

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 of Proctor

Sunday worship 9:00 am

Serving our community

and the world

as we connect with

one another and God.

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)

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 9am Worship 10am Sunday School	3	4 7pm Proctor AA	5 7-8am Drive up Prayer & Ashes at OSEL 4:30pm Confirmation & 6 pm Ash Worship at United	6 9am Pastor Drop In Hours 1pm Bible Study	7	8
9 9am Worship 1pm Council Retreat	10	11 7pm Proctor AA	12 4:30pm Confirmation, 5:15pm Soup Supper & 6 pm Lenten Worship at OSEL	13 9am Pastor Drop In Hours	14	15
16 9am Worship 10am Sunday School 12:10pm Generous Together at OSEL	17	18 7pm Proctor AA	19 4:30pm Confirmation, 5:15pm Soup Supper & 6 pm Lenten Worship at United	20 9am Pastor Drop In Hours 1pm Bible Study	21	22
23 9am Worship	24	25 7pm Proctor AA	26 5:15 Soup Supper & 6 pm Lenten Worship at OSEL	27 9am Pastor Drop In Hours	28	29
30 9am Worship	31 6pm Walkin TacOs with Bishop Amy at OSEL					



United Lutheran Church of Proctor
Thoughts from Pastor Liz

Grace and peace to you, siblings in Christ.

March begins the season of Lent, when we journey with Jesus towards the cross. This is traditionally a time of preparing for baptism. Folks curious about Christianity would engage in dedicated learning and spiritual formation to see if they wanted to commit to the Christian way of life.

You may be familiar with traditions of giving up something for Lent, in honor of Jesus' sacrifice for us. If you wish to engage in this practice, I invite you to use it in a way that helps you remember Jesus' love for you and for the whole world. Perhaps giving up chocolate helps you remember to rely on Jesus for the energy you need or the joy you seek, and also keeps you mindful of those who go without basic necessities, much less luxuries. You could donate the money you typically spend on treats to help those in need.

Giving up something is not the only way to engage this season. Consider your life. What has helped you feel closest to God in the past? Is there something you used to do but haven't recently? Maybe a dedicated time of prayer? Journaling? Meeting with a friend, coach, or director to talk about your spiritual journey? Are there ways you want to feel more connected to God? Feel free to reach out for a conversation about how you might best engage a new spiritual practice during this season. Lent is a perfect amount of time to commit to a new habit, and you may find that it is the perfect amount of time to get a new habit to stick!

We move through this season reading of Jesus' ministry, and then we enter Holy Week to ponder Jesus' sacrifice out of love for us. While we might hope to grow spiritually in this season, it's really about what Jesus has already done for us. Jesus has come all the way to us, meeting us where we are, declaring his unwavering love for us, no matter what. Jesus is the one who sacrifices to free us from the pull of violence and death. Jesus is the one who goes ahead of us into the scary places so that when we find ourselves there, we are not alone.

This season leads us to Easter. Jesus is raised from the dead, showing us that death does not have the power to separate us from God's love- absolutely nothing does! God's love gives us life, today and always, no matter what. Find renewal in that promise.

God is with you!
-Pastor Liz

Pastor Liz's Drop In Hours

Pastor Liz has drop in office hours on Thursdays 9-11am and others by appointment. To ensure a meeting, please email her at pastorliz@proctorlutheran.org or leave a voicemail at 218-461-0933.



Sunday Morning Worship 9:00 am
Sunday School 1st & 3rd Sunday 10:00 am

In Our Prayers



Mary Schwarz
Sabrina, Kathy Benson's niece
Bob Saarela
Wendell & family, Mary, friends of Pr. Liz

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

Visitation List:

Would you like to receive regular visits in your home or care center? Or do you know someone else who might? Email or call Pastor Liz to be included on the list.



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

Note from the editor:

Please send all submissions to Marty,
No later than the 20th of the month.
martij36@gmail.com

Ash Wednesday: March 5

7-8am Prayer & Ashes on the Go at Our Savior's Parking Lot
Drive in or walk up for a brief prayer with the imposition of ashes

6pm Traditional Ash Wednesday Worship at United

Lent Wednesday Soup Supper at 5:15pm &

Simple Worship at 6pm

March 12 at Our Savior's

March 19 at United

March 26 at Our Savior's

April 2 at United

April 9 at Our Savior's

Holy Week

April 13 Palm Sunday: 9am at United, 11am at Our Savior's

April 17 Maundy Thursday: 6pm at United

April 18 Good Friday: at Elim

April 20 Easter Sunday: 9am at United, 11am at Our Savior's

Confirmation Class: Confirmation will be 4:30 at United March 5 & 19, and at 4:30 at Our Savior's on March 12. No class March 26.

Revelation Study: 1pm Thursdays March 6 & 20

Quilting: Thursdays 10am

2025 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 2024 the Proctor Food Shelf provided 77,793 pounds of food to 1,187 families in need. These families may have inadequate wages, job loss, 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 2,089 hours in 2024. 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 6th. 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 St. Rose Catholic Church is holding the trophy. Last year they donated \$3,944.99 and 376 pounds of food. The total raised was \$13,332.86 and 2,542 pounds of food. 133 more families accessed our food shelf in 2024 than in 2023, and our numbers keep growing. We are hoping to grow our donations as well.

Generous Together Event for ALL!

March 16, 12:10pm at Our Savior's

Join in as we engage in conversation and activities to help us grow in generosity. Our churches will be working together in this project and learning. We will meet in the lower level of Our Savior's. The fall sessions will be at United. If you'd like lunch, this month there is a baked potato bar fundraiser for the bell choir at Our Savior's. Purchase a meal for \$10, or contact Pr. Liz if this is a hardship for a lunch ticket.

Thank You:

Kalie Sletten and Lisa Larson for being our Sunday School leaders

Reg Southerton, Steve, Jonland, Mark Linne' and Brad Johnson for keeping our entryways and sidewalks shoveled.

Chris Pasek for the awesome job putting together our Annual Report.

Brad Johnson for trouble-shooting and fixing the heater in the office.

Claudia Gannucci, Carolyn Johnson, and Lisa Olson for their faithful work doing the deposits and recording receipts for the Financial Secretary side of our financial reporting.

Chris and Greg Pasek and Peggy Jugasek for church cleaning in January, including a thorough cleaning of the loft area and the Cry Room.

Thank you to all of you who donated to our month long warm clothing drive. We collected 5 jackets, 8 pairs of gloves/mittens, 3 scarves, 8 blankets, 42 pairs of socks, 28 hats, 4 warm shirts, 2 pair of pants, 20 handwarmers and 1 pair 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.

Stepping On Up: Safe Bay

This is an overnight summer option for those sleeping in their cars, often families. Would you be willing to volunteer?

Volunteer training at Vineyard:
Monday, April 7th 5:30-8:30 PM,
dinner provided. Saturday, April 12th
@ 10-1 food provided.

Lent Series: *The Hardest Part: Hurt We Carry; Hope We Find* by Kate Bowler

Life is this strange, tender mix, isn't it?

Joy and sorrow. Love and loss. Big wins and even bigger failures. We cling tightly to the beautiful moments, but then the phone rings, a diagnosis drops, or some creeping ache reminds us that everything—everything—is so much more fragile than we'd like to admit. Life can be too much.

And Lent is the season where we sit in that heaviness. For 40 days, we stop pretending things will suddenly get better and face the truth: life is fragile, and so are we.

Lent begins with Ash Wednesday, when we hear the words no one really wants to say out loud: you are dust, and to dust you shall return. It's not exactly the kind of thing you'd embroider on a pillow, but it's a truth we need. Lent invites us to stop pretending we can hold it all together and instead sit with the weight of what we carry—the grief, the regrets, the messes we can't untangle, no matter how much we try.

Here's the hardest part: to be human is to carry the weight of our own mortality. We love the joy and triumph of Easter morning, but first, we have to sit with Good Friday, when God is on the losing team. Jesus, who we look to for hope and healing, suffers and dies. His pain is real, just like ours. We can't rush past it. We can't skip to the good part, because it's through the deepest hurt that we begin to understand what it means to be fully human, fully broken.

Find Lent devotionals from Kate Bowler at church or online here:
katebowler.com/the-hardest-part-individual-download



March 31: Walkin' TacOs with NEMN Synod Bishop Amy Odgren & Staff at Our Savior's

Learn about the ministry in which we share as the NEMN Synod.

Join Bishop Amy Odgren and Synod Staff from the Northeastern Minnesota Synod - for conversation, fellowship, and walkin' tacos! Synod Staff will share updates about the new Emmaus Fund endowment, upcoming Synod Assembly, and other ministries. You are welcome to attend at any of the below dates or locations, whatever works best for location and schedule. We will gather from 6:00-7:30pm at each location. This event is free! Let the Synod Staff serve you! Visit nemnsynod.org for more information.

March 9:1-3:30pm Council Retreat

Homeless Day on the Hill:

Opportunity for faith community involvement at homeless day on the hill.

Chum is sending a bus down to the capital on 3/12/2025 pickup at 6 am, depart St Paul at 2:30 after a rally and meetings with Duluth area representatives. League of women voters is joining this year. Bus leaves from Coppertop. Important to have a showing this year with shortage of federal funding.

To register for the bus: tfaforms.com/5164424

To learn more and to register to drive yourself see the link at chumduluth.org

United Lutheran Church of Proctor
Northeastern Minnesota Synod – ELCA
Congregation Council Meeting Minutes Sunday, January
12, 2025

Present: Pr. Liz Davis, Janis Anderson, Dan Saarela, Gordy Westendorf, Audrey Berglund, Dennis Palm, Marcy Kimball

Absent: Lisa Larson, Deb Vanneste, Gwen Nelson, Mark Linne

Came to Order: 12:05pm

Devotions

Approval of Minutes: M. Janis, S. Gordy – Approved.

Treasurer's Report/Finance Committee

- Net income in December was \$3,414. YTD net loss is \$3,828 which is less than what Audrey thought it would be. Audrey thinks the 2025 budget is doable.
- Cost of Christ in our Home – It used to be about \$80 for our order, but it has gone up to \$101. Audrey is wondering if we should reduce the amount we order. Pr. Liz asked if we could combine our order with Our Savior's to see if that would reduce our cost. Audrey will check with Our Savior's.
- Tammy's pay for November and December – Audrey reported that we did not pay Tammy the extra 7.65% to help her pay her taxes in the months of November and December per her request. Tammy left a signed note in the church office asking that we do not pay her the extra 7.65%.
- Pizza for Annual Meeting? – Audrey ordered 12 large pizzas and 2 small gluten free pizzas for the last Annual Meeting. We had a lot of pizza left over, so Audrey asked if we should reduce the number of pizzas we order this year. The Council agreed to order 10 large pizzas and 1 small gluten free pizza.
- Donation to 2025 PHS Chem Free Grad Party – Audrey asked the Council to approve a \$50.00 donation to the PHS Chem Free Grad Party for this year. M. Janis, S. Dennis – Approved.
- Audrey asked if we had a copy of the church cleaning sign-up sheet. Pr. Liz will print a new church cleaning sign-up sheet.
- Audrey was excited that we received a \$5,000 check from Irving this past week. Irving has approved this money to be put towards the General Fund.

Approval of Treasurers Report: M. Janis, S. Dennis – Approved.

Pastor's Report

- Finished Advent- Epiphany series "Words for the Beginning"
- How did Christmas times work? Council agreed that the 6pm time was good. A lot of people attended.
- Time to start thinking about Lent- will we want a midweek something? Soup and service at night? Less formal service at night around dinner? Midday something rather than at night? Ash Wednesday is March 5; Easter is April 20.
 - Created and emailed survey Jan 8
- Generous Together
 - First meeting is a retreat January 11 at Grace in Hermantown.
 - Look to have an event each month, team will have its own training each month
- Pr. Liz was asked to do the Women's Retreat again this year. Pr. Liz wondering if she should change it to a Saturday/Sunday instead of a Friday/Saturday to accommodate more working women. If she did the Saturday/Sunday retreat, would we be okay with her being gone on a Sunday? She received feedback from Council to keep it on a Friday/Saturday. That way we wouldn't need to find a replacement for her on the Sunday.
- Mom's & Women Parenting Group Jan 26 at 5pm
- Important to remember council members are also spiritual leaders and tenders of our congregation; please facilitate direct communication
- I serve on CHUM Board; Congregational/ Advocacy Committee
- I serve as dean of the Lake Superior Conference, providing support and programming for those serving in our local churches and ministries.
- ACT hasn't been meeting?
- 9-session study on Revelation started Jan 9, 1pm every other Thursday. Still option to do a night session if enough folks are interested
- Calendar:
 - Jan 20- vacation day
 - MBA final project: consultation with YWCA
 - TBD time off in Feb
 - **President's Report** – Jeff Hakala from Thrivent asked Dan if it would be okay to come to our church during coffee sometime to talk to our congregants. Dan asked Council if we should allow it. Council agreed that Jeff could come during coffee, but that the date of the visit and the purpose of the meeting would need to be communicated to the congregation. M. Janis, S. Audrey – Approved.

Committee Report

- **Worship and Music:**
 - Worship Committee meeting at noon on January 19
 - Choir dates: January 26 and two Sundays in February
- **Christian Education:** Lisa absent. Nothing to report.
- **Fellowship:** Deb and Gwen absent. Nothing to report.
- **Evangelism and Service to Others:**
 - Good start to the warm clothing drive for the Duluth Harbor Mission. Janis and Susie plan to bring a load of donations to Harbor Mission this week. Pr. Liz asked if they could get a picture of the donations with the staff when they drop the donations off.
- **Property:** Mark absent.
 - Requests for property insurance quotes will be started this month giving insurers plenty of time to submit one to us.
 - Replacement of the circuit breaker panel, as wanted by the insurance company, will be looked into this week. The council has already approved up to \$2,500 for this.

Staff Reports

Unfinished Business

New Business

- Boy Scout request to build a shed – Gordy reported that the Boy Scouts would like to build a shed right next to our shed to store some of their items that are not needed on a regular basis. M. Janis, S. Audrey – Approved.
- Clarification of terms of office for Council members – 3-year terms, can serve up to 2 consecutive terms. Term starts right after the Annual Meeting in January. Need to make sure current Council members are communicating this correctly to new members.
- VLM Community Day Camp – Pr. Liz wondering if we should go back to using VLM for our day camp in the summer since they are offering it again. M. Audrey, S. Janis – Approved.
- A community member has requested to use our church on February 15. Pr. Liz will check to see what policy we have in place for this and if there isn't one, one should be created.

Ideas/Requests from Congregation

Announcements and Correspondence

- Audrey shared a thank you letter from Duluth Harbor Mission.

Calendar

Next meeting: **Sunday, February 9, 2025 at 7:30am before church**

Treasurer’s Report Narrative for 1/31/2025

Receipts for January were \$7,109.59 for the General Fund and \$5,000 for Special Funds, from the Irving Group.

Expenses paid in January were \$8,300.09 from the General Fund and \$824 from the Special Funds, with \$100 from the Irving Youth Fund for VLM, \$724 from the Good Gifts/World Hunger Fund for donations from the Giving Tree collected in December.

That puts us under YTD budget for revenues by \$1,618 and under YTD budget for expenses by \$ 428, for a net loss of (\$1,190).

The balance in special funds is \$34,950.49. Our CD at Mission Investment Fund is valued at \$203,017.58, with interest of \$2,481.31 added on November 29, 2024, our next accrued interest will be posted at the end of February. Please note that neither the principal nor interest in this CD is available for spending at this time.

General Fund	Jan 2025 Budget	Jan 2025 Actual	YTD 2025 Budget	YTD 2025 Actual
Income	\$8,728	\$ 7,110	\$8,728	\$ 7,110
Expenses	\$8,728	\$ 8,300	\$8,728	\$ 8,300
Net Income (Loss)		(\$ 1,190)		(\$ 1,190)

Audrey L. Berglund