

# Shorelines

**LIVING WATERS COVENANT CHURCH**

**MARCH 2019**

**In This Issue:**

**Pastor's Corner**

**March Calendar**

**Church Events**

**News From Sunny Days**

**Other Events**

**Area News & Our Views**

**Pastor's Corner**

In my devotional reading I am currently going through Romans with a commentary by Eastern Orthodox priest, Patrick Henry Reardon. In discussing Romans Chapter 8, Father Reardon says that "Holy Spirit, is the new, internal principle by which we are united to the Father and the Son in knowledge and love...but there are obstacles to the Holy Spirit in our hearts, and these must be resisted and overcome."

In others words, sin is the obstacle that has invaded our soul and we must resist sin within us to allow the healthy invasion of our soul by the Holy Spirit.

In the spring of 1940 France was invaded by Nazi Germany. Very few Frenchmen welcomed this invasion. Unfortunately, the Nazis came to control every aspect of life in France. Nevertheless the heart of France beat against the invaders and so many resisted or at least cooperated with the Nazis as little as possible.

At the same time, France looked outward for another invasion. An invasion that would bring freedom to their enslaved land. Even though they were under the control of an enemy power many in France cooperated with the allies as much as they could. But no matter how much France resisted, they would only know victory by welcoming a second invasion. It came, of course, in June of 1944.

All of our hearts have been invaded by sin. As Christians, all of us put our hope in the invasion of our souls by the Holy Spirit. But in the meantime do we resist sin as much as possible and cooperate with the Holy Spirit every chance we get. This is the part of the battle we must fight.

Catherine of Seina heard the message from God, "I have created you without you, but I will not save you without you." Ally yourself with God through His Word and Spirit and join the victory only Jesus Christ can bring.

**SUNDAY SCHEDULE**

**9:00 A.M. Sunday School**

**10:00 A.M.**

**Coffee Fellowship**

**10:30 A.M. Worship**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>MARCH 2019</h1>				1  Lil Foth	2  Tom Klucking Granger Collin
<b>3</b> 9:00 Sunday School 10:00 Coffee Fellowship 10:30 Worship with Communion	4  Dan Fischer	5	<b>6 Ash Wednesday</b> Ash Wednesday Activities Supper at 6:15 P.M. followed by worship	7	8	9
<b>10 1st Sunday in Lent</b> 9:00 Sunday School 10:00 Coffee Fellowship 10:30 Worship	11  John Martin	<b>12</b> 6:00 Lead Team  Suzy Brandner Tim & Susan Middagh	<b>13</b> 6:00 Lenten Supper 6:30 Lenten Devotions 6:45 Confirmation 7:00 Adult Bible Study	14	15	16
<b>17 2nd Sunday in Lent</b> 9:00 Sunday School 10:00 Coffee Fellowship 10:30 Worship  John Buarapha	18  Deb Joens	19  Tom Martin	<b>20</b> 6:00 Lenten Supper 6:30 Lenten Devotions 6:45 Youth Groups 7:00 Adult Bible Study  Tad Stewart	21	22	23
<b>24 3rd Sunday in Lent</b> 9:00 Sunday School 10:00 Coffee Fellowship 10:30 Worship Deb Martin <b>31 4th Sunday in Lent</b> 9:00 Sunday School 10:00 Coffee Fellowship 10:30 Worship  Kevin Miller	25	26	<b>27</b> 6:00 Lenten Supper 6:30 Lenten Devotions 6:45 Confirmation 6:45 HS Boys & Girls Youth Group 7:00 Adult Bible Study  Howard Rachuy	28  Sandy Carlson	29  Jackie Martin	30  Kris Fischer

SERVING YOU IN MARCH

**SCRIPTURE READERS:**

3 Kolette Eggink  
10 Jeff Ling  
17 Jerry Luinenburg  
24 Sam Martin  
31 Gretchen O'Donnell

**WORSHIP NURSERY:**

3 Colin & Gretchen O'Donnell  
10 Robert & Robin Redman  
17 Susan Collin & Kadence Hyvari  
24 Chad & Katie Kremer  
31 Chad & Jeani Harms

**SOUND SYSTEM:**

3 Dave Bos  
10 Jeff Ling  
17 Jerry Luinenburg  
24 Ron Hyvari  
31 Dave Bos

**USHERS:**

Dan & Kris Fischer  
Tom & Sharon Klucking

**GREETERS:**

3 Kevin & Nancy Flynn  
Ted & Sarah Martin  
10 Tom & Deb Martin  
Charles & Phyllis Middagh  
17 Clair & Diane Willemsen  
Howard Rachuy  
24 Ferne Scheniederman  
Bob & Suzy Brandner  
31 Gene & Lil Foth  
Dean & Carol Christopherson

**COFFEE FELLOWSHIP:**

3 Gene & Lil Foth  
10 Ted & Sarah Martin  
17 Colin & Gretchen O'Donnell  
24 Duane & Molly Fenske  
31 Gene & Lil Foth

**COMMUNION SERVERS (March 3rd):**

Dean Christopherson  
Ted Martin  
Nancy Flynn  
Clarice Gehl

*\*If you cannot serve on your assigned Sunday, please find a replacement or call the church office at 376-5109.*



# March

# LIVING WATERS

NEWS  
AND  
VIEWS

## 2019

By Gene Foth

### **TOM AHLBERG** MISSION TRIP TO YWAM Antigua 2019

The end of January found this team of 10 from SW Minnesota & Iowa enjoying the warmth of the weather and people in Antigua Guatemala. A team of Dental and construction workers left warm sunny Minnesota for the even warmer and sunnier Guatemala on January 18 through January 26<sup>th</sup>.



While in Antigua we met up with Medical professionals from Guatemala, Korea, and China. During the week Dr. McNiece and another dentist, Cecelia, along with Stefanie our Dental Hygienist, saw 94 patients. One couple in their 30's came for their first ever dental appointment. They couldn't afford dental care but wanted their children to see a dentist and get them on the road to healthy teeth. The Medical personnel included a Nurse, Chiropractor, 2 ordinary Doctors, and 2 Acupuncture Doctors. I am not sure how many people they saw. There was a full time evangelist who met with many of the patients to tell of Jesus love. The first morning a woman patient proclaimed Jesus as her Savior!

The rest of the group from here worked on building a home for a displaced family of 5. The land for the home was given to the Mother as a part of her inheritance. The base for the house was prepared and ready for us to build thanks to the contractor who is building the addition to the YWAM building. Bruce is adding more meeting rooms, bedrooms, and a 3 stall garage to the existing base. The home was completed in 4 days and a triple bunk bed was also built.



When we were finished with the home we

purchased a cooking stove for a family that lost everything in last June's volcanic eruption. The volcano, Fuego, erupted and buried a village located less than 20 miles SW of Bruce's base. This ash flow buried an entire village killing at least 200 people. One family lost 30 members.

The trip was both warm and rewarding and plans are being made to return next January so if you are interested contact Tom Ahlberg to find out more information. [Tom.Ahlberg@isd518.net](mailto:Tom.Ahlberg@isd518.net)



# CRAIG STEWART VENTRILOQUIST

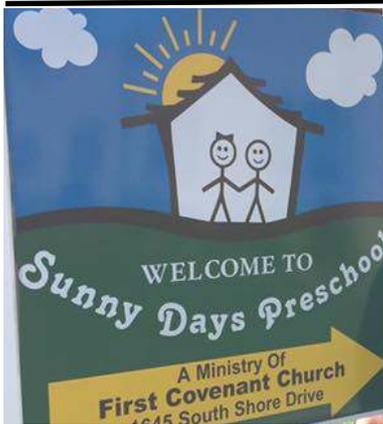


The Globe 2-2-19 issue

In the February 2, 2019 issue of *THE GLOBE*, he was interviewed by Ryan McGaughey, Editor. Craig was quoted saying, "I've put together a program that's a fun form of **reminiscence therapy**. You take the average age of the residents of memory care; let's say it's 80 or 90. This would mean that images, songs and events from the late 1930s, 1940s and early 1950s could be accessed." His program is about 25 to 30 minutes long and he uses a puppet named CARLA. As an example he says, "I may use the nursery rhyme "Humpty Dumpty sat on a wall" and then with Carla he asks the Memory Care residents to complete it. I also use songs such as "Pistol Packin' Mama, with Carla frequently teasing me about my singing voice!"

Craig and his wife Elizabeth live at the Ecumen Meadows.

They have four children, and eleven grandchildren. Their son John is the co-pastor at First Covenant Church.



## END OF AN ERA

### SUNNY DAYS PRESCHOOL

was started in 1987 with 13 students with the pastor's wife, Vonnie Johnson as the director. Classes were held on Monday, Wednesday and Friday mornings with volunteer helpers like Lindy Roos, Elna Sexe and Eleanor Jans. Other directors were Darla Vanden Berg, Vernietta Hansberger with assistants, Danette Deragisch, Sheri Hall, and Carol Olson, Mary Larson with assistant Carol Haffield, Sandy Wilson, Macy Ellingson and Jen Bousema with assistant Christina Pacholl.

A celebration of God's goodness for 32 years of Preschool ministry will be held later this summer.

TODAY THE AVERAGE  
U.S. FARMER FEEDS  
**155 PEOPLE**  
IN 1960 A FARMER  
FED JUST 36 PEOPLE

SOURCE:AMERICASFARMERS.COM

**National Agriculture Day 2019**  
**March 26**

THANK YOU  
**FARMERS**

# SHEILA MIDDAGH

## SHEILA MIDDAGH

### SOCIAL WORKER



**SHEILA** was born in Brookings, SD and grew up in White, SD 15 miles northeast of Brookings. Sheila Graduated from National American University in 2012 with a Bachelors in Health Care Management, Cum Laude. She completed her MSW (Masters of Social Work) in 2015 from the University of Southern California, concentration with Children and Family with a Sub-Concentration in Military Sciences. Sheila currently works with children and their families that have county involvement. This could be because of a CHIPS case, placement, returning from placement, or to assist the family to function without county support. (Children in Need of Protection or Services (*CHIPS*)). Sheila holds a license to practice in both South Dakota and Minnesota.

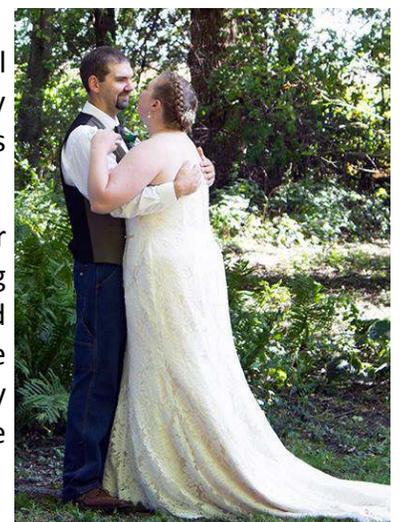
Sheila also completed her Masters in Addiction Studies through the University of South Dakota, specializing in co-occurring disorders. She is also working towards completing her licensure from the MN board of Behavioral Health and Therapy for a LADC license (Licensed Alcohol and Drug Counselor) in South Dakota and Minnesota.



Sheila works for Southwestern Mental Health Center, 1210 5<sup>th</sup> Ave. Worthington, in the Intensive Family Based unit, (IFB) since 2017. Director Scott Johnson shared that the needs for mental health services are in high need in Nobles and surrounding counties. Sheila works with a team of four other clinicians covering 5 counties. She mainly covers Nobles, Cottonwood, and Jackson counties. Sheila says, “My

days are nowhere near the same day to day or week to week. I do have families scheduled at the same times during the week but there are other meetings and trainings.” Sheila is also the Southwestern Geographic Unit Board Representative for the Minnesota Chapter of the National Association of Social Workers.

Sheila married Ryan Middagh on Sep 15<sup>th</sup> 2018 at their home in rural Worthington, located in what people in the area call “Middagh Village.” They met online through eHarmony, talked for a few weeks then met in Sioux Falls for supper.



Sheila and Ryan have a number of hobbies together such as gardening, watching movies and spending time with family. They have two dogs, Lucy (10) and Lexi (3 months). Sheila says “I hope to train Lexi to be a therapy dog to assist in my sessions. I also enjoy reading, cold brew coffee, Pinterest, playing with the dogs and our nephew, Eric Paine.”

# MICHELLE LING

## SANFORD NURSE



### LOOKING AHEAD

Anatomy was a class I really liked- I got it. It was interesting and I found the way a body worked fascinating. I still do. One of my high school teachers guided me into the health care profession. So in 49 years I went from a nurses aide in a nursing home to a health care tech. in Rochester, then as an registered nurse in Rochester and then in Worthington's hospital.

I have worked most of my 42 years at the Worthington hospital with critical care clients. Situations come quickly, I learned to anticipate worse case scenarios, look for the subtle changes, pay attention, and always strive to do what is best for the patient regardless of obstacles. It does not always end the way you want it to. God helps through those situations. One thing about being a nurse means you can't talk about what happens at work, not even with your spouse. So other nurses to talk to are very important, they get it. They have lived it.

Along the way I found purpose in caring for others. God has given me many incidences to let me know that is what I was to do. He put certain diseases in my thoughts and I would look them up and a few weeks later these rather strange diseases showed up at my work. He would place me in situations that I could feel his presence while caring for a patient.

As I look back over my career, I see so many changes in the medical field. We no longer dress in all white- from our caps to our white shoes. We don't have to wear only dresses. Even the white walls of the hospitals have changed to color. The long stays in hospital have been shortened by many days. Take a heart attack for example- they always stayed 10 days minimum. The first 3 days we even brushed their teeth for them. Now they are out in 1-2 days. Medications, therapies, procedures and equipment have advanced tremendously to improve a patient's outcome. Long term studies are providing best care recommendations to improve healing techniques.

Only certain diagnoses are admitted according to government and insurance guidelines. Certain tests and treatments have to be done in the correct order to get them paid for.

Doctors and nurses have many charting requirements. It used to be done on paper but now of course it is done on the computer. It is a nice feature to be able to read the test and procedure results from other facilities without digging through many papers.

Phase II cardiac rehab is the department where I work now. It is an outpatient education and exercise therapy for clients who have had a recent heart event. We incorporate 21 different educational topics over the course of many weeks. We repeat the same topic many times a day for our different class times. Medicare requires that all the clients be on a heart monitor, that there is a doctor in house to provide emergency care, that we provide Dr. signed individualized treatment plans every 30 days( don't be even a day late on this!), etc and etc. If a rehab does not adhere to the requirements then they are out of compliance. I belong to different cardiac rehab associations to keep up with the most current therapy techniques. On-going educational courses are required to keep a nurses license. This is all good.

I do not know when I will retire but I do look forward to finding other interesting, purposeful pursuits in my life. Some of the projects I have set aside until I retire are stained glass, wool punch hook and woodworking. I do plan on some time of just not 'having to' follow a set schedule. I will let God lead me on this.

Maybe on my last day at the hospital I will wear that old white cap I have!



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**SUNDAY, MAY 12 is International Nurses Day.** National Nurses week is celebrated from May 6 through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

# TED MARTIN

## SNOWMOBILING IN THE BIG HORN MOUNTAINS

Ted said, "We set off for the Big Horn Mountains on January 13, 2019. There were 7 of us that made up the group of which four I have taken several trips with. We stayed at the Bear Lodge near Burgess Junction,



WY about an hour West of Sheridan, WY at elevation of 8300 feet.



Curt Obermoller Jack Peterson Ted's sled Aaron Fisher Kelly Klingenberg

We rode a total of six days. Most of the riding we did is what people refer to as boon docking or off trail riding. Once you are off the trail you have to be very conscience of your surroundings. There is no cell phone service and it is very easy to lose your sense of direction in the heavy tree cover and there is always the risk of avalanche when you are in the mountains.

Snow conditions were excellent with a base of about four feet of snow. It was common to get off your snowmobile and sink up past your knees in the snow. In such deep snow once you are stuck it can take up to a half hour to dig out a snowmobile and get going again. Sometimes the deep snow will hide hazards like tree stumps or large rocks. Two in our group found this out the hard way by hitting rocks and bending suspension components on their machines. This is fairly common and the lodge where we stayed stocked these parts so repairs could be made in the evening when we got back.



It was a great trip and we already have plans to return next year. They get over 600 inches of light, powdery snowfall annually





The Lead Team will meet  
Tuesday, March 12th  
at 6:00 P.M.;  
supper will be served.

**CONFIRMATION**  
Wednesday, March 13th &  
Wednesday, March 27th  
at 6:45 P.M.



**WEDNESDAY EVENING ACTIVITIES**

Wednesday, March 6th:  
6:15 P.M. Ash Wednesday Supper  
and Worship

Wednesday, March 13th:  
6:00 P.M. Lenten Supper  
6:30 P.M. Lenten Devotions  
6:45 P.M. Confirmation  
7:00 P.M. Adult Bible Study

Wednesday, March 20th:  
6:00 P.M. Lenten Supper  
6:30 P.M. Lenten Devotions  
6:45 P.M. Youth Groups  
(for students in K-12th grades)  
7:00 P.M. Adult Bible Study

Wednesday, March 27th:  
6:00 P.M. Lenten Supper  
6:30 P.M. Lenten Devotions  
6:45 P.M. Confirmation  
6:45 P.M. Youth Groups  
(for high school students)  
7:00 P.M. Adult Bible Study

Ash Wednesday Supper  
and Worship  
Wednesday, March 6th  
Supper served at 6:15 P.M.  
followed by worship.  
Everyone is invited to participate  
in the Ash Wednesday worship  
which will include a time of  
reflection and an opportunity to  
receive ashes; if younger  
students attend, we ask that they  
have a parent with them.

Wednesday Lenten  
Supper and Devotions  
Beginning  
Wednesday, March 13th  
  
This will be a casual, interactive  
time for youth through adults.  
Supper will begin at 6:00 P.M.  
followed by devotions at  
6:30 P.M.;  
youth groups/Confirmation will  
begin at 6:45 P.M.  
  
Sign up in the lobby if you would  
like to host a supper.

For the Wednesday Lenten Supper & Devotions we will be looking at different words that describes the season. Part of each evening will be a photo devotion and we are inviting you to submit pictures/images that describe the word of the week. Please send them by Tuesday of each week to [revstewart91@gmail.com](mailto:revstewart91@gmail.com).



- March 13th – wilderness
- March 20th – water
- March 27th – darkness
- April 3rd – hope
- April 10th – fear

**FAREWAY & HY-VEE  
GROCERY CARDS  
AVAILABLE!!!**

Don't forget to pick yours up on Sunday mornings, contact Howard Rachuy or Dean Christopherson or stop in the office during the week.



**CHURCH'S WEBSITE**

Check out the website at [www.firstcovenantworthington.org](http://www.firstcovenantworthington.org)  
You will find the bulletin, newsletter, Sunny Days calendars and much more there.

**FACEBOOK**

Did you know that First Covenant Church has a Facebook page?

Like us on Facebook and follow all the news!

**FYI**

Any money that is still being donated to the Building Fund will go toward building up the Contingency Fund.



**DEVOTIONAL BOOKS**

Copies of Covenant Home Altar are available.

Pick up a copy on the table in the narthex.



**TRIP**

(Tuition Reduced Incentive Program)  
Support Sunny Days Preschool with your purchase of TRIP. Slips listing the participating businesses are available in the office or at Main Street Kids.

**"Pray Worthington"**

Tuesdays at noon at the Love INC office



**Soles4Souls**

Village Northwest is collecting new and gently used shoes providing work opportunities for 180 people with a disability. Shoes will be shipped for distribution domestically and internationally to individuals that do not have proper footwear. Bring your shoes and place them in the collection box in the narthex.



**CURRENT NEEDS FOR LOVE INC**

Watch the bulletin boards by the office and by the Jerusalem Room for their current needs.

Check out the bulletin board by the Fellowship Hall for posters with announcements of things that are happening around the area.



Check out the brochures on the table in the narthex about upcoming events. Also check out their website at:

Living Waters Covenant Church is offering the option of giving your offering online.

If interested, go to [firstcovenantworthington.org](http://firstcovenantworthington.org), click on the "ministries" tab and choose "giving" from the list of ministries.

If you have any questions, please contact John or Kris Stewart.

## Faith at Home Connection

Sunday, April 14th is Palm Sunday. At Living Waters Covenant Church, there has been a tradition of celebrating Palm Sunday with the congregation processing in with palm branches as a part of the worship service. This year we'd like to set apart this day in a different way. We're inviting the Sunday School kids to be a part of a short drama during worship to tell the story of Jesus riding into Jerusalem. As we did for the Christmas program, we will be teaching the Palm Sunday story and rehearsing during Sunday School on April 7th & 14th. We ask that you please contact the church by March 20th if your child will be participating.

As the children were a part of the first Palm Sunday celebration in Jerusalem, we hope your kids can be a part of our worship to celebrate Palm Sunday.



### Worthington Area Symphony Orchestra Seeks Community Choir

The Worthington Area Symphony Orchestra will have their spring concert on Tuesday, May 21st.

The choir will prepare *America The Beautiful* arranged by Carmen Dragon along with Beethoven's Choral Fantasy. Beethoven's masterpiece is written for solo piano, orchestra, vocal soloists, and community choir. The piece will be sung in German.

Rehearsals will be held on Sundays, starting March 24th from 4:00-6:00 P.M. at Minnesota West Community and Technical College.

To register your participation, please contact Eric Parrish at [eric.parrish@mnwest.edu](mailto:eric.parrish@mnwest.edu) or phone at 507-372-3490.

Com share your talents and be part of this exciting musical opportunity!

## SUNNY DAYS PRESCHOOL NEWS



All that it wanted to do in February is snow and blow. We talked about love and things we love. You get all kinds of answers from kids! Lots of no school days and late starts for February. We did have a fun Valentine's week though.

We are planning on having a Grandparents Day at school for the Tuesday/Thursday class on Tuesday, March 26th and for the Monday/Wednesday/Friday class on Wednesday, February 27th. If children do not have a grandparents that are able to come they can bring an aunt/uncle or neighbor. That will be a fun day!

We learned more of our alphabet and are almost to the end. I'm glad that spring is around the corner. We are ready to play on the grass and the playground.

Just remember, "So these three things continue forever, faith, hope and love and the greatest of these is love." 1 Corinthians 1:13

Thank you for your continued prayers.

Blessings  
Ms Jen



Sunday, March 10th