutheran with "Suicide Prevention" in the memo line.

#### **World Mental Health Day**

Sunday, October 10

Join us for worship this day as we honor World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. Consider today how you can support mental health in our congregation and community.

### **LivingWorks safeTALK Suicide Prevention Training**

Date: Saturday, November 20th

Time: 8am to 1pm

This training provides in-depth skills to recognize signs of suicide, engage someone, and ensure a connection to safety. The in-person format includes powerful audiovisuals and live practice. This training will also talk about responding to suicide within the Christian faith community. If you are interested in signing up for this training, please talk to Pastor Derek or Pastor Sylvia.

### **Mental Health First Aid Training**

Date: TBD

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. You'll learn risk factors and warning signs of mental health problems, information on a variety of mental health concerns, a 5-step action plan to help someone developing a mental health problem or crisis, and where to turn for help. For more information or to sign up for this training, please talk to Pastor Derek or Pastor Sylvia.

### **Additional Resources**

#### **Mental Health Hotlines**

Call the National Alliance on Mental Illness Helpline at **1-800-950-6264** or visit their website [www.nami.org](http://www.nami.org) for resources.

Visit <https://www.samhsa.gov/find-help/nationalhelpline> for substance abuse and mental health resources, or call **1-800-662-HELP**.

Call the National Suicide Prevention Lifeline at **1-800-273-8255** or visit their website at <https://suicidepreventionlifeline.org>. In North Dakota, simply dial 211 to be connected to 24/7 help right here in North Dakota.

# GIVING

## FINANCIAL UPDATE

### **General Fund Revenues**

July, \$37,709;  
to date + \$369,003 +  
\$70,600 PPP Loan Forgiveness

### **General Fund Expenditures**

July, \$42,975; to date \$328,861

## CHURCH MEMORIALS

### **For Endowment Fund, in memory of:**

Eunice Grenz  
Paul Germolus

### **For General Fund, in memory of:**

Pastor Marv Mutzenberger

*Details can be found in the Memorial book in the Gathering Place.*



*Kenny Opsal, Director of Education & Youth*

Church School will begin with **Rally Day** on **September 8th & 12th**. We are going to try to go to normal classrooms this year. However, with the Delta Variant increasing numbers this may add some wrinkles to our church school program. The numbers we have to watch are the total active cases in Burleigh/Morton counties, and the CDC positivity rate. These two factors will determine if regular church school will continue and if masks will be required. If the total active cases go above 500 we will not have regular church school-it will be online only. These numbers are monitored weekly.

There is a shortage of church school teachers this year as we have not had time to prepare youth due to covid over the last year and a half.

**Confirmation Opening will be Wednesday, September 8th from 6:00 PM to 7:00 PM.**  
If your youth is in **7th through 9th grade** we need you to be at this meeting to discuss how the confirmation program will work this year.

This year's church school theme is "TEACH US TO PRAY." The goal is by the end of the school year we will feel more confident in our praying.



If you have any questions please contact me at the church office: 701.223.2236 or email: kenny.bisfaith@midconetwork.com.



## Abundant Life Includes Mental Health

### Addition Recovery Resources

Visit <https://aanorthdakota.org/meetings> for Alcoholics Anonymous meetings in our area. An AA group meets here at Faith Lutheran on Monday nights at 7pm.

Visit <https://www.narcotics.com/na-meetings/north-dakota/bismarck-north-dakota/> for a list of Narcotics Anonymous meetings in our area. An NA group meets here at Faith Lutheran on Friday nights at 8pm.

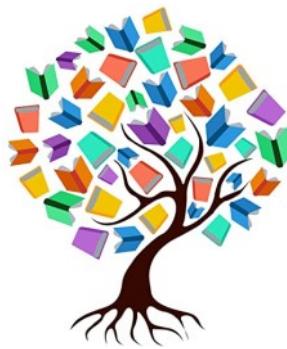
Visit <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/> to find an Al-Anon or Alateen meeting for family and friends who are affected by someone else's drinking.

Visit <https://www.samhsa.gov/find-help/nationalhelpline> for substance abuse and mental health resources, or call **1-800-662-HELP**.

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Please join us **September 12 @ 6:00 PM** for movie night in the parking lot!!!! We will be watching **Jurassic Park**. Snacks and refreshments will be provided! *Please sign up by calling the church and/or on Facebook event listing.*



### Library Link by LeAnn Severson

Between 1854 and 1929, so-called orphan trains ran regularly from East Coast cities to the farmlands of the Midwest carrying thousands of abandoned children. Some of the children were lucky to be adopted by loving families but many faced a childhood and adolescence of hard labor and servitude.

This often forgotten chapter in American history inspired Christina Baker Kline to write ORPHAN TRAIN. In this book, Kline uses her historical research to create a fictional story about the relationship between a 91 year-old woman and a troubled teenage girl whose life journeys hold many similarities.

This book is certainly worth reading and can be found in our church library.



**Make sure to mark your calendars.**  
Pie & Coffee Day scheduled for October 23. The Women of Faith hope to host this fun day of pies & coffee, crafts, bake sale and white elephant items. More details to follow.

# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>1</u> 10:00 Bible Study -In person/Zoom 7:00 Worship	<u>2</u> 9:00 Esther Circle ER 9:00 Men of Faith GP 1:30 Mary Martha Circle ER 6:00 Elementary Committee 7:15 Ruth Circle	<u>3</u> 8:00 NA	<u>4</u>
<u>5</u> 9:30 Worship	<u>6</u> Office closed for Labor Day 7:00 AA	<u>7</u> 9:00 Quilting 1:00 Crafts	<u>8</u> RALLY DAY/Teacher Installation 10:00 Bible Study -In person/Zoom 6:00 Church School 6:00 Confirmation Opening 7:00 Worship	<u>9</u>	<u>10</u> Newsletter deadline 8:00 NA	<u>11</u> 11:30 Serving the Banquet
<u>12</u> RALLY DAY/Teacher In- stallation 8:30 Worship 9:45 Church School 11:00 Worship	<u>13</u> 9:00 Quilting 7:00 AA	<u>14</u> 9:00 Quilting 1:00 Crafts	<u>15</u> 10:00 Bible Study -In person/Zoom 4:30 8th & 9th Gr confirmation 6:00 Church School 7:00 Worship 8:00 High School Youth Group	<u>16</u>	<u>17</u> 8:00 NA	<u>18</u> East Missouri Fall Cluster Meeting
<u>19</u> 8:30 Worship 9:45 3rd Grade P/S 9:45 4th Grade Acolyte Training 11:00 Worship	<u>20</u> 9:00 Quilting 7:00 AA	<u>21</u> Camp of the Cross Retreat 9:00 Quilting 1:00 Crafts	<u>22</u> Giving of Bibles 10:00 Bible Study -In person/Zoom 6:00 Church School 6:00 3rd Grade P/S 6:00 4th Grade Acolyte Training 7:00 Worship	<u>23</u>	<u>24</u> 8:00 NA	<u>25</u> 9:30 Altar Guild
<u>26</u> Giving of Bibles 8:30 Worship 9:45 3rd Grade P/S 11:00 Worship 2:00 Out of Darkness Suicide Prevention	<u>27</u> 9:00 Quilting 7:00 AA	<u>28</u> 9:00 Quilting 1:00 Crafts 5:00 HR Comm 6:00 Compass Group 7:00 Executive Comm	<u>29</u> 10:00 Bible Study -In person/Zoom 6:00 Church School 6:00 3rd Grade P/S 7:00 Worship	<u>30</u>		



Faith Lutheran Church  
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Bismarck, ND 58501-4398  
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CHANGE SERVICE REQUESTED  
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## September News and Views

"Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains."

James 5:7

