

Vernes Lutheran Church News

April 2020

If you have any news or information to add, please e-mail me at rfinseth@hotmail.com or call my cell 218-368-6374, you can also text my cell phone. Kathy Finseth

All Church activities cancelled until further notice

Ladies Aid: Postponed until further notice.

Sunday School: Postponed until further notice.

Confirmation: The new date for confirmation will be announced as soon as we can return to church.

Directory: Postponed until further notice.

Movie day: Postponed until further notice.

Healing prayers: Pastor Jill will be having healing prayers the second Sunday of the month during communion. If you would like to have her pray for you or a loved one just motion to her. She will also have special prayers for anyone that would like prayer, in the pastor's room after services.

Fellowship/Coffee: There are a lot of Sundays to fill for serving after services. It makes coffee hour so much easier if there are people signed up. It doesn't have to be fancy or a lot. Thanks to all of you!!

Janitors: Wayne Brekke, Norris Syverson, Les Finseth

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

Feel free to contact Jill with any concerns, prayer requests or simply getting to know her. You can also contact me (Kathy) and I will gladly pass the message on to her.

Church Mice



A special Announcement

To:Members and Friends of Vernes church

March 25, 2020

This year has been one like none other. At Vernes Lutheran Church, we are committed to our congregation and our community which sometimes means making the tough decisions. The church council met via conference call and have discussed the effects of the Corona Virus and the guidelines set by the Centers for Disease Control (CDC). The CDC is advising against gatherings above 5-7 people until this crisis has passed. We have witnessed for the first time in history the statewide closing of restaurants, bars and numerous other types of businesses. Across the nation, Colleges, Universities and K-12 schools have been closed. Vernes Lutheran Church will be moving forward into uncharted territory as we follow the CDC guidelines. **We will not have Worship Services, Sunday School, Confirmation Classes or any other church activities at our facility until further notice.**

Looking forward, we will be sending out Electronic Bulletins (to be opened by text—using your cell phone). We hope to have this available by March 29 if all goes well with the development. We will inform all members and friends of Vernes on how to access the Electronic Bulletin. For those who do not have texting capabilities—Kathy Finseth will send the bulletin by postal mail.

During this time, it can be a strain on households, but please continue your giving as you are able. For now, send your offerings to Raymond Sundrud, Treasurer at: 35563 300th Street SE, Fosston, MN 56542. In addition, we are currently checking into being able to give via electronics. More to follow on this. Remember, even though church has been postponed for a while, our expenses continue to come in.

Yours in Christ,

Vernes Lutheran Church

Jill Torgerson, Pastor
Sidney Finseth, President
Raymond Sundrud, Treasurer

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*I am trying to get a list of everyone's cell phone and email. It makes it so much easier to communicate. Also, a lot of couples have their own phones and email accounts. If you think that I am missing your personal phone number or email, please send it to me either way and I'll update my lists.*

*Thanks,  
Kathy*

*All Church activities cancelled until further notice*  
*April 2020*

| SUNDAY                           | MONDAY                                      | TUESDAY                | WEDNESDAY              | THURSDAY                                                     | FRIDAY                  | SATURDAY                  |
|----------------------------------|---------------------------------------------|------------------------|------------------------|--------------------------------------------------------------|-------------------------|---------------------------|
|                                  |                                             |                        | 1                      | 2<br>9:00<br>Prayer Time at<br>Vernes<br><br>Maundy Thursday | 3                       | 3                         |
| 5<br><br>Palm Sunday<br>Joan Lee | 6<br><br>Kelsey Lofgren<br>Haaken Colbert   | 7<br><br>Diane Sundrud | 8<br><br>Sydney Thom   | 9<br>9:00<br>Prayer Time at<br>Vernes                        | 10                      | 11                        |
| 12<br><br>Easter Sunday          | 13                                          | 14                     | 15<br><br>Trevor Lecy  | 16<br>9:00<br>Prayer Time at<br>Vernes                       | 17                      | 18<br><br>Jeremey Finseth |
| 19<br><br>Wayne Schmiedeberg     | 20<br><br>Mason Lofgren<br>Lindsay Bergeson | 21                     | 22<br><br>Will Tofstad | 23<br>9:00<br>Prayer Time at<br>Vernes                       | 24<br><br>Carol Sundrud | 25                        |
| 26                               | 27                                          | 28                     | 29                     | 30                                                           |                         |                           |

April Janitors: Wayne Brekke, Norris Syverson, Les Finseth

## Pastor's Pathways for April 2020 **PRAY AND PREPARE**

While I totally believe in Prayer (Psalm 91 type) and trusting in the Lord for protection, God also directs us to *prepare for emergencies* such as this virus, just like He did Noah to build the Ark, and Joseph to prepare for a seven year famine. Here are some suggestions:

Those living in areas with undependable infrastructure for water, electricity, and food availability should evaluate their situation and prepare emergency supplies accordingly (**including nonperishable food, potable water, and medicines**) for the possibility of sheltering-in-place **for at least two and up to twelve weeks**. **Water purification** techniques for drinking water such as boiling, filtering, and adding chlorine to locally available rainwater, lakes, rivers, and wells may replace the need to store large quantities of water. Boiling water will kill most types of disease-causing organisms and is the most reliable method of purifying water easily. Bring the water to a rolling boil for two minutes. Add one minute for each 5,000 feet of elevation. The addition of chlorine bleach to water is also a viable alternative. For clear water, add 8 drops per gallon (3.8 liters) and let stand for at least 15 minutes. If the water is cloudy, add twice as much bleach. Bleach used for water purification should be unscented and have a concentration of sodium hypochlorite of at least 4 percent.

### What can you do on a daily basis?

Cover your cough. Wash your hands regularly with soap and water for at least 20 seconds to kill viruses and bacteria or apply a hand sanitizer with a minimum of 60 percent alcohol content when soap and water is not available. Stay home if you are sick. Get a vaccination against seasonal flu.

### Stock Up on Food, Water, & Household Supplies

The [Department of Homeland Security](#) recommends that families have at least a two-week supply of water and food to prepare for a pandemic. Supplies for a month or more are even better. Typically, you'll need one gallon of water per person, per day, for drinking and hygiene.

Building a [long-term food storage pantry](#) means you won't have to put yourself at risk of infection by going to the store, and you'll be insulated from the food shortages that could very well occur during the panic of a pandemic.

So, what should you stock up on? Focus on shelf-stable foods that your family already eats and enjoys. This might include:

- Rice
- Dried beans, lentils, or peas
- Protein bars, granola bars, or fruit bars
- Canned soups, fruit, and vegetables
- Peanut butter and jelly
- Coffee, tea, and hot chocolate
- Powdered drink mixes
- Nuts and dried fruits
- Beef jerky
- Pasta
- Instant soup mixes
- Flour
- Baking essentials (such as baking soda, salt, and yeast)

- Sugar
- Pickled vegetables

## Pastor's Pathways cont.

- Dried milk
- Evaporated or condensed milk
- Trail mix
- Applesauce
- Comfort food (such as cookies, candy bars, and chocolate)
- Oils (such as olive oil, vegetable oil, and coconut oil)
- Crackers
- Oats
- Pancake mix
- Cereal (including hot cereals like Cream of Wheat)
- Chicken, beef, and vegetable bouillon cubes
- Liquid seasonings (such as soy sauce, vinegar, and Sriracha)
- Liquid sweeteners (such as honey, maple syrup, chocolate syrup, and agave syrup)
- Spices (such as salt, onion flakes, cinnamon, and ginger)
- Packaged foods (including macaroni and cheese and instant potatoes)
- Canned meats (such as tuna, sardines, oysters, chicken, turkey, pork, sausage, and Spam)
- Formula or baby food (for very young children)

You should also stock up on the supplies you'll need to stay healthy at home. These items include:

- Hand soap and sanitizer
- Bleach or other surface cleaners
- Toilet paper
- Kleenex
- Prescription medication
- Fluids with electrolytes (like Gatorade and Pedialyte)
- Garbage bags (for medical waste disposal)
- Plastic gloves
- Diapers (for very small children)

Exercise compassion and care for the elderly and homebound - offering to help them.

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## April Birthdays



April 5 – Joan Lee  
 April 6 – Kelsey Lofgren  
                   Haaken Colbert  
 April 7 - Diane Sundrud  
 April 8– Sydney Thom  
 April 15– Trevor Lecy  
 April 18 – Jeremy Finseth

April 19 – Wayne Schmiedeberg  
 April 20 – Mason Lofgren  
                   Lindsay Bergeson  
 April 22 – Will Tofstad  
 April 24 – Carol  
 March 30 – Liza Boxum

If am forgetting anyone on the birthday list, please let me know!!

# PRAYER TIME AT VERNES — Most Thursdays, 9a.m.???????????????

Call or text if you plan on participating  
e-mail [ralys@gvtel.cm](mailto:ralys@gvtel.cm); Text 218.791.7520

|          |                     |                        |
|----------|---------------------|------------------------|
| April 2  | Osten & Jen Sundrud | Ordean & Carol Sundrud |
| April 9  | Ray & Lynn Sundrud  | Conne Syverson         |
| April 16 | Delores Syverson    | Gordon Syverson        |
| April 23 | Lee Syverson        | Norris Syverson        |
| April 30 | Betty Tangen        | Chris Thompson         |

## Pray for:

- Those on April prayer schedule
- Healing for Vernes members and friends
- Sunday school/ leaders and teachers/ church council. Pastor Jill.
- Global neighbors as we have become closer thru this pandemic
- President Trump and other leaders in our land and around the world
- Military: Austin, Briana, Dusty, Zackary, Dawn, Katherine, Katy
- Praises to God for His presence - Who He is. Let us adore Him.
- Pray, knowing that God has heard you. Wait and listen for His answer, with patience.

**PRAY USING SILENCE (QUIET REFLECTION), PSALMS, HYMNS, WORDS (SILENT OR VOCAL)**

**PRAYER/FASTING = DEPENDENCE ON GOD**

**NOT PRAYING = DEPENDENCE ON SELF**

## Psalm 91

**Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.**

This I declare of the Lord:

He alone is my refuge, my place of safety; He is my God and I am trusting Him.

For He will rescue you from every trap and protect you from the fatal plague.

He will shield you with His wings. He will shelter you with His feathers.

His faithful promises are your armor and protection.

**Do not be afraid of the terrors of the night, nor fear the dangers of the day,  
nor dread the plague that stalks in the darkness, nor the disaster that strikes at midday.**

Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. But you will see it with your eyes; you will see how the wicked are punished.

If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your dwelling.

For He orders His angels to protect you wherever you go. They will hold you with their hands to keep you from striking your foot on a stone. You will trample down lions and poisonous snakes; you will crush fierce lions and serpents under your feet!

**The Lord says, "I will rescue those who love Me. I will protect those who trust in My name. When they call on Me, I will answer; I will be with them in trouble. I will rescue them and honor them. I will satisfy them with a long life and give them My salvation.**

**Amen!!!! (So be it)**

# EASTER

Last Sunday (3/15) was movie day at Vernes. The Passion of the Christ proved to be a graphic depiction of the last 12 hours of Jesus's life and work on Earth.

*"No one can take My life from Me. I lay down My life voluntarily.*

*For I have the right to lay it down when I want to & also the power to take it again." John 10:18*

Evangelist Billy Graham was once asked what he would emphasize more in his early preaching if able to begin again. He responded, "I would preach more on the cross and on the blood. That is where the power is."

"He was born to die." Jesus died so that each one of us could live. We were/are made free from the bonds of sin and death. How amazing is that?

*"For God so loved the world that He gave His only Son, so that everyone who believes in Him will not perish but have eternal life. God did not send his Son into the world to condemn it, but to save it." John 3:16, 17*

Definitions according to Webster's Dictionary:

**Easter**= festival commemorating Jesus Christ's *resurrection*

**Resurrection**= "restoring to life; to use again"; "rising of the body after death."

## Jesus did not stay in the grave – arose (resurrected)

Read John 20 & 21 & Acts 1 for the story of the resurrection and appearances to many before Jesus ascended into heaven. Continue reading Acts 2.

*Up from the grave He arose*

*With a mighty triumph over His foes*

*He rose a Victor from the dark domain*

*and He lives forever with His saints to reign.*

*He arose*

*He arose - Hallelujah!*

*Christ arose!*

**From Understanding the Resurrection** by Beverly Ann Beckman

From – the **darkness** that covers the earth (night), comes new life. . . **blazing sunrise.**

From – the **winter tree** so still and bare, comes new life. . . **brilliant green leaves.**

From – the **bulb (and seeds)** under the earth, comes new life. . . **new plants.**

From – the **egg** that looks so still, comes new life. . . **a fuzzy baby bird.**

From – the **cocoon** on the little twig, comes new life. . . **a beautiful butterfly.**

From – the **grave in the side of the hill**, comes new life. . . **the risen Christ.**

*"I know that the Lord is always with me. I will not be shaken, for He is right beside me. No wonder my heart is filled with joy, and my mouth shouts His praises! My body rests in hope. For You will not leave my soul among the dead or allow your Holy One to rot in the grave. You have shown me the way of life, and You will give me wonderful joy in Your presence." Acts 2:25-28*

## **New Ways to Keep our Church Family in touch launched this week!**

Hey gang! - **Vernes went digital this week!** Sometimes it takes a global pandemic to push us into the modern age! To stay in touch with our church family, we've created the following new tools for you while we're all staying safe at home:

1. **Website:** <https://www.verneslutheran.org/> - This is our new website! Check it out when you can. You'll find current information there, we'll keep this very current, especially through this 'stay at home' time. Right now, we have a pdf version of our March 29 **worship service**, as well as a couple **activities for kids**, an electronic form for **prayer requests**, and instructions to subscribe to our digital bulletin. We'll be adding **photos**-both new and old, as well as **videos** to this space (i.e. our Vernes Church Fire Anniversary video) for you to look at. We hope you enjoy them.
2. **Facebook page:** [https://www.facebook.com/Vernes-Lutheran-LCMC-102017338124228/?modal=admin\\_todo\\_tour](https://www.facebook.com/Vernes-Lutheran-LCMC-102017338124228/?modal=admin_todo_tour) Can you believe it? Vernes has a Facebook page. Crazy, right? We know many of you are Facebookers, so please find us on Facebook and **LIKE OUR PAGE!** (note- there's a link to the Facebook page at the bottom of the website landing page). We would love to see your comments and any photos you'd like to share.
3. **Digital worship bulletin** – Each week, we'll send a mobile version of the weekly worship service bulletin directly to your smartphone. You'll get Jill's weekly message, scripture readings for the week, music selections, etc. in a fun new format that's convenient for smartphone users. Watch for fun photos of familiar faces and places added in for extra interest. But wait! You'll need to subscribe from your phone to receive the bulletin. Subscribe now – Just send a text message to this number: **41411** In the message field, type the following code: **bltn temp2515** You'll get a confirmation text so you know your text was received, and you'll start getting the weekly bulletin.
4. **Words for the Warrior** – Jill has been providing daily messages of inspiration via text. If you have not been getting these, let us know and you'll get added to the send list! If you do not have an email or able to receive text messages, Kathy is willing to mail them to you. You will get a week at a time by mail.

It's a very challenging time in our community and in the world right now. On a bright note, many free and reduced cost tools are out there right now – it's a great opportunity for us to try things that can help us stay connected. **We continue to explore these things** and make them better and more convenient for you. We're always **interested in your feedback** to help improve! Please be sure to let us know, make sure Kathy Finseth has your email address and your cell phone number.

**Contact** us to let us know how we can help. Kathy Finseth (218-368-6374), Pastor Jill (218-556-2757), Diane Sundrud (218-280-8169). Remember to **submit prayer requests** from the website or directly to Lynn Sundrud (218-791-7520).

**Stay safe and Healthy!**  
**We need each other!**

## Together for Good

|          |          |            |                |            |          |
|----------|----------|------------|----------------|------------|----------|
| ANGRY    | APART    | BLESSINGS  | CHERISH        | CHRISTIAN  | CONFUSED |
| DARK     | DIVORCED | EXPERIENCE | FAMILY         | FORSAKE    | FRIENDS  |
| GOOD     | HOPE     | LIGHT      | LOSSES         | MOTHERHOOD | OASIS    |
| PAIN     | PARENTS  | REMARIED   | RESPONSIBILITY | SIBLINGS   | STRENGTH |
| THANKFUL | TOGETHER | TRAIN      | TRIALS         | TRIPLE     | TRIUMPHS |
| TRUST    | TWICE    | UNIQUE     | UPSET          | WORKING    |          |

J U N V W O R K I N G W K T P E H T U Y  
 P U T X T R I P L E O F B S V B O Q E T  
 O E O P Y T R I U M P H S U T G S T O L  
 X I G H T V D P F K G S T R E N G T H I  
 K N B R T H S B K C T T I T S U N B F B  
 R V B S A E J Z N S M A H E U Q I N U I  
 D U G Y T F T T A T L E O X S E L Z Q S  
 U J U X X K A I H S R Z V W O J B Z K N  
 A L H G A P A R T T R E M A R R I E D O  
 J N R S K R A D Z J M G N T I C S W O P  
 E S G N I S S E L B C O A J F R H Z X S  
 X D W R G R L D F J H O T G U J V V N E  
 P N H B Y D E A A N R D T H D P Z S W R  
 E E O R Z S M H F K I G V V E A L I Q N  
 R I P E U I S O C V S A B D B R O S I J  
 I R E F L E R P O L T A P N I E H A M Y  
 E F N Y S S C R Y I I B L W M N R O K K  
 N O W S A S C I F G A H E H Y T M H O J  
 C K O K O E J Z W H N Q I X Q S Q K X D  
 E L E Z D Z J N N T V N Y Z Z Q J N Q K

Remember to check out the new website and Facebook page!

Vernes Lutheran Church  
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Trail, MN 56684

