

Vernes Lutheran Church News

It's Advent Season!! December 2020

Keeping you posted---due to increase in COVID cases in our area, Vernes Council voted to temporarily pause worship, Sunday School & Confirmation classes @ the church from Nov 22 through Dec 13, 2020. The council will evaluate at that time and will announce whether to resume or extend the pause. In the meantime, digital services will be posted to our worship page each week and include a recorded sermon from Pastor Jill, scriptures, hymns and announcements. The website is found at verneslutheran.org.

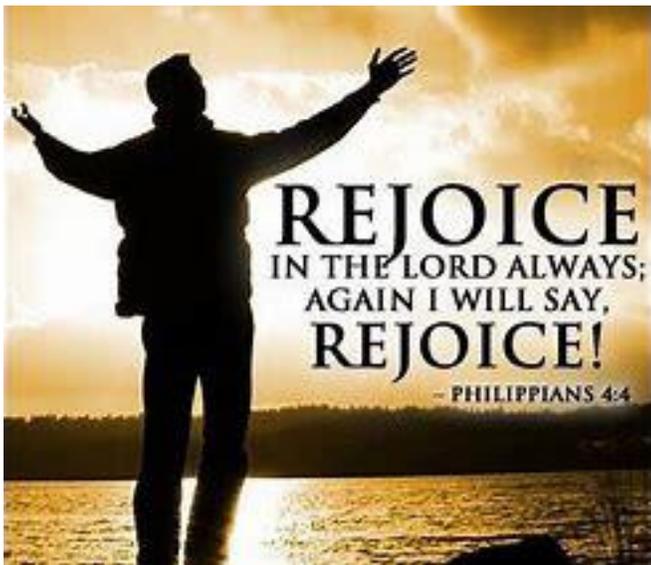
Ladies Aid: There is no scheduled meeting for December at this time. In the November meeting it was decided to use 2020 Booklets for 2021 and the 2020 Officers will serve again for 2021. They have asked for every lady who is a member of Vernes to donate \$25 for the ongoing mission. You may send your check to Carol Sollie PO Box 246 Fosston MN 56542. Thank You!

December Ushers & Janitors: Sid Finseth, Larry Sollie, Mark Lee

Pastor Jill: Phone Number: 218-556-2757, you can call or text. Email address: jilltorgerson@gmail.com

Mailing Address is: PO Box 655 Bagley MN 56621 Physical address: 17996 366th St. Bagley MN 56621

December Birthdays are listed on the Calendar Page.



PASTOR'S PATHWAYS

Rejoice Always! Paul encourages believers to daily live in a way that pleases God. He warns them to be prepared at all times for Christ's return. Our circumstances and feelings should never stop us from rejoicing, praying, giving thanks, showing respect, or acting kindly.

We can rejoice always, even in persecution & trials, because we believe God's promises. The apostles were arrested and flogged for preaching the name of Christ, but when they left the courtroom, they were "rejoicing because they had been counted worthy of suffering disgrace for the Name." The apostles remembered Jesus' statement in [Matthew 5:11-12](#), "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be

glad, because great is your reward in heaven."

We can rejoice always, knowing that "the joy of the LORD is your strength" ([Nehemiah 8:10](#)). We can rejoice always, knowing that "in all things God works for the good of those who love him" ([Romans 8:28](#)). We can rejoice always, knowing that "God's gifts and his call are irrevocable" ([Romans 11:29](#)). We can rejoice always, knowing that one day we will inhabit the New Jerusalem, we will see the Lord face to face, and we will live in a perpetual day (see [Revelation 22:1-5](#)).

Our rejoicing should be in what the Lord has done, continues to do, and will do in the future, regardless of our circumstances or feelings. Our hope is in the Lord, for He is our rock and our salvation ([Psalm 62:6](#)). This alone is reason enough to *rejoice always, & again I say REJOICE!*

PRAYER TIME AT VERNES –

There is definitely **power in prayer**. I will continue as always, but at home. I encourage each of you to make it a routine in your lives; maybe spending a few minutes at church during the week to pray, read the Bible, meditate. . . .

Please text or e-mail prayer requests to 218.791.7520 or ralys@gvtel.com

Be assured that “my lips are sealed”.

Prayer Schedule:

Dec 3	Lee Syverson	Norris Syverson
Dec 10	Betty Tangen	Christopher Thompson
Dec 17	David Thompson; Hailee	Scot & Jodi Thompson
Dec 24	Tyler Thompson	Ben & Kristie Tofstad; Will, Brooke
Dec 31	Julia Urdahl; Max	Irene Wishard

- Those on December prayer schedule
- Healing for Vernes members and friends
- Sunday school/ leaders and teachers/ confirmation/ church council. Pastor Jill.
- Global neighbors/ President Trump and other leaders in our land and around the world.
- Pray for those persecuted for their faith.
- **Commit to pray for our nation and its leadership.**
- Military: Austin Sannes, Briana Finseth, Dusty & Lisa Halvorson, Zachary Olson-Burkman, Dawn Fick, Catherine Finseth
- Praises to God for His presence - Who He is. Let us adore Him. **“I trust You Jesus”.**

Picture of Peace by Catherine Marshall

There once was a king who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The king looked at all the pictures finding only two that he liked.

One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains around it. Overhead was a blue sky with fluffy white clouds. All who saw the picture thought it was a perfect picture of peace..

The second picture had mountains too, but rugged and bare. Above was an angry sky, from which rain fell and lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all. When the king looked closely, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built a nest. There, in the midst of the rush of angry water, sat the mother bird on her nest - in perfect peace.

Which picture do you think won the prize? The king chose the second picture. Do you know why?

“Because,” explained the king, “peace does not mean to be in a place where there is no noise, trouble or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the true meaning of peace.”

Silent night, holy night!

All is calm, all is bright.

Round yon Virgin, Mother and Child.

Holy infant so tender and mild.

Sleep in heavenly peace. Sleep in heavenly peace..

Silent night, holy night!

Shepherds quake at the sight

Glories stream from heaven afar.

Heavenly hosts sing Alleluia.

Christ the Savior is born. Christ the Savior is born.

Silent night, holy night!

Son of God love's pure light.

Radiant beams from Thy holy face

With the dawn of redeeming grace.

Jesus, Lord at Thy birth. Jesus, Lord at Thy birth.

Be anxious for nothing, but in everything by **prayer and supplication** with thanksgiving let your requests be made known to God, and the **peace of God**, which surpasses all understanding, **shall guard your hearts and your minds in Christ Jesus.** Philippians 4:6,7

December 2020

I have added in the schedule for Dec. 20 & 27, but these may be cancelled pending the Council's Decision to reopen or remain on pause.

Birthdays are in BLUE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ushers: Sid Finseth, Larry Sollie, Mark Lee		1	2	3	4	5
6	7	8 Cassandra Farrell	9 Karen Hyde	10 Danielle Finseth	11	12
13	14	15 No Ladies Aid	16 Council Meeting 7:00	17	18 McKenzie Lofgren Caitlin Sannes	19 Brooke Tofstad
20 Worship 9:00? No Sunday School or Confirmation McKenzie Lofgren Caitlin Sannes	21 Brooke Tofstad	22	23	24 Angel Bergeson Norris Syverson	25 Worship 9:00? W/ Holy Communion Christmas Day	26
27 Worship 9:00? No Sunday School or Confirmation Linda Bergeson Megan Lofgren	28	29	30 Bill Senn	31 Jill Torgerson		



DECEMBER

Read the Bible in a Year!

- 1. Eze. 40-41, 2 Peter 3
- 2. Eze. 42-44, 1 John 1
- 3. Eze. 45-46, 1 John 2
- 4. Eze. 47-48, 1 John 3
- 5. Dan. 1-2, 1 John 4
- 6. Dan. 3-4, 1 John 5
- 7. Dan. 5-7, 2 John 1
- 8. Dan. 8-10, 2 John 1
- 9. Dan. 11-12, Jude 1
- 10. Hos. 1-4, Rev. 1
- 11. Hos. 5-8, Rev. 2
- 12. Hos. 9-11, Rev. 3
- 13. Hos. 12-14, Rev. 4
- 14. Joel 1-3, Rev 5
- 15. Amos 1-3, Rev. 6
- 16. Amos 4-6, Rev. 7
- 17. Amos 7-9, Rev. 8
- 18. Obadiah 1, Rev. 9
- 19. Jonah 1-4, rev. 10
- 20. Micah 1-3, Rev. 11
- 21. Micah 4-5, Rev. 12
- 22. Micah 6-7, Rev. 13
- 23. Nahum 1-3, Rev. 14
- 24. Hab. 1-3, Rev. 15
- 25. Zeph. 1-3, Rev. 16
- 26. Hag. 1-2, Rev. 17
- 27. Zech. 1-4, Rev. 18
- 28. Zech. 5-8, Rev. 19
- 29. Zech. 9-12, Rev. 20
- 30. Zech. 13-14, Rev. 21
- 30. Mal. 1-4, Rev. 22

**FOR I KNOW THE PLANS I HAVE FOR YOU,
 DECLARES THE LORD, "PLANS TO PROSPER
 YOU AND NOT TO HARM YOU, PLANS TO
 GIVE YOU HOPE AND A FUTURE.
*Jeremiah 29:11***

NOTES

How to Cope During Covid

It's a frightening time. We're in the midst of a worldwide pandemic, with many places at least partially shut down, others struggling to reopen safely. Some of us are in areas where the coronavirus infection rates are getting worse. Others are bracing for what may come next. And all of us are watching the headlines and wondering, "When is this going to end?"

For many people, the [uncertainty surrounding coronavirus](#) is the hardest thing to handle. We still don't know exactly how we'll be impacted, how long this will last, or how bad things might get. And that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic. But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Stay informed—but don't obsessively check the news! It's vital to stay informed, particularly about what's happening in your community, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. But there's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch.

Focus on the things you can control. We're in a time of massive upheaval. There are so many things outside of our control, including how long the pandemic lasts, how other people behave, and what's going to happen in our communities. That's a tough thing to accept, and so many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere—aside from feeling drained, anxious, and overwhelmed.

Stay connected—even when physically isolated. Make it a priority to stay in touch with friends and family. If you tend to withdraw when depressed or anxious, think about scheduling regular phone, chat, or Zoom dates to counteract.

Take care of your body and spirit. This is an extraordinarily trying time, and all the tried-and-true [stress management strategies](#) apply, such as eating healthy meals, getting plenty of sleep, and praying. Beyond that, here are some tips for practicing self-care in the face of the unique disruptions caused by the coronavirus.

- **[Be kind to yourself.](#)** Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles.
- **[Maintain a routine as best you can.](#)** Even if you're stuck at home, try to stick to your regular sleep, school, meal, or work schedule. This can help you maintain a sense of normalcy.
- **[Take time out for activities you enjoy.](#)** Read a good book, watch a comedy, play a fun board or video game, make something—whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.
- **[Get out in nature, if possible.](#)** Sunshine and fresh air will do you good. Even a walk around your neighborhood can make you feel better. Just be sure to avoid crowds, keep your distance from people you encounter, and obey restrictions in your area.
- **[Find ways to exercise.](#)** Staying active will help you release anxiety, relieve stress, and manage your mood. While gym and group classes may be out, you can still cross-country ski, hike, or walk. Or if you're stuck at home, look online for exercise videos you can follow. There are many things you can do even without equipment, such as yoga and exercises that use your own bodyweight.
- **[Avoid self-medicating.](#)** Be careful that you're not [using alcohol or other substances](#) to deal with anxiety or depression. If you tend to overdo it in the best of times, it may be a good idea to avoid for now.
- **[Take up a relaxation practice](#)** & maintain an active communication with God (praying, listening for His still small voice), Bible Reading & listening to gospel music.
- **[Don't hesitate to call me or another Christian counselor if you feel the need.....we are here for you!](#)**