

THE INFORMER



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2024 LOVE OFFERING

Each year, churches in the Minnesota Annual Conference take a Love Offering for missions. The offering is brought to annual conference session—a gathering of United Methodist clergy and laity from across the state.

The theme of the 2024 Annual Conference session-taking place in Bloomington on May 29-30— is “Jesus Redeemer.”

The Love Offering this year will help our neighbors—in Minnesota and around the world—heal from trauma and find safety.

The funds from this year’s offering will go to a new United Methodist trauma care center in Ukraine (30%), immigration legal support in partnership with Volunteer Lawyer Network (30%), special programming aimed at reducing trauma at Emma Norton Services’ new Restoring Waters development (30%), and Volunteers in Mission Scholarships (10%).

Worship Schedule

- May 5** Sermon How to Conquer the World [1 John 5:1-6](#)
- May 12** **Ascension Day** Sermon:
You Have the Power [Luke 24:44-53](#)
- May 19** **Pentecost** Sermon: The Holy Spirit Guide
Service John 15:26-27; 16:4b-15
- May 26** **Trinity Sunday/Memorial Day Weekend**
Sermon: The Greatest Generation
Matthew 11:16-19, 25-30

From the Pastor's Perspective —Mark Gronseth

From the Pastor – May

In 2024, NAMI will promote the theme of **"Take the Moment"** throughout all awareness events, including Mental Health Month.

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout May, NAMI actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education, and advocating for policies that prioritize the well-being of individuals and families affected by mental illness. Mental Health Awareness Month provides a perfect opportunity for the NAMI Alliance, our partners and ambassadors to shine a spotlight on NAMI's work — our mental health resources, local programs and initiatives, as well as helpful information that is available for specific populations such as caregivers, youth and young adults and underrepresented communities.

Why this cause is important: One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it.

Campaign manifesto: There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- So much of what we do physically impacts us mentally. Paying attention to both your physical health and your mental health can help you achieve overall wellness and set you on a path to recovery.
- A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Taking good care of your body is part of a Before Stage Four approach to mental health.
- Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.
- Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health, and chances of living longer and healthier.
 - Recent research is connecting your gut health with your mental health. So, when it comes to diet and nutrition, it's all about finding the right balance of nutrients to benefit both the mind and body.
 - Sleep plays a role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities.
 - Stress has a huge impact on our lives and can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.
 - Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.

(Continued on page 3)

FAIRMOUNT UMC NEWS



Prayer Concerns

Fairmount UMC Congregation:

Nursing Home/Assisted Living: No one at a nursing home at this time.
(... and Jesus also said to pray for our enemies.)

Sunday Schedule

Coffee at 8:30 a.m.
Worship at 9:00 a.m.



May

- 14 Brennan Luick
- 14 Scott Meyer
- 21 Eli S-Kurtz
* *Wedding Anniversary*

(Continued from page 2)

• By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.

Please join with me in the ongoing battle to make life better for those in our lives who deal with mental health illness. There is no greater joy than to bring help and healing to someone you love!

Pastor Mark

Congregational Permanent Trust Fund

CAMP SCHOLARSHIP POLICY

1. One Camp Scholarship per child, per year
2. UMC Camp Scholarship of \$150.00 per child/per year.
3. Christian Camp Scholarship of \$75.00 per child/per year.

We realize that the total cost of many of these Summer Camps is approximately \$300, but we would like to encourage “all” of our youth to attend at least one Summer Camp before they are Confirmed. These Camp Scholarships are also open to High School Youth. If you are interested in sending your children to either a United Methodist or other Christian Camp please have them contact Ricki at the church.

RICHLAND-WILKIN

EMERGENCY FOOD PANTRY

May 2024

Needed Items:

- ◆ Baked Beans
- ◆ Canned Peaches
- ◆ Cream of Mushroom Soup
- ◆ Cream of Chicken Soup
- ◆ Ketchup

These 5 items are under \$10 for all, less than a lunch out. If you would rather not shop, a monetary donation is always appreciated. Thank you!

BRECKENRIDGE PRAYERS, CONCERNS, CELEBRATIONS



PRAYER CONCERNS THIS WEEK

Breckenridge UMC Congregation: Carol Grotjohn; Steve Hanson ; Bob Heitkamp; Janice Johnson; Artis & Gordon Martinson; Kris Meindl, Don Taylor.

Our Friends: Adrian Dahm; Pete Eikeland (Terry Bolding’s friend); Deb Foertsch (cancer); Cheryl Goldade (cancer); Victoria (Tori) Grenier; Hannah Henry (Darlene Anderson’s great-niece); Alwyn Martinson; Bob Matejcek (metastatic bone cancer); Vicki Steinwand (Hulda’s daughter-in-law); Bruce Strom (Mary Lou Roecker’s brother).

OUR MEMBERS RECEIVING CARE: Janice Johnson at St. Catherine’s Living Center; Helen Olthoff at St. Francis Home; Doris Leinen at 2520 Pebble Lake Rd, Fergus Falls; Merwin & Annabel Peterson at Twin Town Villa. (... and Jesus also said to pray for our enemies.)

NOTE: Please contact the Church Office or Pastor to inform them of all emergencies, hospitalizations, illnesses, births or special prayer requests of any kind. Thank you.



May

- 2 Annabel Petersen
 - 3 Darlene Anderson
 - 3 Heidi Bengtson
 - 4 Paul/Joy Eichhorn*
 - 7 Sasia Heitkamp
 - 9 Kermith Anderson
 - 9 Miley Bruce
 - 14 Rose Ella Matejcek
 - 15 Jenna Fitzpatrick
 - 19 Trevor/Jenna Fitzpatrick*
 - 20 Pam Facey
 - 20 Paul/Steph Kaufman*
 - 21 Megan Nelson
 - 22 Don/Bev Dozak*
 - 22 Carol Anderson
 - 23 Jacob Ruediger
 - 27 Corinne Jirak
 - 28 Ramona Taylor
 - 28 Don/Pam Facey*
 - 29 Shawn Saylor
- *denotes Wedding Anniversary



OUR SYMPATHIES to

Rose Ella Matejcek on the death of her brother-in-law, **Jerry Pemble**, Saturday, April 6. His service was held on April 12th at Sac City, Iowa.



CONGRATULATIONS

to Justin & Mindi Bruce on the baptism of their son, **Brex Vincent Bruce**. Sponsors are Steve Goplen, Melaney Weinkauff. Gift of a blanket crafted by the Prayer Shawl Ministry.



Breckenridge Prayer Shawl Ministry

Our last meeting will be Tuesday, May 14th until we resume in September.

Please call the office if you have need for a shawl. We would encourage anyone to let us know if they are aware of a need in our church or community... or beyond, for someone to be given a shawl. Our shawls are not just for the members of our church, but are given to those who are in need of a special touch of kindness to brighten a difficult time or day. Thank you to all who have supported our ministry and to those who keep us informed of a special need that we can



BRECKENRIDGE - U.M.W. NEWS FOR ALL! - LOLA PATNOUDE, PUBLICITY

SPECIAL MEETING . . .

Breckenridge United Methodist Women will meet **Tuesday, April 30, at 1:30 p.m.** to finalize plans for Pastor Mark's Retirement Party (and the Welcome for a new Pastor!) Meeting will be conducted by Sharon Olson, president. (this was decided at the March meeting and is not in our Program Booklets.)

SUMMER CAMP POLICY . . .

Want to go to camp this year? Perhaps the U.M.W. policy will help. Read on! "United Methodist Women will underwrite one-half the cost of fees, not to exceed \$150 per student, from our Campership Fund, for all interested youth of the church, grades 5-12, to attend summer camp at Northern Pines, Lake Koronis, or any other United Methodist camp in our North Star district (per child, per year).

Camp brochures are at the church.

SPRING POTLUCK & PROGRAM . . .

Our annual spring event is set for **Wednesday, May 1, at 12:00 noon.** Our guests are the Evergreen UMW members & Ladies from Fairmount UMC. The program is a presentation about the Richland-Wilkin Emergency Food Pantry.

Hostesses are: Mary Boldingh, Pam Facey, Robin Jirak, Carol Anderson, and Hulda Steinwand. **THANK YOU, Ladies!**



VISITATION . . .

Potluck hostesses will visit shut-in's this month, as they deliver spring remembrances. A list of those to visit is in the church office. **THANK YOU, Ladies!**

FROM RECENT U.M.W. MEETINGS . . .

Good Friday soup meal (about 50 attended, more soups needed next year, plenty of desserts). Pump organ plaque ordered, organ will be in church when needed. Kitchen rules and changes discussed. New coffee pots now in place.

HEAR YE! HEAR YE!

We're celebrating **PASTOR MARK'S RETIREMENT** at an **Open House on Sunday, May 19, from 2:00 pm to 4:00 pm, with a Program at 3:00 p.m.** A noon meal will be held following worship from 10:45 am to 11:45 am. Members of the committee are: LaVonne Dupree, Rose Ella Matejcek, Sharon Olson, Phyllis Hiedeman, and Mary Boldingh. Lola Patnoudé has been asked to take care of publicity with Daily News, KBMW radio, and The Informer; Joy Eichhorn, via Facebook; and Ricki Barvels, local clergy and churches.

On duty during the Open House will be: Lola, guest book; Rose Ella and Mary, punch table; and LaVonne & Phyllis, coffee table. **More help is needed, however, so please let a committee member know if you are willing to help.** Thank you!

The Church Council's responsibilities are: two greeters, a gift for the Pastor, and the program.



RECORD OF SERVING UPDATE
No functions were served last month.

Members of the 2024 Serving Group (listed on page 7 of Program Booklets) are: Carol Anderson, Mary Boldingh, LaVonne Dupree, Pamela Facey, Corinne Jirak, Sharon Olson. Lola Patnoudé will do calling & write the report. Helpers are: Lois Bock, Phyllis Hiedeman, Stephanie Kaufman; Janel Sayler (Saturdays) and Hulda Steinwand.

Lists of those who indicated on the annual survey they will furnish food or help serve food during 2024 have been placed in our Record of Serving notebook.

BRECKENRIDGE UMC —

2024



Income April 29, 2024

Beginning balance	\$	15,431.38
Income to date	\$	7,960.37
Donations to date	\$	38,976.94
Journal Entry	-\$	
Transfers to Savings	-\$	15.00
Transfers from Savings	\$	
Expenses through Apr. 29, 2024	-\$	44,227.44
Cash Balance, 04/29/24	\$	18,126.25

MEET THE GRADUATE

—Senior recognition Sunday is June 2nd at the 10:45 a.m. Worship Service.



Weekly Giving & Attendance for April

	Attendance		Offering
April 7	39	\$	2,761.00
April 14	60	\$	2,676.00
April 21	40	\$	812.00
April 28	66	\$	2,936.33

FINANCE TEAM:

Year to date TOTAL thru April 29, 2024:

General Fund Income 2024	\$	41,234.94
General Fund Expenses 2024	-\$	38,662.32
	\$	2,572.62

Hailee Bruce is daughter of Justin & Mindi Bruce and is a Breckenridge High School graduate. Hailee plans to work at the school for a year and then hopefully buy a house and open a daycare!

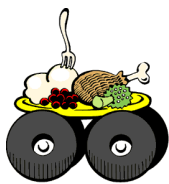


METHODIST MOMENTS on KBMW 1450 (1st & 3rd Sundays)

May 5, 2024— Sponsored by UMW in honor of current members.

May 19, 2024— Sponsored by Terry & Mary Boldingh in memory

of Clare & Margaret Olson.



MEALS ON WHEELS

Our church delivers the first week of each month for 7 months (October through April).

THANK YOU to Dale & Carol Anderson, Paul & Linda Thulen, Terry & Mary Boldingh, Janel Saylor, and Mindi & Miley Bruce for delivering in the month of April.



Breckenridge Church Fellowship Potluck

Sunday, May 5, 2024
(Host: LaVonne Dupree).

Everyone is Welcome!!

BRECKENRIDGE UMC EDUCATION —



Our Friday morning Bible Study will end Friday, May 10th. We have been studying the Book of Revelation using two texts: Dr. David Jeremiah’s study and Warren Wiersbe’s commentary on the Book of Revelation.



Sunday school for PK—3rd grade
April 14, 2024—was last Sunday until next Fall.



We learned about Nehemiah and helping others and God helps us. It was a great year!!

Sunday School will begin again in the fall. Mindi Bruce has volunteered to teach next fall with some helpers. Please keep her in your prayers for another wonderful school year.

If you would like more information or would like to help, please call the office (218-643-5158).

Certificates were awarded:

“**Bible Memory**” - Phoenix, Raven, and Waverly (not pictured);

“**Jesus Helper**” - Brex, Alex, Treyton;

“**Special Heart**” - CeCe;

“**Thank you**” - Evie, Khloe, and Talon (not pictured).



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Check out our Website!!
Breckumc.org

Office hours:
Monday thru Friday
8:00 a.m. to 12 noon
1:00 p.m. to 3:00 p.m.

Our **MISSION** is to
proclaim the love of
God.

Our **VISION** is a
community of faith in
relationship with the
world through Jesus
Christ, glorifying God
as we reach out to
people in love, physi-
cally, emotionally and
spiritually.

Our **PURPOSE** is to
develop a community
of spiritually mature
believers, loving and
nurturing all in the pow-
er of the Holy Spirit.

Our **VALUES** are
Fellowship, Outreach,
Music, and Youth.

PRAYER FOR THE WORLD

Iraq— A large proportion of Iraq's re-
maining Christian population now live in
Iraqi Kurdistan. The ethnic cleansing
and conquest of Mosul and the Plains of
Nineveh (the historic center of Iraqi
Christianity) by Islamic State (IS) mili-
tants in 2014 caused huge numbers of
Christians to flee to Erbil in the east or Dohuk in the north, the two larg-
est cities in Iraqi Kurdistan.



The very few who remained, and those who have tried to return
to their homes since the area was liberated from IS control, face an un-
certain future in a country led by a fragmented Shia government not
supported by many minority Sunnis. Many Christians' homes in this ar-
ea were occupied by IS, some were destroyed and others fraudulently
sold, so many families have nothing to return to. Furthermore, the brief
IS occupation has created an ongoing "culture of hate" among Muslims
toward Christians.

In June and July 2020, a Turkish air campaign against the Kurd-
ish PKK fighters inflicted terror on civilians, whether Kurdish or Assyrian
(i.e. Christians). Zakho district in Dohuk Province is home to around
12,000 Christians in about 20 villages. The airstrikes emptied nine of
the 11 Christian villages in the sub-district of Darkar and left the agricul-
tural land burned. Hundreds of Christians were forced to flee, many of
them people who had already fled from their homes in the Plains of Ni-
neveh in 2014. It is estimated that around 75% of Iraq's Christian popu-
lation (around 1.5 million believers in 1990) have left the country alto-
gether in the last 30 years, due to anti-Christian hostility and violence,
which began after the 1990-91 Gulf War and intensified after the fall of
Saddam Hussein's regime in 2003.

Ask the Lord to protect and strengthen Iraqi Christians who
feel unsafe in their homeland. Pray that God will guide those who are
displaced as to where to settle down. Pray that their community and
the Iraqi government will enable a Christian heartland to be re-
established in Iraq.



Henrik Ibsen Lodge

Velkommen, You're Invited!

Syttende Mai Celebration

—Norway's Constitution Day



Sunday, May 12th from 1 PM to 3 PM

Hughes Shelter at Chahinkapa Park

(across from the swimming pool in Wahpeton, ND)

Serving Norwegian Delicacies

Free Will Offering (goes to local lodge scholarship fund)