



United Lutheran Church
of Proctor
Thoughts from Pastor Liz



Blessings to you from our creator God!

I ordered my first plants for spring planting today. Not that it's been the worst winter, but there is something powerful about the hope a seed catalog brings in the depth of winter. It won't be long until green returns, buds form, birds sing, and new life is all around us.

Easter coincides with this season, aligning our sacred story of Jesus' death and resurrection with the rebirth of the landscape. Every year, the spring blooms help us remember Jesus, about whom the angels at the tomb spoke: "why do you look for the living among the dead? He is not here, but has risen" (Luke 24:5). Jesus rose from the dead as a promise of what he will do for us. Even though we die, God will raise us to new life in Jesus.

I buy seeds and plants in the middle of the winter trusting in the warmth of summer. Nothing outside my window promises anything other than ice and snow. But I have within my heart the knowledge that it will not last, and the growing season will come.

We're invited to live every day like that: trusting that new life and healing will come, even if nothing around us gives any evidence towards that future. When the news brings us the heart-wrenching stories of war, the screams of people experiencing violence abroad and in our own country, when we are confronted with the horrible happenstances of life, sudden tragedies and broken dreams, it can be really hard to trust in anything better.

Jesus promises a better future. In this season, we remember that Jesus came to be among us, fully experiencing the worst of human experience. Because of Jesus' incarnation, ministry to the outcast, suffering, and death, we can trust that God is with us and with all who suffer. We will also celebrate the surprising joy of Easter morning. Because of Jesus' resurrection, we know the impossible can happen: peace will triumph over violence, healing and reconciliation will restore all, and life will prove stronger than death.

Hold tight to your seed catalog- your Bible, your participation in worship, your faith community- and may all this remind you that we have reason to hope, even when winter seems it will never end. Trust in Jesus, and plant the seeds of healing, peace, and new life that God will nourish into fullness.

God is with you!
-Pastor Liz

Pastor Liz drop in hours:

Thursday 9-11am

Appointments are always welcome!

You can reach her via Email:

pastorliz@proctorlutheran.org

or on her cell (Sun-Thurs 9-5 or

leave a voicemail or text anytime in an

emergency : 218-461-0933

Secretarial office hours are currently
suspended.

Please contact Pastor Liz with any needs.

ULCP Office 218-624-4255



Worship 9:00 am Sunday Mornings

Sunday School March 3rd & 17th at 10 am

Adult Study: Living Faith March 7th & 21st 1:00 pm at United

Church Council March 10th at 7:30

Confirmation Sunday March 3rd at 12:30pm / March 24th 1pm

Quilting meets Thursdays at 10am

Palm Sunday Potluck Brunch March 24th after church

Easter Sunday Worship March 31st 9am United / 11am OSLC

Reminder : Please sign up for Coffee & Treats following church
on Sundays.

March Birthdays

3 Dennis Palm
5 Robert Schwarz
6 Marty Jonland
12 Susie Johnson
13 Gerald Grote
16 Sheryl Romano
21 Wayne Fechner / Marsha Sather
22 Terri Malec
23 Sue Schwarz
26 Bonnie Timm



In Our Prayers

Ashley Carlson
Andy Anderson
Kathy Jazdzewski
Military serving our country



We keep all our friends at United &
all in need in prayer. This prayer list
includes those with emergent needs.

Call or email Paster Liz with any
prayer requests.

Unless requested to Pr. Liz with an
update, names will be removed from
this immediate need list after 2 months



Christ in our Home Daily Devotional
Pick up the latest copy at church.

Join for a simple supper and worship on Wednesdays during Lent:

Feb 21, March 6, March 20: Our Savior's (4831 Grand Ave, Duluth)

Feb 28, March 13: United (701 3rd Ave, Proctor)

Maundy Thursday March 28, 7pm at United

Good Friday March 29, 6pm at Elim Lutheran (6101 Cody, St Duluth)

Easter Sunday March 31, 9am United; 11am Our Savior's

Check out the devotional path and artwork around church for our Lent series!



Wandering Heart: Figuring Out Faith with Peter- Women's Retreat at Camp Vermilion

2555 Vermilion Camp Rd, Cook, MN

Facilitated by Pastor Liz Davis

March 15-16, Friday 2:30pm- Saturday 4pm *Optional additional overnight Saturday & Sunday*

Gather in God's Great Northwoods for a renewing retreat focused on our Lenten theme "Wandering Heart" from Sanctified Art. Participate according to your needs, with options including hiking, group games, crafts, journaling, study sessions, prayer stations, worship, personal time, and potentially other weather/facility-dependent options including sauna.

Lodging will be in shared rooms, lower bunks. \$119/person includes lodging, retreat materials, Friday supper, Saturday breakfast and lunch, with discounts available for those unable to be present for all meals. Due to costs incurred before the retreat, payment is due in full with no refunds after March 5. Open to all women; invite your friends! We have special funding for any teens who might want to accompany a family member. Register online at <https://forms.gle/4QFpxgrJM9aQxy4j8> or on paper with the forms at church. Space is limited. Write checks to Our Savior's Lutheran Church memo: women's retreat. 4831 Grand Ave, Duluth MN 55807. Alternatively, drop checks in the mail slot at Our Savior's in the door closest to Grand Ave off the parking lot at Our Savior's, or in Pastor Liz's mailbox at United.

Hunger Facts MINNESOTA

Nationwide, 21.4% of households reported some level of food insecurity in 2022, up 6% from 2021.¹

9.3% of Minnesotans had incomes below the poverty line (\$27,479 for a family of four) in 2021, up from 9% in 2019.² This included 10.4% of Minnesota's children.³

A record-breaking 5.5 million visits were made to food shelves during 2022 in Minnesota, up nearly 50% from 3.7 million visits in 2021.⁴ 47% of food shelf visitors in 2022 were seeking food assistance for the first time.⁵

Minnesota ranks 39th in the nation in SNAP access and 90% of SNAP recipients still experience food insecurity.⁶

Minnesota's charitable food system (food shelves and food banks, meal programs, etc.) continues to run at capacity. This has been exacerbated by rising inflation and the end of various financial and food supports established during the height of the COVID-19 pandemic. Moving into 2023, it will be critical to focus on creating a just and equitable food system that is able to meet the growing number of Minnesotans in need.

Food security is "access by all people at all times to enough food for an active, healthy life."⁷

Food insecurity means access to adequate food is inconsistent and limited by a lack of money and other resources throughout the year. Food insecure households report their diets to be of reduced quality, variety, or desirability and/or experience disrupted eating patterns and reduced food intake.⁸

Equitable access to food means all individuals have "a voice in and access to a nourishing food system," regardless of race, socioeconomic class, location, gender, and other social identities.⁹

Food justice is the concept that communities have the right to grow, sell, and eat healthy, affordable, culturally appropriate food whose production supports the well-being of the land, workers, and animals." Food justice is based on the idea that "access to nourishing food is a basic human right."¹⁰

¹ <https://www.nwif.org/en/library/research/2022/09/food-insecurity-trended-upward-in-midst-of-high-inflation-and-fewer-supports.html>

² <https://www.americanprogress.org/data-view/poverty-data/poverty-data-map-tool/>

³ <https://talkpoverty.org/state-year-report/minnesota-2020-report/>

⁴ <https://www.startribune.com/minnesota-food-shelf-visits-slightly-under-record-high-in-2020-but-edging-up-again/600118145/>

⁵ <https://www.2harvest.org/end-hunger-together/hunger-facts#:~:text=1%20IN%2012%20NEIGHBORS.That's%20483%2C000%20people.>

⁶ <https://www.hungersolutions.org/2021/07/21/closing-the-snap-gap-in-minnesota/>

⁷ US Department of Agriculture, Economic Research Service

⁸ US Department of Agriculture, Economic Research Service

⁹ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>

¹⁰ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>



2024 Minnesota March Food Campaign

It is that time of year again when our community takes part in the Minnesota March Food Campaign to benefit our local Proctor Food Shelf. This endeavor helps to keep the shelves stocked with food available to those experiencing circumstances that make it difficult to feed a family. In 2023 the Proctor Food Shelf provided 66,913 pounds of food to 1,054 families in need. These families may have inadequate wages, disabilities or minimal fixed incomes.

The Proctor Food Shelf is staffed by all volunteers. The food shelf is open every Wednesday from 10:00 am to 1:00 pm. A very faithful group worked 2,120 hours in 2023. These volunteers come mostly from four area churches plus other community members. United Lutheran Church of Proctor works twice a month. St. Rose Catholic Church and Forbes United Methodist Church each work once a month. Because the staff is all volunteer, all donations go towards helping those with food insecurity.

The food shelf is very grateful to the City of Proctor for providing the space in PACC to house us.

The campaign begins March 1st. Donations will be accepted through April 7th. The Proctor Food Shelf will also receive funding from the state campaign sponsors according to how many pounds of food and how many dollars are collected during this time.

You may donate food or money through your local church any Sunday service during these dates. You may also bring nonperishable food or monetary donations to the food shelf any Wednesday throughout the campaign or mail checks written to Proctor Food Shelf at 100 Pionk Drive, Proctor, MN 55810.

If you donate through your church, you will help your congregation win the "Campbell's Soup Can Trophy". Currently Forbes United Methodist is holding the trophy. Last year they donated \$2,238 and 168 pounds of food.

Church Cleaning

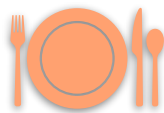
As most of you know, in 2023 United Lutheran Church changed our church cleaning to a volunteer program. The church is asking people to sign up to clean for a month and be paid or given credit for \$100. It's a big job, but many people have stepped up and volunteered their services. There is a list of items that should be done weekly in a mailbox labeled "Church Cleaning" by the office. Remember not all jobs listed need to be done weekly, some do, but all need to be checked weekly to see if they need attention. The cleaner/cleaners can be paid \$100 for the month or donate that amount back to the church. Our volunteers are wonderful and our church has been kept nice and clean. The Council wants to thank everyone who has participated, we realize it is a BIG job. In fact, it is such a big job, feel free to find a friend/friends and split a month. We have a sign-up sheet for 2024 on the table in the narthex and thanks again for a job well done and for helping us save money at the same time. Talk to anyone on the Council if you have any questions.



January Warm Clothing Drive Results



Thank you to all of you who donated to our month long warm clothing drive. We collected 6 jackets, 19 pairs of gloves/mittens, 4 scarves, 6 blankets, 11 pairs of socks, 24 hats, 8 warm shirts and 2 pairs of boots. All donations have been delivered to Harbor Rescue Mission. Veronica, mission director, is very grateful for the support the mission gets from United Lutheran Church.



Palm Sunday Potluck

March 24th



Please join us for a Potluck on Palm Sunday after Church. A sign up sheet will be at church.

Treasurer’s Report Narrative for 1/31/2024

Receipts for January were \$6,588 for the General Fund and \$0 for Special Funds.

Expenses paid in January were \$7,325 for the General Fund and \$736 for Special Funds, \$13.71 from Christmas Luncheon SF for Gifts for the 2024 Luncheon, \$100 to VLM from Irving Youth Fund, and \$622 to ELCA World Hunger from Good Gifts collections in December.

That puts us under YTD budget for revenues by \$1,645 and under YTD budget for expenses by \$908, for a net loss of \$737.

The balance in special funds is \$36,768 and \$195,277 in our CD at Everbank (fka TIAA).

The one area already over budget for the year is Fellowship due to Pizza expenses for the Annual Meeting and some supplies that were purchased with our Debit Card Account from Amazon. All of the total \$204.94 was reimbursed by donations from the congregants at the Annual Meeting and from the Coffee Fund for the items purchased.

Audrey L. Berglund

General Fund	Jan 2024 Budget	Jan 2024 Actual	YTD 2024 Budget	YTD 2024 Actual
Income	\$8,233	\$6,588	\$8,233	\$6,588
Expenses	\$8,233	\$7,325	\$8,233	\$7,325
Net Income (Loss)		(\$737)		(\$737)

Note from the editor: Please send all submissions to Marty, no later than the 20th of the month martjj@aol.com or Cell 218-213-1060

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
					1	2 Scouts Pinewood Derby 9-4pm
3 9am Worship 10am Sunday 12:30 Confirmation	4 5:45 Cub Scouts 7pm Boy Scouts	5 5:30 Girl Scouts 7pm Proctor AA	6 6:15 Soup Supper 7pm Worship OSLC	7 9-11am Pastor's Drop in Hours 10am Quilting 1pm Bible Study	8	9
10 7:30am Council 9am Worship	11 5:45 Cub Scouts 7pm Boy Scouts	12 5:30 Girl Scouts 7pm Proctor AA	13 6:15 Soup Supper 7pm Worship United	14 9-11am Pastor's Drop in Hours 10am Quilting	15	16
17 9am Worship 10am Sunday	18 5:45 Cub Scouts 7pm Boy Scouts	19 5:30 Girl Scouts 7pm Proctor AA	20 6:15 Soup Supper 7pm Worship OSLC	21 9-11am Pastor's Drop in Hours 10am Quilting 1pm Bible Study	22	23
24 9am Worship 10am Potluck Brunch 1pm Confirmation	25 5:45 Cub Scouts 7pm Boy Scouts	26 5:30 Girl Scouts 7pm Proctor AA	27	28 9-11am Pastor's Drop in Hours 10am Quilting 7pm Maundy Thurs United	29 Good Friday Worship 6pm Elim Lutheran	30
31 Easter Sunday 9am Worship United 11 am OSLC						

WE WELCOME EVERYONE!
United Lutheran Church of Proctor
701 Third Avenue
Proctor, MN 55810

Northeastern Minnesota Synod
Evangelical Lutheran Church in America
God's Work: Our Hands.

Welcome to United Lutheran

Sunday worship 9:00 am

Serving our community and the world
as we connect with one another and God.

COVID SAFETY:

Masks will be optional in all church spaces.

If you feel sick, Please Stay Home
or wear a mask.

Within this newsletter are various events hosted
by United during the month. You are invited to
all. We look forward to seeing you.

United Lutheran Church of Proctor

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Find us on Facebook:

[Facebook.com/proctorlutheran](https://www.facebook.com/proctorlutheran)
