Maranatha Free Lutheran Church 101 Foundation Ave PO Box 94 Glyndon, MN 56547-0094 NON-PROFIT U.S. POSTAGE PAID PERMIT NO. 50 GLYNDON MN 56547

#### Glyndon:

Pastor Lloyd Quanbeck Senior Pastor @ Glyndon

Pastor Ryan Tonneson

Associate Pastor of Youth, Young Adults & Families @ Glyndon

Glyndon Office: 218-498-2808 Fax 218-498-2129 mflc@maranathafreelutheran.com www.maranathafreelutheran.com

<u>Ulen:</u>

Pastor Peter Ward

Pastor @ Ulen Ulen Office: 218-596-8580

March 2024 Newsletter



# **MARCH 2024 @ ULEN**



Sun	Mon	Tues	Wed	Thu	Fri	Sat
25	26	27	28	9:30-10:30am - Bone Builders	1	2
3 ATTENTION: RETURN TO OLD SCHEDULE 9:00am - Worship Service w/Communion 10:15am - Sunday School	4 9:30-10:30am - Bone Builders	5	5:30-6:15pm - Supper 6:30pm - Lent Bible Study	7 9:30-10:30am - Bone Builders	7:00pm FLBC Concert Choir Concert in Glyndon	9
10 9:00am - New Member Worship Service 10:15am - Sunday School 11:30am - Pot-Blessing Meal & Council Meeting	9:30-10:30am - Bone Builders	1:00pm - WMF	13 9:00—11:00am - MOPS 5:30-6:15pm - Supper 6:30pm - Lent Bible Study	14 9:30-10:30am - Bone Builders	15	16
9:00am - Worship Service 10:15am - Sunday School	18 9:30-10:30am - Bone Builders	19	5:30-6:15pm - Supper 6:30pm - Lent Bible Study	9:30-10:30am - Bone Builders	22	23
PALM SUNDAY 9:00am - Worship Service w/ Sunday School children singing 10:15am - Sunday School	25 9:30-10:30am - Bone Builders	26	27	28 9:30-10:30am - Bone Builders	GOOD FRIDAY 6:30pm - Good Friday Service	30
HAPPY EASTER 7:45-8:30am - Easter Breakfast 9:00am - Easter Service No Sunday School	1 9:30-10:30am - Bone Builders	2	3	4 9:30-10:30am - Bone Builders	5	6



# MARCH 2024 @ GLYNDON EASTE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 9:30am - Worship Service 10:45am - Sunday School	26	27	28 5:00-6:30pm Supper 5:45pm Confirmation 6:00pm Men's Study 6:45pm Kids Club 6:45pm Friendship Club 7:00pm Lenten Service 7:00pm SaltTeens	7:00pm Bible Study at Pat Johnson's home	1	2 7:00am Men's Fellowship Breakfast 6:00pm Dusty Way Chapel
3 8:00am - YMT mtg 9:30am - Worship Service w/ Communion 10:45am - Sunday School 7:00pm - All Boards Meeting	4	5 9:00am UFO (Unfinished Objects) Group at the church	6 5:00-6:30pm Supper 5:45pm Confirmation 6:00pm Men's Study 6:45pm Kids Club 6:45pm Friendship Club 7:00pm Lenten Service 7:00pm SaltTeens 8:00pm Deacon Meeting	7 7:00pm Bible Study at Pat Johnson's home	8 7:00pm FLBC Concert Choir Concert	9 7:00am Men's Fellowship Breakfast
10 9:30am - Worship Service 10:45am - Sunday School	11	10:30am Morning WMF at church 6:00-7:30pm Trail Life	5:00-6:30pm Supper 5:45pm Confirmation 6:00pm Men's Study 6:45pm Kids Club 6:45pm Friendship Club 7:00pm Lenten Service 7:00pm SaltTeens 8:00pm Church Council	7:00pm Bible Study at Pat Johnson's home	15	16 7:00am Men's Fellowship Breakfast
17 9:30am - Worship Service 10:45am - Sunday School	18	19 10:00am-3:00pm Quilting at the church 7:00pm Evening WMF	5:00-6:30pm Supper 5:45pm Confirmation 6:00pm Men's Study 6:45pm Kids Club 6:45pm Friendship Club 7:00pm Lenten Service 7:00pm SaltTeens	7:00pm Bible Study at Pat Johnson's home	22	23 7:00am Men's Fellowship Breakfast
PALM SUNDAY 9:30am - Worship Service 10:45am - Brunch served by Youth (No Sunday School)	25	26 6:00-7:30pm Trail Life	27	28 5:45pm - Confirmation 7:00pm - Maundy Thursday Service	29 GOOD FRIDAY	30 7:00am Men's Fellowship Breakfast 6:00pm Dusty Way Chapel
31 HAPPY EASTER 9:30am - Easter Service (No Sunday School)	1	2	3 5:00-6:30pm Supper 5:45pm Confirmation 6:30pm Kids Club 6:45pm Friendship Club 6:45pm Men's Study 7:00pm SaltTeens 8:00pm Deacon Meeting	4 7:00pm Bible Study at Pat Johnson's home	5	6 7:00am Men's Fellowship Breakfast

#### Maranatha Free Lutheran Church Glyndon, MN

Financial Snapshot - Maranatha Glyndon as of 01-31-24			
General Fund	Current Month	Year to Date	
Contributions	\$22,742.00	\$22,742	
Expenditures	-\$25,884.00	-\$25,884	
Surplus / (Shortfall)		\$ (3,142)	

GENERAL FUND INCOME	1/31/2023 \$22,742
Deacons Education Finance Trustees Worship & Music GENERAL FUND EXPENSES	-\$15,882 \$0 -\$3,973 -\$5,035 -\$994 -\$25,884
Other Income (Rent, Interest, special fund transfers etc) General Fund Balance Change	\$49 - <b>\$3,093</b>
GENERAL FUND BALANCE	\$52,737 Target is \$60,000

Special Funds	<u>Income</u>	<b>Expenses</b>	<u>Ending</u>	<b>Balance</b>
Building Fund			\$	19,094
Building Improvement Fund			\$	3,696
Christmas Eve			\$	-
Cookbook Sales for Missions			\$	245
Designated Donations			\$ \$	420
Good Samaritan Fund			\$	2,176
Holiday Baskets			\$ \$ \$ \$ \$ \$	1,442
Lent Offering			\$	-
Memorial Fund	15		\$	9,208
Men's Fellowship/Breakfast	20		\$	1,752
Men's Fraternity			\$	-
Outreach Ministries			\$	166
Sunday Fellowship Fund				469
Sunday School Missions	21		\$ \$	364
Thanksgiving Offering			\$	-
Trail Life			\$	-
Vacation Bible School			\$	-
VBS Blanket Project			\$	515
Wedding Fund			\$	-
Wednesday Suppers	1280	-618	\$	3,571
World Missions Fund	4		\$	16,842
Youth Activities Fund	549		\$ \$	981
Youth FLY Fund	3,285		\$	5,158
Special Funds Balance			\$	66,100
General Fund Balance			\$	52,737
CHECKBOOK BALANCE			\$	118,818
PETTY CASH BALANCE			\$	20

Detailed expense reports are available in the Glyndon office.

Questions can be directed to Kristine Quanbeck - Treasurer

treasurer@maranathafreelutheran.com

218-498-2808

#### March ~ Happy Birthday!

Jeannine Hess	March 01
Vivian Trick	March 01
Loretta Tweten	March 02
Tammy Oswald	March 02
Brittany Wibbels	March 02
Isaiah Quanbeck	March 03
Silas Dillion	March 03
Tracey Johnson	March 04
Ashley Hurner	March 04
Andrea Rootham	March 04
Andrew Dalen	March 04
Ciara Dillon	March 05
Dallas Jensen	March 05
Charles Fuglie	March 06
Mason Okke	March 07
Tiffany Macziewski	March 07
Bob Softing	March 08
Laura Lee Finstrom	March 08
Levi Berntson	March 08
Arlene Danforth	March 10
Halle Pender	March 10
EmmaLee Nelson	March 10
Dave Nelson	March 10
Jill Toms	March 11
Pat Lewis	March 11
Katie Koehler	March 12
Rodney Oberg	March 14
Mark Skansgaard	March 14
Marlin Hadden	March 14
Sheila Smith	March 15
Lynn Skansgaard	March 15
Larry Mosloff	March 17
Ben Hilde	March 17
Aaron Quanbeck	March 19
Alma Dillon	March 19
Kristine Quanbeck	March 20
Vonnie Anderson	March 20
Sue Krueger	March 20
Banks Dittmann	March 21
Malinda Lockner	March 22
Olivia Jensen	March 23
Sheri Wibbels	March 28
Amy Jensen	March 29
Rose Zeltinger	March 29
Hayden Block	March 30
Brayden Johnson	March 30
June Cin	March 31





### BIRTHDAYS and ANNIVERSARIES

#### March ~ Happy Anniversary!

Dave & Kim Jensen	March 03
Travis & JoNell DeJong	March 05
Jim & Mary Rolf	March 21
Josh & Cory Johnson	March 27



# Military Personnel

#### Thankful for those who serve our country!

Kally Anderson, granddaughter of Vonnie Anderson James Cortelyou, nephew of Art & Delores Welle Levi Dahl, grandson of Harvey & Dianne Dahl Cody Dravland, son of Todd & Sara Dravland Trevor Dufault, son of Todd & Sara Dravland Makaila England, niece of Joyce Johnson & Lila Ebner Jonathan Eastvold, nephew of Joyce Johnson & Lila Ebner Brody Erickson, grand nephew of Glennys Sivertson Kyle Johnson, son-in-law of Gary & Debi Langerud Layne Johnson, grandson of Ardis Johnson Hunter Macziewski, son of Doug & Tiffany Macziewski Sierra Northridge, member of Ulen congregation Andrew Quanbeck, son of Pastor Lloyd & Jean Josiah Quanbeck, son of Pastor Lloyd & Jean Jakob Rolf, grandson of Jim & Mary Rolf Ethen Vind, grandson of Art & Dolores Welle



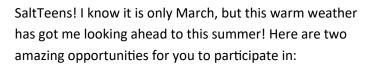


High School Students & Parents: The Free Lutheran Bible College is hosting their spring Campus Days from April 12 -14!

"YOU HAVE BEEN SUMMONED BY NAME—and not just to Campus Days at FLBC! God calls His people to get to know Him through the study of His Word. That idea is at the heart of FLBC. He knows your unique gifts and struggles, and He promises to be with you. CAMPUS DAYS is a time for high schoolers and recent grads to experience FLBC in person. Tour our beautiful campus, learn from our experienced Bible professors, and take part in special weekend activities. Come to this event and hear guest speaker, Pr. Eric Westlake, share in the evening sessions on the theme, Created, Redeemed, Called from Isaiah 43."

Registration is open at the QR code. Please sign up by March 13 so we can secure off-campus housing.





- FLY Beyond July 14-18 @ the ARC, near Osceola, WI FLY Beyond is the AFLC's national youth equipping conference. What it lacks in purple mountain majesties, it more than makes up for in its depth of fellowship, equipping, and training. Join hundreds of other like-minded students who desire to deepen their faith! You pay the deposit, the church covers the rest! Register at <a href="mailto:after.org/youth/fly-beyond">after.org/youth/fly-beyond</a>
- Boundary Waters Canoe Area Wilderness July 30-Aug 3, near ELY, MN -- Join us as we explore the beauty and majesty of God's creation! We have two permits secured for Entry Point 16, north and west of Ely. We'll spend 4-days / 3-nights camping, canoeing, fishing, swimming, soaking in waterfalls, and unplugging from endless scrolling. Due to BWCA restriction, registration is limited but we still have space available! You pay \$100, the youth activities account will cover the rest! Register at the QR code here.





What do you do for games at SaltTeens in February? 9-Square outside of course!

#### Winter season continues

Glyndon Cancellation of church services or Wednesday evening activities will be posted on KVLY, In-Forum, WDAY, our Web page, Facebook and E-mail. We will follow DGF School storm cancellation policy, if school is cancelled on a Wednesday, our evening activities will also be cancelled.

#### From the family of Henry Singer:

Sincerest "Thank You" to our Maranatha Family for the prayers, love, kindness and support during this difficult time of grieving for the Singer Family.

Special thanks to Pastor Lloyd for his comforting message and to Pastor Ryan for his expert technical support streaming the service, etc.

Thank you to Pastor Lloyd and Jean for beautifully singing the duet and to Anne Manderud, who went out of the way to be available to play piano during the service. Also, special thanks to the WMF serving group who prepared and served a delicious meal.

The family of Henry Singer has been blessed.

The poem below was intended to be in the memorial bulletin but forgotten by Mable.

# A POEM FROM THE BORDER"LOVE TODAY, TOMORROW MAY BE TOO LATE"

Yesterday? That's the past.

Tomorrow? We're not given to know it today.

Tomorrow may be very late

To say that you love someone

To speak forgiveness to another

To say I'm sorry

To say you'd like to start over.

Tomorrow may be too late

To say, "Forgive me, it was my fault"

Tomorrow your love may not be as useful

Tomorrow your forgiveness may not be as precious

Your return tomorrow may find no one waiting

Your letter tomorrow may not be read

Your affection tomorrow may not be needed

Your embrace tomorrow may not find open arms

Because tomorrow may be very much too late.

Don't wait until tomorrow to say,

May I help you? Why do you look so sad?

How are you doing? Can we talk?

Will you give me another chance? Can we start over?

I'm with you, you can count on me.

Do you have a dream?

Remember, tomorrow could be too late.

Seek, ask, insist. Try again one more time.

Only today is guaranteed.

Tomorrow may be too late, very much too late.

Seek Christ today with the help of your brother

Tomorrow may be too late.

Was crucined. He is not nere; ne na Matthew 28: 5-6, NIV

Cryptoquip Solution: "...I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said..."



#### **GLYNDON LIBRARY—**

#### BOOK SUGGESTIONS FOR FEBRUARY

**KIDS**: "*Gram's Song*" by Karyn Henley. A story about the loss of someone precious - and life's lasting melody.

<u>ADULT FICTION</u>: "A Midnight Dance" by Joanna Davidson Politano. Set in the world of Victorian Ballet, Ella is swept off her feet by a handsome dancer, but is she coming ever closer to a disastrous end?

<u>ADULT NON-FICTION</u>: Dr. David Jeremiah's "The World of the End" How Jesus' Prophecy Shapes our Priorities. We may not be at the end of the world, but we are at the world of our end.

### **Easter Word Search**

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KING
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ROOSTER
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THORNS

#### **Easter Cryptoquip**

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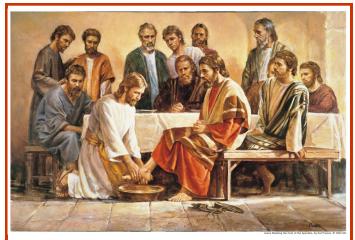
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RY VL AGD RYPY; RY ROL

PVLYA, NSLD OL RY LOVE..."

CODDRYM 28:5-6, AVX



#### 12 Men & Their Master

During Lent this year we will continue looking at Jesus Christ's Master Plan for spreading the Gospel to the world. Each Wednesday night at 7:00 PM, as we gather for an abbreviated Lenten Service, we will be considering one or more of the 12 rather ordinary men Jesus called to be His disciples. And we will also notice the things each one learned about the one they came to call their Master.

The Sunday morning messages will examine the calling that Jesus gave to these 12 men and the lessens they learned as they followed Him. We will also see how Jesus' death on the cross and His resurrection from the grave cemented in their hearts and minds the conviction that He was the Son of God and the promised Savior of the world.

#### **UFO (Unfinished Objects) group**

will meet on Tuesday, March 5th at 9:00am at the church in Glyndon. All are welcome to attend. Please bring any project you are working on or supplies to make a zipper pouch. Lori Olek will walk us through how to make this in an hour or less. Any questions, please contact Lori at 701-371-3973.

Supplies for zipper pouch:

- 2 9" x 6½" Rectangles (outer fabric)
- 2 9" x 61/2" Rectangles (lining)
- 2 9" x 6½" ThermO Web's Heat-n-Bond Fusible Fleece or thin batting.
- 1 Zipper 10" or more
- 2 1½" x 4" fabric for tabs Thread to match or contrast Zipper Foot for sewing machine



# LENT & HOLY WEEK SCHEDULE Glyndon, MN

This year's theme: "12 Men & Their Master"

#### WEDNESDAY NIGHT LENT SERVICES

5:00-6:30PM YOUTH WILL SERVE SUPPER 7:00pm LENTEN SERVICES

(See calendar for other Wednesday night activities)

#### PALM SUNDAY - March 24th

9:30am - Worship Service (Led by the Youth) 10:45am - Brunch Served by the Youth NO SUNDAY SCHOOL

#### **MAUNDY THURSDAY** - March 28th

5:45pm Confirmation 7:00pm Worship Service

#### **EASTER SUNDAY - March 31**

9:30am - Worship Service NO SUNDAY SCHOOL

# LENT & HOLY WEEK SCHEDULE Ulen, MN

#### WEDNESDAY NIGHT LENT BIBLE STUDIES

5:30-6:15PM SUPPER SERVED 7:00pm LENT BIBLE STUDY

#### PALM SUNDAY - March 24th

9:00am - Worship Service (Sunday School Children Singing) 10:15am - Sunday School

#### **GOOD FRIDAY - March 29th**

6:30pm Good Friday Service

#### **EASTER SUNDAY - March 31**

7:45-8:30 - Easter Breakfast 9:00am - Easter Service NO SUNDAY SCHOOL

#### The Ten Commandments For a Happy Home

- 1. God first.
- 2. Join a church and worship regularly.
- 3. Have a blessing at meals and family worship.
- 4. Be loyal to your family always.
- Don't air family differences to neighbors: tell God. He understands.
- 6. Educate yourself to your job. Be the best father or mother possible.
- 7. Let your family know you love them.
- 8. Don't be afraid of sacrifice; there is joy in so doing.
- Talk over all business together; understand one another.
- 10. Be ready to forgive and always close the day as friends.



#### WMF NOTES

(Women's Missionary Federation)

#### **Glyndon Morning**

Morning WMF met February 13, 2024, with 12 ladies present.

Delores Welle opened with prayer and led our Bible study. Secretary and Treasurer reports were read and approved. Old Business:

- ~ Women's Care Center A bassinet was placed by the doors of the sanctuary for donations. Terrie Enlow will make a "reminder announcement" on Sunday regarding opportunities to give until the end of February.
- ~ Alaska Mission discussion was held as to their needs. aflc.org is a good reference site to get a list of ideas. Tabled to March meeting.

#### **New Business:**

- ~ A motion made and approved to give \$100 to the General Fund
- ~ ARC a thank you note was received.
- ~ District Meeting, Fall 2024, will be at Wadena, MN.

Meeting closed in prayer.

Respectfully submitted by Delores Welle, Secretary

### Glyndon Evening

Evening WMF met on February 20, 2024, at Pat Lewis's home. Pat led our Bible study on Philippians - The Gospel Goes Forth.

There were 8 lovely ladies in attendance.

Vickie Haverkamp opened our meeting in prayer. Janet Boe called our meeting to order. Secretary and Treasurer reports were given and approved.

#### Old Business:

- ~ Easter basket exchange will take place next meeting
- New Business:
- ~ \$50.00 approved to Christian Education.
- ~ \$25.00 approved to Salvation Army

Prayer requests were given and prayed over.

Respectfully submitted Coco Geray

#### Ulen

Our Ulen WMF met Tuesday, February 13, 2024, at 1:00pm with 4 ladies present. MaryAnn S led our Bible study. Following our study, MaryAnn W opened our business meeting with the reading of our Secretary's Report and Treasurer's Report. Both were approved as read.

#### Old Business:

- ~ Our Prayer Chain was discussed and wondering about updating. We will put an announcement in the bulletin to see if anyone wishes to be added to the Prayer Chain.
- ~ Purchasing of more hymnals leave the decision for the council to decide.
- ~ We are finalizing plans for the Valentine Brunch on Saturday. Nametags, place cards will be made and we will decorate Friday morning at 9am.
- ~ A sign-up sheet for Wednesday night meals during lent is on the kitchen counter and we will put a reminder in the bulletin.
- ~ A motion was made and second to give Maranatha in Glyndon a financial gift for the time Rhonda spent working on our WMF booklets. Thank you Rhonda!

#### New Business:

- ~ Our project of the month giving of \$75 goes to the WMF General Fund.
- ~ Looking ahead, March is Food Pantry month and we will have a bin to collect food items and put a reminder in the bulletin. Lenten offering will also be going to the Food Pantry.

Our meeting was adjourned and we closed with several prayer requests and the Lord's Prayer.

Dianne served a delicious dessert.

Respectfully submitted by Ellen Zillmer, Secretary



#### **SERVING GROUP 2~ Glyndon**

Looking Ahead: Ladies of Serving Group 2. We will be responsible for serving the months of April, May & June. Watch for a sign-up sheet later this month —please take time to check the date or dates that you would be willing to serve goodies after church on Sunday mornings. We will also be responsible for serving other events that come up—lunches, special events, and funerals. Thank you for your willingness to serve our Lord & our church family—it is much appreciated. If you have any questions, contact Lori Pender. Thank you.

#### Maranatha Free Lutheran – Glyndon Annual Congregational Meeting

Sunday, January 28<sup>th</sup>, 2024 – 12:30

President Cliff Langerud called the meeting to order. The hymn, "How Great Thou Art", was sung. Cliff followed with scripture 2 Timothy 3:15-17 and prayer.

Congregational Secretary's meeting minutes from November 15, 2023, were read by Alyssa Johnson. Addition requested to meeting minutes: Delores Welle, Dale Finstrom and Jason Koehler volunteered to serve on the nominating committee.

Treasurer's report was given by Kristine Quanbeck. Reviewed pg. 8-9 in 2023 Annual Report. Income for 2023 was \$328,068 and expenses were \$346,031. General Fund Balance as of December 31, 2023 was \$55,830 (target \$60K). Proposed budget for 2024 is \$373,398. No corrections nor additions, approved as read.

Pastor Ryan Tonneson's Report

- Reviewed his report found on page 18-19 of the 2023 Annual Report
- · Trail Life kick-off, 17 students attended

Pastor Lloyd Quanbeck's Report

 Reviewed his report found on page 16-17 of the 2023 Annual Report

#### **Board Reports:**

Board of Deacons

Report found on page 20 of the 2023 Annual Report

Board of Trustees - Bill Dale

- Report found on page 20 of the 2023 Annual Report
- Glare from lights noted on new TVs. Plan to change to LED recessed lights (remove chandeliers)
- Replace kitchen flooring this summer

Board of Christian Education

Report found on page 20 of the 2023 Annual Report

Board of Worship & Music

Report found on page 21 of the 2023 Annual Report

Board of Finance

Report found on page 22 of the 2023 Annual Report

#### **Old Business:**

 Approval of 2024 budget as presented at November meeting. A motion was made by Glenn Urlacher and seconded by Joyce Johnson to approve the 2024 budget; motion carried.

#### **New Business:**

 Current chandelier lights in Sanctuary create obstacles for viewing the front and glare front lights noted on new TV screens. Board of Trustees recommend changing lights to recessed LED lights. May need additional cans added to ensure adequate lighting. Todd and Sara Dravland offered to donate \$1000 for new lighting. A motion was made by Aaron Quanbeck to move ahead with changing to LED lights and add additional cans as needed, seconded by Joyce Johnson; motion carried.

- Plan to have all Boards' meeting in March. Each Board to create goals, targets and challenges they may have.
- Vote on Lutheran Ambassador subscription options.
   Votes tallied, switch to individual subscriptions but also
   order a bulk subscription available each month at
   church won majority vote. Motion made by Brad Dunham to change Lutheran Ambassador subscription to
   individual subscriptions but also order a bulk subscription available each month at church, seconded by Bill
   Dale; motion carried.
- Motion made by Tim Pender to continue Lutheran Ambassador 1-year subscription for new members, seconded by Art Welle; motion carried.

Pastor Lloyd Quanbeck closed the meeting with prayer

A motion to adjourn the meeting was made by Brad Dunham and seconded by Bill Dale; motion carried.

Respectfully submitted by Alyssa Johnson



#### The Free Lutheran Bible College Concert Choir

at Maranatha in Glyndon Friday, March 8th at 7:00pm.

The 37 student choir will be making Maranatha one of their Weekend Preview Tour stops before traveling on their Scandinavia tour this spring.

Maranatha has the privilege to host the choir, providing them with an evening meal before their concert on March 8, and we still need housing for 4 students and 2 adults overnight, following the concert. They will need a place to sleep and breakfast before returning to the church Saturday morning at 9:15am. We will also provide them with sack lunches to take with that day.

Pastor Ryan's article - con't -

Verse 2 talks about the journey of learning quiet and peace in the Lord. "I have calmed and quieted my soul." David acknowledges that this isn't an instant achievement, but one that was learned over the course of his lifetime. It's a skill that needs to be practiced and perfected.

If you've ever been around a hungry baby, you know that only one thing will placate them: Mom's milk. A hungry child will root around, grumbling and complaining until placated by milk. A weaned child is one who is no longer dependent on mom's milk. A weaned is one who is calm and confident that his parents will supply his needs. David's soul is like that: calm and quiet and trusting in the Lord's provision.

Verse 3 gives us the "how" of learning this calm, quiet peace. "O Israel, hope in the Lord from this time forth and forevermore."

How does one calm and quiet their soul? This state of peace isn't won by achieving victory against the unending struggle of anxieties. You can't drown down the inner noise by turning up the silence. Peace – inner calm and quiet – is only gained by trusting, by resting, by setting our hope in the Lord and on His promises. This means that we look to the finished work of Jesus Christ on the cross. He Himself is our Peace.

And so, we rest in Jesus as our sufficiency. We also find in Him our identity, meaning, and purpose. We rest in His unchanging grace. His grace is the means by which we experience His peace – a calm, quiet peace.

Go back and give Psalm 131 another read through. Read it through a couple of times this week. Memorize it. Meditate on these words, turn them over in your heart and soul. And find peace in Jesus, who loves you and gave Himself for you. Amen.

[Note: While I've learned a lot from meditating myself on this Psalm, I'm also indebted to the late David Powlison and his article, "Peace, Be Still": Learning Psalm 131 by Heart from the Spring 2000 edition of The Journal of Biblical Counseling. You should be able to find a copy online (simply search for the author and title), but if not, I'll have a handful available at the office. Feel free to take a copy for yourself.]

## Maranatha Free Lutheran Church – Glyndon Council Meeting

February 14th, 2024 8:00pm

Present: Mary Langerud, Glenn Urlacher, Carla Hurner, Jeff Ehrichs, Bruce Smith (via telephone), Pastor Lloyd Quanbeck, Kristine Quanbeck, Jake Pender, Pastor Ryan Tonneson and Alyssa Johnson

Glenn opened the meeting with prayer.

Secretary's report of January meeting minutes was read by Alyssa. No corrections or additions to the meeting minutes. Stand approved as read.

Treasurer's report was given by Kristine. Reported January 2024 income as \$22,742 and expenses of \$25,884. General fund balance \$52,737 (target \$60K). No corrections or additions to the Treasurer's report. Stand approved as read.

#### **Board Reports:**

- \* Finance
  - ~ No updates
- \* Trustees Jake
  - ~ New outdoor spotlight replaced
  - ~ Furnace in fellowship hall repaired
  - ~ New shelf build for Library by Jason Koehler
- ~ Lights in Sanctuary will be replaced in next two weeks \* Worship & Music –Mary
  - ~ Movie night 4/14 floats/popcorn, Movie TBD
- \* Education Carla
  - ~ VBS team applied for and will be split with Ulen again this summer, dates TBD

- Goals for this year include community outdoor movie night, Trunk or Treat, and children to sing on Palm Sunday
- \* Deacons Glenn
  - ~ Deacon retreat 3/2
  - ~ All Boards meeting 3/3 at 7pm
- \* Pastor Report Pastor Lloyd
  - ~ Bible School Concert Choir 3/8, still need host families
  - ~ Planning new members' class 8wks this spring
  - ~ Adult Sunday school plan for Art of Parenting next
  - ~ Two funerals Henry Singer 2/16 and Kenny Sivertson 2/24

#### Old Business:

- \* Auditing in process Jill Toms and Jeff Ehrichs
  - ~ Nominations at June Congregational meeting for Auditing committee, two-year commitment
  - ~ Jeff willing to serve next year

#### New Business:

\* DGF School reached out to Maranatha requesting the

of Maranatha as an option for an emergency location. Penders to be back-up contacts as students would be bussed to church. Carla made a motion to allow DGF students to come to Maranatha during emergencies, seconded by Jake; motion carried.

Motion to adjourn the meeting was made by Kristine, seconded by Mary; motion carried.

Pastor Lloyd closed meeting in prayer

Respectfully submitted by Alyssa Johnson

# Maranatha News

MARCH 2024

### FROM PASTOR RYAN...

Psalm 131 (ESV) A Song of Ascents. Of David.

*1a O LORD, my heart is not lifted up;* 

1b my eyes are not raised too high;

*Ic I do not occupy myself with things too great and too marvelous for me.* 

2 But I have calmed and quieted my soul,

like a weaned child with its mother; like a weaned child is my soul within me.

3 O Israel, hope in the LORD from this time forth and forevermore.

Noise. With four children 8-years-old and under in our house, there's often a lot of noise. There's the constant chatter of our kids playing trains or kitchen or keepy-uppy. There's the sibling bickering and squabbling that is common to all kids – pastor's kids included. The noise seems to be accentuated at the dinner table, as all four are clamoring to outdo one another in recounting the events of the day. Even our 19-month-old loudly babbles along – I think just so he can hear his own voice!

Added to this continual mumble-chatter, we – as a society – are constantly bombarded by the artificial noise generated by the radio or TV, phone notifications, a neighbor's pickup backfiring at 4:00am, and consistent rumble of traffic. (I'm only slightly envious of those of you who live in the country!)

Aside from the external noise that comes from living in community, there's a more dangerous type of noise. It's the inner noise that seeks to invade our souls. It usually sounds something like worry and anxiety, or depression and self-loathing, or the overwhelming burdens of unending to-do lists and the pressures to constantly achieve, or the failures of the past and regrets of things left undone. Even if we're surrounded by complete silence, we can be enveloped by deafening inner noise – and the peace that passes all understanding (Phil. 4:7) gets drowned out.

Psalm 131 is a beautiful Psalm of quiet and trust. It's a simple Psalm, but profoundly deep. If you skipped over it as you started the article, I'd encourage you to go back and read it. And if you already read it, take time to read through it again... slowly this time, meditating on and marinating in each line.

In this Psalm, we get a glimpse into one who has found peace – a calm quiet in the Lord's presence. David hasn't reached this state of peace through some meditative state of disconnected consciousness; this peace was found in the midst of a life that is full of hard problems, dysfunctional relationships, and constant pressures – both external and internal – that weigh us down. This Psalm occurs in the middle of real life.

Verse 1 can be divided into three parts. 1a demolishes arrogance, the lifting up of one's own heart. Pride is total self-absorption, to the detriment of others. One who is proud seeks to control others' conceptions of them and is obsessed with putting on a better image than what reality indicates. This adds stress – noise – to life.

1b attacks our selfish aspirations. So often, it's easy to raise our eyes to the future and to overlook the here-and-now, saying, "Oh, if only I had better health! If I could just get that promotion and add income! Once I'm out of high school, I'll really start to make it!" Now, there's nothing wrong with bettering yourself or seeking that promotion. But one whose eyes aren't raised too high is one who trusts in the Lord right now, in the midst of the gloom. In Living Life Backward, David Gibson encourages us to "Embrace life for what it is, rather than what you want it to be." To do otherwise, is to add anxiety – noise – to life.

Finally, 1c helps us keep life simple and to recognize that there are things beyond our control. David Powlison wrote, "Even the small, everyday things that everyone races after are, in fact, 'beyond us.' From your daily bread, to you abilities and opportunities, these are gifts from God that you don't control." Powlison goes on to note: "Most of the noise in our souls is generated by trying to control the uncontrollable."