

Dear Siblings In Christ ~

I pray this Newsletter finds you in the midst of summer joy, rest, and renewal. Have you had a chance to breathe in the beauty of God's creation? Have you taken time to be a human *BE*-ing, present to the moment at hand while resisting the urge to do, to go, to work, to prove, etc.

The very God who shaped the cosmos with the sun and moon gave the rhythm of day and night. Our Creator God rested and continually invites us to do the same. Sabbath is more than attending church on Sunday morning. Practicing Sabbath is a way of life. The practice of the Sabbath is counter-cultural because its purpose and meaning come from something other than what you can earn, accomplish, purchase, harvest, or check off your to-do list.

Sabbath reminds us that we are fully loved by God, given an abundant life in Christ, we are given the fullness of creation through painted sunsets, the shade of a tree, the smell of a campfire, the chipping of the birds, and more. Why wouldn't we want to bask in the routine and rhythm of the Sabbath—present to the gift of life as receivers of God's abundant grace?

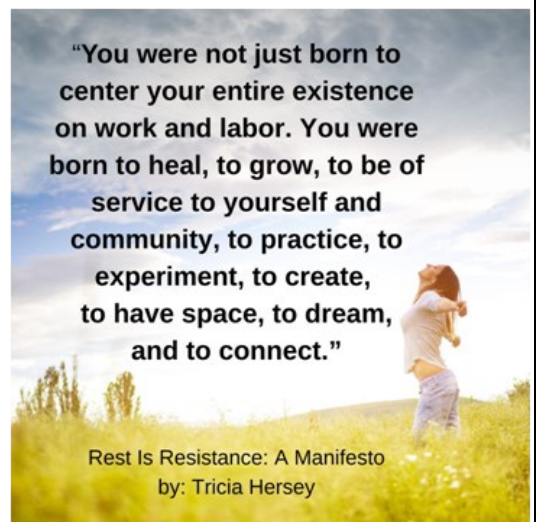
For me, I have come to see Sabbath is not natural. It takes practice, it takes purpose, it takes faithful trust, and it takes letting go. The hardest to admit of it all is the risk of being honest with myself that I cannot do it all. It brings about an awareness that I might let others down. Ultimately when I lose sight of a Sabbath rhythm, I become unhealthy and run myself straight into burnout. (Burn out is not uncommon for Clergy, ministry leaders, those in health care, and other social services.)

This summer, I have recommitted to a purposeful rhythm of Sabbath. It means I must say no to some things to say yes to rest. It means I have to admit I can't do it all. I don't like to admit that, and sharing this with you gives me a feeling of vulnerability I would rather hide. However, ministering through Covid years, the closing of Highland, and the deep grief of numerous funerals in our parish, came to the experience of total exhaustion and burnout. It all caught up with me. Returning to practices of Sabbath (rest, prayer, work/life balance, self-reflection/honesty, seeking help and guidance from my Spiritual Director) is re-centering me. I am sharing, to be honest, with the hopes that it will meet you in your practice/s of Sabbath. I am sharing to walk in my pastoral talk.

Sharing our vulnerabilities invites us as a community of faith to share not only our joys but to be real with our struggles too.

May God bless and keep you, and may you encounter the power and presence of the Holy Spirit as you discover, practice, and live into the gift of the Sabbath. Amen!

God's Peace~ *Pastor Rachael*



**I am excited to share that in just a few weeks, I will embark on a Pilgrimage to Assisi, Italy, following in the footsteps of St. Francis and St. Clare.** I was drawn to St. Francis's life and teaching early in my spiritual development. Many of my faith leaders were Franciscan priests. I felt akin to St. Francis through the way he spoke about knowing God through creation and Christ through service and love.

In 2015, I was gifted a book by a friend who happens to be a Franciscan Lutheran Pastor. (Yep, they exist, and you might remember Brother Jeff as a guest speaker at our parish several years ago.) The book he gave me was called "Eager to Love: The Alternative Way of Francis of Assisi, by Father Richard Rohr. I was captivated by St. Francis's life and his unique partnership with St. Clare. Last summer, I was chatting with my friend and colleague, Pastor Sarah Raymond, about my admiration for St. Francis, to which She shared that she would be offering a pilgrimage to Assisi in 2023.

**Here's a little information about what a pilgrimage is:** "Going on a religious pilgrimage is an ancient way of deepening one's spirituality by traveling to a place associated with a holy person. It can be a deeply moving and powerful

encounter. Pilgrims are not tourists, pilgrims are people on a journey designed to take them outside their everyday, familiar lives into an unfamiliar environment, where they can encounter the extraordinary and experience God in a new way"

This Pilgrimage to Rome and Assisi offers participants a chance to reflect on and learn from the vision and values of St. Francis and St. Clare of Assisi--including time for reflection, study, conversation, leisure, and visits to sacred Franciscan places in Assisi and Rome. In an effort to broaden and enrich our understanding of the Franciscan values that are the

foundation for the ministry done by Franciscan friars, sisters, and lay people, this pilgrimage to Assisi and Rome will expand participants' appreciation and increase their spiritual growth in the following areas: peacemaking, reverence for creation, and compassion for the poor." (Walk In My Shoes, Brother Paul O'Keeffe)



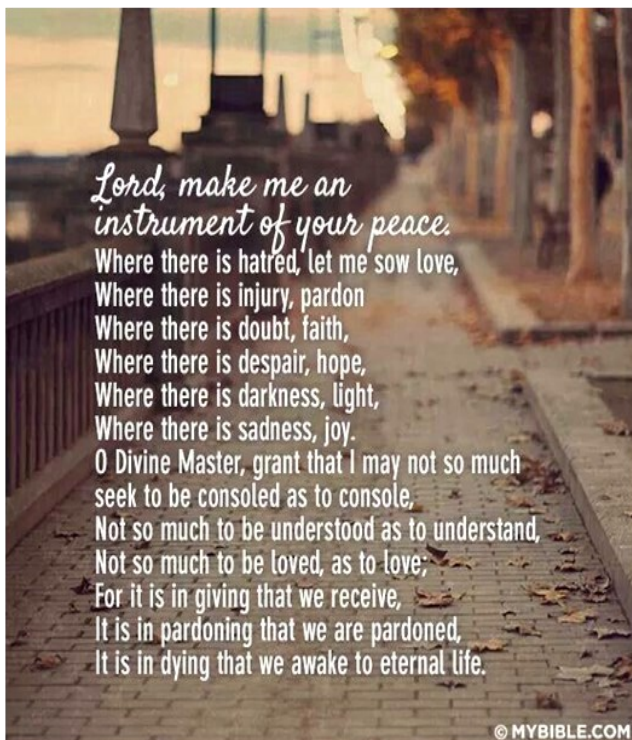
This pilgrimage is part Continuing education, part Sabbath, and I will also add some vacation time with an additional visit to London. We are traveling with Sunlight Tours, and our group is around 10-12 people, including my mom. (A surprise addition, after hearing what I would be doing, she was compelled to join in.)

I wish to thank the parish for honoring the importance of continuing education by supporting my time away and paying a portion of the cost of this pilgrimage. Last Fall, Parish leadership approved utilizing continuing education dollars from the 2022 and 2023 budgets equaling \$2000 towards the \$3500 Pilgrimage cost.

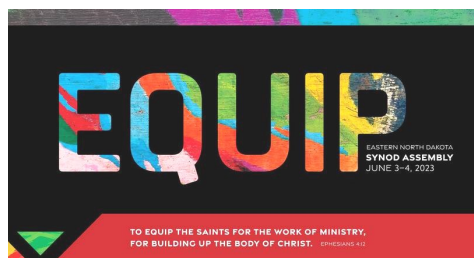
2022 Synod Compensation & Policy Guidelines help give

congregations a framework for supporting their Pastor's participation in Continuing Education. "The Lutheran Church has a history of an educated and well-trained staff. The congregation should expect their rostered ministers to be involved in continuing education programs that will provide opportunities for personal development, enrichment of devotional life, and growth in effectiveness and competency. Continuing education should be regarded as an essential ongoing process which assists in maintaining and sharpening the professional skills required in a rapidly changing world. Continuing education is understood to be "professional growth" and "self-renewal" as distinguished from program development, vacation, or synod-sponsored learning. It is also recommended a minimum of two weeks and two Sundays of continuing education time be allowed for rostered ministers.

This truly is a beautiful opportunity. I ask your prayers for our group for traveling mercies, health, and wellness. I take you all with me in great anticipation for my return, undoubtedly enriched and renewed. With gratitude and love, Pastor Rachael



*Lord, make me an instrument of your peace.*  
Where there is hatred, let me sow love,  
Where there is injury, pardon  
Where there is doubt, faith,  
Where there is despair, hope,  
Where there is darkness, light,  
Where there is sadness, joy.  
O Divine Master, grant that I may not so much  
seek to be consoled as to console,  
Not so much to be understood as to understand,  
Not so much to be loved, as to love;  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
It is in dying that we awake to eternal life.



Dear Friends in Christ,

Greetings! I hope this newsletter article finds you well and enjoying the beautiful summer weather. I write this article sitting in the backyard of a friend's house, reminiscing on the 2023 Eastern North Dakota Synod Assembly, which was held in early June at the Holiday Inn in Fargo.

Annually, members of the Eastern North Dakota Synod gather for an Assembly, where we delve into scripture, worship and the business of the Eastern North Dakota Synod. This year, the 36<sup>th</sup> annual Synod Assembly

gathered under the theme of 'Equip.'

I, along with 293 others, including Susie and Larry Kuster, Krista Gunderson and Pastor Rachael Puttbrese, took part in the assembly, including electing a new Eastern North Dakota Synod Vice President.

Saturday morning began with worship, with Bishop Tessa Moon Leiseth presiding, followed by a day full of fun and adventures. In the afternoon, we heard about the State of the ELCA, from Rev. Lamont Wells, the Executive Director of the Network of ELCA Colleges and Universities. On Saturday evening, I attended the Food For All Block Party, which raised more than \$3,000 for food ministries across our Eastern North Dakota Synod. Sunday morning began with the third and final plenary, which included elections. I'm proud to say that two of us from the Central Valley Parish, Pastor Rachael Puttbrese and I, were elected and will serve on the Synod Council for the upcoming term.

In the third plenary, the 2023 Mission Plan was adopted. I mention this because it's basically the budget for the Eastern North Dakota Synod. This year's budget, passed at the Assembly, shows a projected deficit of about \$48,000. The Eastern North Dakota Synod Council will be constantly evaluating the Mission Plan over the year, making adjustments as needed.

Offerings were taken throughout the weekend at the worship services, and I'm proud to say that those in attendance gave just shy of \$12,000, which will be split among the two bible camps in our Synod – Red Willow (Binford) and Park River Bible Camp (Park River) – and the two campus ministries in our Synod – Christus Rex (UND - Grand Forks) and Crossroads (NDSU – Fargo).

I appreciate the support of the Central Valley Parish in allowing me to, once again, attend the Eastern North Dakota Synod Assembly this year.

In God's Love, Christopher Larson

So how would we summarize our weekend spent at 2023 END Synod Assembly... the Holy Spirit has moved us.

It has been quite a few years since we have had the honor to represent our church at Synod Assembly. We have said it before and we will say it again....we highly recommend it.

We have been refreshed, renewed and we rejoice in God's Word. The Synod Assembly buzz word was "Equip." There were many familiar faces, we made new friends, enjoyed good music and oh... the food was so good.

We attended a workshop called Faith5 that Pastor Rachael actually practices with us right now with sharing our highs and lows at our Church Council Meetings. We plan to continue to carry on with this practice in our own home and with our grandchildren. The blessings that you receive and memories that you make from this practice is amazing. It's very simple "**Every Night in Every Home**" **1-SHARE** highs and lows **2-READ** a Bible verse or story **3-TALK** about how the Bible reading might relate to your highs and lows **4-PRAY** for one another's highs and lows **5-BLESS** one another, by marking a cross on each others forehead.

Sunday Morning....everything was so right. Worship, communion, the message and installation of the Synod Vice President. We were "equipped" and filled with the Holy Spirit.

Thank you for giving us the opportunity to represent Reynolds Lutheran Church. It was an honor.



Larry & Susie Kuster

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Worship Service 9:30am at ILC	17 VBS WEEK at ILC 9-3pm daily Pre-K 9-11:30 daily Pie Day at Town & Country 2-4pm	18 VBS 9-3  Pre-K 9-11:30	19 VBS 9-3  Pre-K 9-11:30  VBS Program 7:00pm	20 Last Day of VBS 9-3 Pre-K 9-11:30	21	22 Congrats Trevor and Katlin Larson/Kelly Wedding
23 Worship Service 9:30am at RLC	24	25	26	27 Parish Coordinating Committee @RLC 7:00pm	28	29 Congrats Tyler and Lauryn Roed/Proznik Wedding
30 Worship Service Communion M4M collection 9:30am at ILC Pastor and Youth leave for camp	31 CVP @ Camp					

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CVP @ Camp	2 CVP @ Camp	3 CVP @ Camp	4 CVP home from Camp	5
6 Worship Service Communion 9:30am at RLC	7	8	9 Corn Feed Reynolds Park 5:30-8pm	10	11	12
13 Worship Service M4M Collection 9:30am at ILC	14	15 RLC WELCA 6:30pm	16	17	18	19
20 Worship Service 9:30am at RLC	21 Pie Day at Town & Country 2-4pm	22	23 Central Valley school begins	24	25	26
27 Worship Service Communion 9:30am at ILC	28	29	30 6:30pm Dinner Church at Reynolds Lutheran 7:00pm Hymn Sing with Grace	31		

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Worship Service 9:30am at RLC	4 <b>LABOR DAY</b>	5	6	7	8	9
10 Welcome Back Sunday Worship Services at ILC Time TBD	11	12	13 6:30pm POW begins 7:30pm Confirmation Student/Parent meeting	14	15	16
17 Worship Services Time TBD	18 Pie Day at Town & Country 2-4pm	19	20 6:30pm POW 7:30pm Confirmation 8:30pm Youth Group	21	22	23
24 Worship Services Time TBD	25	26	27 6:30pm POW 7:30pm Confirmation 8:30pm Youth Group	28	29	30

\*September planning is still underway. We will have additional times and dates for the Youth Retreat to Castaway and the 2024 Youth Gathering parent/youth meeting. Also at the end of July, the Parish Coordinating Committee will be reviewing worship times. If there are any changes those will be coming out in late August. Watch your weekly bulletins and the September newsletter, arriving sometime after Labor Day. Thank you for your patience and understanding.



## PIE DAY!

Stop by

The Town and Country Center at  
315 Broadway, Buxton  
for PIE, DESSERTS and COFFEE

Monday, July 17th,  
Monday, August 21st and  
Monday, September 18th

2:00p.m.-4:00p.m.

Free Will Offering.  
Bring a friend or two!

*Mark your calendar for this monthly event.*

**Wed. August 30th,**  
**6:30 p.m. at**  
**Reynolds, Grace**  
will lead us with  
Hymn Sing at  
7:00 p.m

Rumor has it, there  
just might be some  
fresh corn on the  
cob from Neil  
Thompsons  
garden... You don't  
want to miss it!!!

A MINISTRY  
DESIGNED TO INCLUDE  
ALL AGES



YOU ARE INVITED

**DINNER  
CHURCH**



**WE WELCOME YOUR HELP WITH  
OUR 2023 LOCAL & GLOBAL  
SCHOOL SUPPLY COLLECTION.**

**BACK TO  
SCHOOL  
SUPPLIES**

**Beginning the week of July 17th through Aug 3rd, we will collect school supplies at Immanuel Lutheran for Traill County Social Services.** There will be a box in the back of the church labeled "Traill County School Supplies" We will kick off the collection the week of VBS. There is no specific list or guidelines, so all new school supplies are welcome.

**Now through Sept. 19th, Reynolds Lutheran WELCA** is collecting supplies for School Kits for Lutheran World Relief. LWR asks for the following supplies:

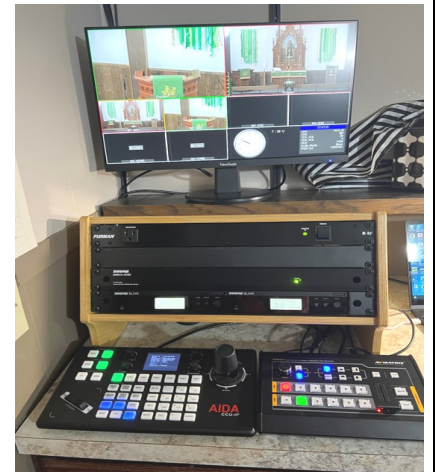
**Notebooks:** 70 sheets wide or college rule, no loose leave paper. **Rulers:** 30-centimeter ruler, or a rule with centimeters on one side and inches on the other. **Pencil Sharpeners:** **Scissors:** Blunt edge scissors (safety scissors with embedded steel blades work well.) **Crayons:** Box 16 or 24

Technology really kicked in at Immanuel in 2017 with the generous donation from Amy Knudsvig. Two mounted projectors along with screens and a camera were installed which gave us the opportunity to project videos on the screen as well as project the service from the main church into the dining room as needed.

With the arrival of COVID and no church service open to the public, we started going live with our service via an iPhone. We then added the capability to use the camera and sound system directly to the live Facebook feed. As our live broadcasts continued, we saw the need to expand our coverage. We had a new camera on our wish list that could give us different views along with new mics for better sound. We started a Tech Fund that many gave memorials and donations to.

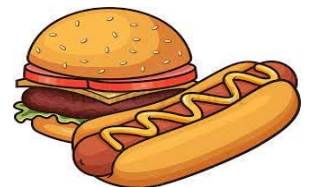
The Fuglesten family blessed us with a large donation to cover half the cost which was given in loving memory of Rob. With that gift, the decision was made to move ahead with the upgrade. We look forward to adding more options to our online viewing. Please remember to leave us comments and suggestions as you view our services.

While we give thanks to the Fuglesten Family for their donation in Rob's name, we welcome more donations to cover the rest of the expense of our purchase and streaming programs to come. Your continued generosity is greatly appreciated.



### **3rd Annual Hamburger, Hotdog and Corn Feed**

**Wednesday, August 9th  
5:30-8pm  
at the Reynolds Park.**



The Corn is donated from the "Victory Garden" of Neil and Jaxson Thompson and Dorian Beck. All proceeds will be given to Reynolds Lutheran Church.

This event is sponsored by the families of Olger, Nellie and Les Thompson and Ashley Breidenbach. Hope to see everyone there!

## Immanuel Memorials

### **In Memory of Ray & Louise Kloster and Gerald & Thelma Hovet**

Ron & Ruth Hovet Cemetery Fund

### **In Memory of Rosalie Hertwig**

Wanda Knutsvig Cemetery Fund

Randy and Doris Vigen Cemetery Fund

Nancy Newcomb Tech Fund

Bernell & Marilyn Asheim Memorial Fund

### **In Memory of Paul Tandberg**

Randy & Rachael Puttbrese Tech Fund

### **In Memory of Caroline Anderson**

Randy & Rachael Puttbrese Tech Fund

Nancy Newcomb Tech Fund

### **In Memory of Deloris Erickson**

Terry & Harriet Thoreson Tech Fund

## Reynolds Memorials

### **In Memory of Paul Tandberg**

Dave & Sherri Schultz SGWF

### **In Memory of Bill Pulley**

Larry & Susie Kuster General Fund

### **In Memory of James Vandal**

Mark & Kristi Jensen General Fund

### **In Memory of Rosalie Hertwig**

Mark & Kristi Jensen General Fund

Greg & Lori Saure General Fund

Sharon Enger General Fund

Larry & Susie Kuster General Fund

Randy & Rachael Puttbrese General Fund

## REYNOLDS LUTHERAN CHURCH

### **JULY**

**Janitor/Usher: Mark Jensen**

**Communion: Kristi Jensen**

**Mowing: Kevin/Lonnie Olson**



**WELCA MEETING: NO MEETING**

**COUNCIL MEETING: TBD**

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### **AUGUST**

**Janitor/Usher: Graham Oakland**

**Communion: Susie Kuster**

**Mowing: Steve Breiland/Dave Schultz**

**WELCA MEETING: 6:30pm Tuesday, Aug 15th**

**COUNCIL MEETING: TBD**



# APPLY ONLINE TODAY!

## EARLY HEAD START HEAD START

MAYVILLE, PORTLAND, GRAND FORKS, CENTRAL VALLEY, HILLSBORO

Quality Child Care at NO COST to you  
Ages 6 weeks through 5 years

*For those that qualify*

- Eligibility qualifications
  - Income
  - Receive SNAP, TANF, SSI
  - Foster Care
  - Homeless
  - Reside in a medically underserved community

Did you know, you could qualify for Early Head Start or Head Start based off of the community that you live in?

How is this possible? Many small towns in our service area are considered medically underserved. Children who live in medically underserved communities may be able to enroll into Early Head Start or Head Start, regardless of income eligibility.

What towns in our service area are medically underserved?

- Hatton
- Finley
- Sharon
- Clifford
- Galesburg
- Buxton
- Reynolds
- Cummings
- Others



## **MONEY 4 MISSIONS:**

We are excited to share that as of now, we have collected a total of **\$1,644.45** for ELCA World Hunger and our Midweek Meals. We will

continue with our special collection at kids time during worship on the 2nd and 5th Sundays of the month through August '23

**Our upcoming Money 4 Mission Sundays are: July 30th, and August 13th**



Please follow the QR code to make additional donations. Thank you for your continued gen-



Central Valley Parish  
Immanuel and Reynolds Lutheran  
222 Pottle Ave  
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Buxton, ND 58218

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**July and August 2023**



**Sunday, 23rd, Worship** July  
9:30am at Reynolds Lutheran

**Sunday, July 30th, Worship, Communion, M4M collection**  
9:30am Immanuel Lutheran

**Sunday, August 6th Worship, Communion**  
9:30am Reynolds

**Sunday, August 13th Worship, M4M collection**  
9:30am Immanuel

**Sunday, August 20th Worship**  
9:30am Reynolds

**Sunday, August 27th Worship, Communion**  
9:30am Immanuel

**Sunday, September 3rd Worship Service**  
9:30am Reynolds

## Contact us at:

Immanuel Lutheran Church office  
701.847.2209

Reynolds Lutheran Church office  
701.847.2245

Office email:  
[parish.immanuel@midconetwork.com](mailto:parish.immanuel@midconetwork.com)

Pastor Rachael Puttbrese  
(701) 741.0770 or  
[pastorrachael@gmail.com](mailto:pastorrachael@gmail.com)

Find us on the Web at:  
[Centralvalleyparish.com](http://Centralvalleyparish.com)  
or  
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