

Concordia News – Large Print

June 2020

Volume 15 A newsletter for members, family, and friends of Concordia Lutheran Church and Concordia Cemetery Association Number 6



From Pastor Bruce	2
Announcements and Assignments.....	5
With Our Thanks	7
Recipe of the Month	9
Bits and Pieces	11
Dates to Remember	17

From Pastor Bruce



Our nation is a state of flux some would say turmoil: pandemic, racial issues and bitter partisan divides not only in Washington DC but in our own communities, even our own families. Most Americans are concerned, others are worried and a few are verging on panic. While we do hope for meaningful progress on the big

issues of the day and while it is OK for patriotic Christians to be concerned or maybe even worried because of the events of the day, there is never justification for fear, particularly a fear that drives us to retreat into our own self, our own community/family. It may be tempting to raise barriers physical. emotional or spiritual to those forces that would unsettle us. Such is not our calling as disciples of the victorious and risen Lord. In this past Sunday's text we read the great commission where the resurrected Christ adjured his followers to go out into a sometimes apathetic and hostile world. This is a contrast to what the disciples wanted which was to stay behind locked doors.

From Pastor Bruce

During this time of pandemic, perhaps the best thing we can do is to stay inside, but it is good to remember Martin Luther who on the one hand encouraged his congregation to do the same, because of the plague that would kill a third of the inhabitants of Wittenburg where his parish was, but also made his own home open for victims of the plague to be cared for. Lest this seem like a contradiction, it is not for in both cases the motivation was not to protect oneself but to care for the neighbor. It is possible that cloth masks (unlike K95 or the Chinese equivalent, the KN95) may primarily benefit the neighbor not the user. Perhaps the cloth mask is a good metaphor for what Luther was telling his congregants. Today with great health care there is little reason to turn our homes into sanitoriums, but the principle remains. This is comparable to the President Kennedy stated: "Ask not what your country can do for you but what you can do for your country." During times of danger and stress it is easy to turn our eyes inwards. This is normal, it is what we all are prone to doing when we are controlled by fear.

This is where we need to keep looking at the end of the passage where Jesus concludes with the words telling his disciples (us) for lo I will be with you to the end of the age." Because Jesus' has promised his presence with us through even death itself and beyond,

From Pastor Bruce

we are people that fear, yes, but it does not define our lives or control our lives. Most people know that Harold Horpedahl sky dived on, what I think was his 75th birthday. I am sure he was afraid but he had courage, not because of his own abilities but because he believed the chute would open and that he was in good hands (literally) with the instructor who accompanied him. Not a bad metaphor for what Luther and Jesus were saying. So yes, for now, it is good to physically isolate but we do so with courage and we do it for ourselves, yes, but primarily for our neighbor.

May the peace of God which passes all understand keep you in
his grace,

Pastor Bruce

218-329-2245

COVID-19

Governor Walz has given the go-ahead for resumption of worship services at 25 percent capacity. Because of the age of most of our members, it was decided not to resume services on May 31. When to resume services at Concordia has yet to be determined.

Coffee and Cookie Servers

(when services resume)



June 7	Germaine Gress	July 5	Kathy Krogstad
June 14	Polly Hanson	July 12	Linda Koester
June 21	Carolyn Edwards	July 19	Barb Grover
June 28	Irene Olson	July 26	Becky Jegtvig

If you know of someone in the hospital or in need of a home visit, or if you'd just like to talk through your concerns about the pandemic, contact Pastor Bruce at 218-329-2245.



Father's Day

June 21

Memorial Day 2020

Although the annual Memorial Day Service was cancelled due to the virus, a small group did gather to perform a flag replacement ceremony.

New Congregational Officers



At the annual meeting in February, the following officers were elected:

President: Clinton Babolian

Vice President: Jim Koester

Secretary: Wescott Tommerdahl

Treasurers: Ray and JoLyn Johnson

Board Members: Orpha Hoelstad

Germaine Gress

We appreciate their willingness to serve!

.At midnight in the month of June I stand beneath a mystic moon.

~Edgar Allan Poe

With Our Thanks

Donations

Concordia General Fund

In Memory of Harold & Lucilla Anderson
Harold Anderson Family

*Thank
You*

We extend our heartfelt gratitude for the conscientious service of outgoing church officers Gordon Kassenborg (president), Walter Teigen (vice-president), and Neil and Polly Hanson (treasurers).

Thanks to Pastor Bruce and Kathy for making the rounds to bring us communion at our homes during the pandemic.

Thank You!

The effort they have made to allow us to participate in the congregation, even as regular worship and other activities have been suspended, means almost as much as being able to partake in the sacrament.

We are blessed to have you and we truly appreciate you!

With Our Thanks

We Need Your Support



With worship services and other activities suspended for over two months, your donation to the general fund of any amount can help fill that gap. Donations to the cemetery fund and newsletter are always greatly appreciated as well.

General Fund:

Make checks out to Concordia Lutheran Church and mail to:

Ray Johnson

7333 70 St N

Glyndon MN 56547

Concordia Newsletter

Make checks out to Concordia News and mail to:

Walter Teigen

915 4th Avenue South

Moorhead MN 56560

Concordia Cemetery Association:

Make checks out to the association and mail to:

Ray Johnson

7333 70 St N

Glyndon MN 56547

Recipe of the Month

Taco Pizza



Ingredients

Crust

3 large eggs

½ cup olive oil

¼ cup coconut flour

1 tsp salt

1 cup full fat coconut milk

3 cups tapioca flour

1 TB baking powder

Taco Meat

2 TB canola oil

1 diced green pepper

2 garlic cloves, minced

1 lb hamburger

2 TB hot sauce

1 diced red pepper

½ yellow onion, diced

½ jalapeno, diced

Juice of ½ lime

2 TB taco seasoning

Pizza Toppings

¾ cup guacamole dip

¼ cup sliced black olives

½ cup diced green onion

½ cup nacho cheese dip

1/3 cup sour cream

2 cups chopped iceberg lettuce

½ cup diced cherry tomatoes

Directions

- Preheat oven to 350 degrees.
- Line a baking sheet with parchment paper.
- In a medium bowl, mix eggs, coconut milk and olive oil.
- In a large bowl, mix the flours, baking powder and salt.
- Combine wet and dry mixtures and whip until smooth.
- Pour dough on baking sheet and use spatula to even it out.
- Cook for 10-12 minutes.
- While crust is cooking, pour canola oil in large frying pan on medium high heat. Add peppers and onions.
- Saute until peppers have browned and onions are translucent.
- Add hamburger and brown thoroughly
- Add garlic, jalapeno, lime juice, hot sauce and taco seasoning. Simmer for 5 minutes.
- Layer guacamole and sour cream on warm crust. Spread hamburger mixture evenly. Top with tomatoes, olives, lettuce and onion.
- Warm nacho dip in microwave and pour on pizza. Serve immediately!



From the

Moorhead Daily News

June 27, 1929

Page Eight "SOCIAL NOTES"

Yesterday afternoon at the Trinity parsonage Rev. S. T. Sorenson read the marriage service for Jacob A. Holte and Ingeborg Kragnes, daughter of Mr. and Mrs. Gilbert Kragnes. The bride's brother, John C. Kragnes was best man and Miss Judith A. Holte, sister of the groom, was bridesmaid. In the evening a large reception and dance was held at the home of the bride near Kragnes. Albert Kragnes and Miss Ruth Netland, who were recently married, were also guests of honor at the reception and dance

The Top 10 Things You'll Never Hear a Dad Say:

10. "Well, how 'bout that? I'm lost! Looks like we'll have to stop and ask for directions."
9. "You know Pumpkin, now that you're thirteen, you'll be ready for un-chaperoned car dates. Won't that be fun?"
8. "I noticed that all your friends have a certain hostile attitude. I like that."

7. “Here’s a credit card and the keys to my new car. Go crazy!!!”
6. “What do you mean you wanna play football? Figure skating is not good enough for you, son?”
5. “Your Mother and I are going away for the weekend. You might want to consider throwing a party.”
4. “Well, I don’t know what’s wrong with your car. Probably one of those doo-hickey thingies—ya know—that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.”
3. “No son of mine is going to live under this roof without an earring. Now quit your belly-aching and let’s go to the mall.”
2. “Whaddya wanna go and get a job for? I make plenty of money for you to spend.”

And the number one thing you’ll never hear a dad say:

1. “What do I want for Father’s Day? Aahh—don’t worry about that. It’s no big deal.” (actually they might say this, but they don’t mean it).

Father's Day Word Search

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

DADDY
 UNCLE
 STRONG
 GOLF
 PROVIDE



FATHER
 TEACH
 BRAVE
 FOOTBALL
 PARENT



GRANDPA
 RESPECT
 NECKTIE
 PROTECT
 LOVE



womanofmanyroles.com

Coronavirus Disease 2019 (COVID-19)

About Cloth Face Coverings

COVID-19 spreads mainly from

A cloth face covering may not protect the wearer, but it may keep the wearer from spreading the virus to others.

person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Studies and evidence on infection control report that these droplets usually travel around 6 feet (about two arms lengths).

Wear Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.

- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- Cloth face coverings can be made from household items.



Prevent Spread by Those Without Symptoms

While people who are sick or know that they have COVID-19 should isolate at home, COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to practice social distancing (staying at least 6 feet away from other people) and wear cloth face coverings in public settings. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

Who should wear

• People older than 2 years of age in public settings where other social distancing measures are difficult to maintain

Who should not wear

- Children under age 2
- Anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance

Coronavirus Disease 2019 (COVID-19)

How to Wear Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

- **Who should NOT use cloth face coverings:** children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- **Cloth face coverings are NOT surgical masks or N-95 respirators.** Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands

Follow Everyday Health Habits

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



Coronavirus Disease 2019 (COVID-19)

How to Wash Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

How to clean

Washing machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.



Washing by hand

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
 - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.



Make sure to completely dry cloth face covering after washing.

How to dry

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.



Air dry

- Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

Dates to Remember

Worship Services and all other congregation activities have been suspended until further notice. A decision about resuming Sunday worship and activities will be made at the appropriate time based on circumstances and synod/government guidelines and directives.

Sunday Worship Coffee Hour: 9 a.m. Service: 10 a.m.

Birthdays

June 5 Mavis Wang

June 25 Colleen Edwards

June 16 Kathy Krogstad

June 26 Walter Teigen

Anniversaries

June 7 Ruth & Bill Farabee

June 22 Walter & Sylvia Teigen

JUNE 2020

ISSN 2152-3339

The large print edition of Concordia News is only available on-line.

To submit an item for the newsletter:

E-mail news@concordianews.org

Write: Alene Sladky
6938 State Hwy 200 NW
Laporte MN 56461



Concordia News is published monthly by Concordia Lutheran Church and Concordia Cemetery Association.

Concordia Newsletter Staff

Editors: Karolynn Decker & Sylvia Teigen

Treasurer/Distribution: Walter Teigen

Web Edition: Alene Sladky