



Tri-County Ministry News

October 2021

From Deacon Tara

October 10th is World Mental Health Day and October 3-9th is Mental Health Awareness Week. I am the daughter of a woman who lives daily with a mental illness. I am Tara, Sandy's daughter. This is a huge piece of my story that you may or may not know. Mental health is something that we are not good at talking about. In fact, I didn't tell anyone for over 16 years because I saw the stigma that came with the illness.

Once I told my story, I learned how important it is to share our stories. I love this quote from Brene Brown: "The bravest thing you'll ever do is tell your story." In 2014, I participated in a blogging challenge where I picked a topic and wrote on that topic for all 31 Days of October. I wrote on living as the daughter of a woman who lives daily with a mental illness. Then in 2016, I self-published it into a book, *Living as a Daughter: 31 Days of Mental Illness!* (Because I know some will ask, it can be found on Amazon.)

Telling my story means helping to educate and bring awareness around mental illness because mental health matters. "Mental illness is not a trend. Mental illness is not something you can snap out of. Mental illness is not a choice. Mental illness is not attention seeking. Mental illness is not an excuse. Mental illness is something that is not always visible." (Source: The Depression Project)

Statistics also show that one in five adults will be diagnosed with a mental health condition. Forty-four million adults in the US live with a mental illness. That is 18% of adults. The number of teens and young adults is high as well. Therefore it is really important for us to share resources so that when someone we love experiences a mental illness, we know where to turn for help. Getting proper treatment is essential to those living with a mental illness to live a good life.

As a result of my family's story, I have become extremely passionate about helping educate about this illness. Turn to the next page for some of the resources that I use often when it comes to educating and helping to break the stigma of mental illness:.

This is a good place to start. Please let me know if you have any questions. I am passionate about educating and helping to stop the stigma around mental illness. My why will always be my mom and all those who daily struggle with a mental illness. I want a better life for all of them.

Deacon Tara

Parish News

Mental Health Resources

The National Alliance on Mental Illness (NAMI):
www.nami.org

To Write Love on her Arms:
www.twloha.com

National Suicide Prevention Lifeline:
www.suicidepreventionlifeline.org

Crisis Text Line:
www.crisistextline.org or text 741741 to connect with a crisis counselor

Better Help:
www.betterhelp.com

Mental Health:
www.mentalhealth.gov

Mental Health First Aid:
www.mentalhealthfirstaid.org

Bring Change to Mind:
(started by actress Glenn Close)
www.bringchange2mind.org

Faith4Life beginning

October brings the scheduling of our confirmation classes. Gilbert and Jo Black will be leading a group at Grace in Grace City, and Deacon Tara will be leading the group that rotates between Binford and Hannaford.

A mailing recently went out to families of current and prospective confirmation students. If you know of a 7th grader who may not have received the information, please contact the TCM office.

Our Faith4Life students will be blessed during the worship services in TCM the first weekend in October.

Minister Appreciation

October is Clergy Appreciation Month, also known as Minister Appreciation Month. Here in Tri-County Ministry, we have Deacon Tara, our ordained clergy. And we have our lay preachers who faithfully serve our congregations — Marla Larson, Truley Trautman, Marvin Goplen, Gilbert Black, and Kelli Schmitt.

Following are a few ideas for showing your appreciation.

- Invite Your Minister To Your Home For A Meal
- Give gift cards for coffee shops and restaurants
- Share Your Season Tickets
- Ask If You Can Pray for Them
- Offer Your Lake Home For the Weekend or Longer
- Write a Personal Thank You Letter
- Drop Off A Homemade Dessert

Congregational News

Our Savior’s of McHenry

The funeral service for Duwayne (Bud) Hoyt was held Monday, September 6, at Our Savior’s. He passed away September 2 In Carrington. Blessed be his memory.

Trinity of Binford

Sunday School begins October 3. It will be held on the first Sunday of each month at 9:30. October 3 is an exception since worship is on Saturdays in October. The October Sunday School will be at 10:00 that Sunday morning. All kids are welcome! Please contact Kelsey Kuster or Ciara Iverson if you’d like more information.

Quilting is tentatively scheduled to begin on Monday, October 18.

Trinity WELCA will meet on Tuesday, October 5, at 2:30.

October is Trinity’s month for alternative scheduling. Weekly worship services will be held on Saturdays at 5:00 p.m.



October 10

Pastor Joe Larson will come from Fargo to lead worship at Our Savior’s of McHenry and Grace of Grace City.

Deacon Tara will lead worship with Pastor Larson’s congregation in Fargo.

***Boundless:
the ELCA National Youth Gathering***

*Minneapolis, MN
July 24-28, 2022*

Beginning next month, watch for updates and fund raisers for our Tri-County Ministry group attending the Gathering.

Tri-County Ministry Council
August 26, 2021
7:00 p.m. at Trinity in Binford

PRESENT: Richard Hanson, Rob Loe, Linda Loe, Dan Larson, Allen Hetland, Janice Johnson, Gilbert Black, Lori Ellingson, Laurie Erickson, Lyle Black, Bob Delfs, Deacon Tara Ulrich, Theresa Fiebiger

ABSENT: Angie Olson, Olen Ophaug

CALL TO ORDER: Linda Loe

OPENING PRAYER: Deacon Tara

ADDITIONS TO AGENDA: Under New Business – Letter from Bishop, COVID procedures

SECRETARY’S REPORT: Approved and filed

TREASURER’S REPORT: Approved and filed

Balances of Hand 8.26.21	General Fund	99,180.79
	Parsonage Fund	9,222.85
	Special Funds	3,945.26

OLD BUSINESS

Constitution Updates: Lutheran Church of McVile has completed their constitution update. The TCM Executive Committee will update the TCM Agreement and By-Laws and bring to the next meeting for approval of the TCM Council.

TCM Parish Worship: Discussion of the worship service held at RWBC on August 8. Sound system was provided by a parishioner since the camp does not have a working system; several compliments were received about the service; good coffee hour; overall, the service went well.

NEW BUSINESS

Worship Scheduling: Suggestions and requests have been made by more than one congregation regarding Sunday morning scheduling. Council representatives are asked to go back to their individual congregations to discuss scheduling and to bring ideas to the next TCM Council meeting.

TCM Finances: Discussion of checking account; Theresa will check with bank on interest-bearing account or money market account. Discussion of returning PPP loan funds to the individual congregations; consensus of TCM Council to keep all funds within TCM.

2022 TCM Budget: Meetings were set for September 23. Executive Committee will meet with staff beginning at 6:00 p.m. to discuss 2022 salaries and compensation; Finance Committee will then meet at 7:30 p.m. to discuss 2022 budget.

Letter from Bishop Tessa: A letter has been received by all congregations in the synod, requesting that the churches recognize the mass graves of indigenous children found in Canada and the US. Suggestion from Executive Committee that this recognition begin in our parish on Sunday, November 7, with an orange banner being hung in each of our churches for 215 days. Motion by Rob Loe, seconded by Janice Johnson, that our congregations participate in the recognition. Motion carried.

COVID Procedures: Congregations will be aware of any coming needs regarding precautions; no parish-wide procedures in place at this time.

STAFF REPORTS

Theresa: Shared information about the upcoming quilt auction and Red Willow Bible Camp; reminded churches of need for communication.

Deacon Tara: Confirmation classes will begin in October and will rotate between Binford and Hannaford. Planning meetings are scheduled for Binford Trinity Sunday School and the ELCA Youth Gathering. Tara has recently officiated at two funerals in TCM. She'll be working with the Heart2Heart lay visitors to plan visitation in the parish. Deacons in the Eastern North Dakota Synod were recognized at the Synod Assembly.

CONGREGATIONAL REPORTS

First Presbyterian: The church exterior and trim are being painted.

Faith: Outdoor worship at the CAB Park will continue as long as the weather allows. Rally Day is September 12. Two funerals have been held at Faith.

Our Savior's of McHenry: Funeral service was held in August. All Covid restrictions have been lifted. The council is working on the constitution update.

Trinity: Parsonage bathroom has been remodeled. A wedding was held at Trinity in July.

Grace: Worship attendance has been up and down over the summer. Sunday School and confirmation will begin in September/October.

Lutheran Church of McVile: Better worship attendance is desired; positivity from those who do attend. Constitution update is completed and ready for congregational approval. VBS was held in August; Club 3:16 will begin in September, meeting monthly on a Sunday afternoon. One funeral was held. Church is being cleaned. Gayle Anderson represented McVile at the Synod Assembly.

Our Savior's of Klotten: Will worship with McVile on September 12 in the McVile Park.

NEXT MEETING: Thursday, October 14 at 7:00 p.m.

CLOSING PRAYER: Ecumenical Lord's Prayer

Respectfully submitted by
Lori Ellingson, Secretary
Theresa Fiebiger, Recorder

TRI-COUNTY MINISTRY STAFF

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TCM CONGREGATIONS

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**We exist to serve Christ in
harmony with our member
churches and communities.**