

# Herald of Peace

**April 2024** 

Making Christ Available to All..
by Rejoicing, Renewing and
Reaching Out

Peace Lutheran Church, 1301 Ave. D, Billings, MT 59102

A WORD

FROM THE

(406) 252-5504 peacelutheranbillings.com

# **Leadership Directory**

Pastor: Rev. Seth Rumage

pastorrumage@gmail.com

Office 406-252-5504 Cell 406-298-2672

Administrative Assistant: Kim Braaton

peaceoffice1301@gmail.com

Office 406-252-5504

Youth Director: Vanessa Steiger

peacelcyouth@gmail.com

Office 406-252-5504 Cell 406-698-5576

Bells of Peace: Julie Draeger

Altar Guild Treasurer: Molly Johnson WELCA Treasurer: Connie Hausauer

# **Church Council**

President: Jeff Murray Vice President: Holli Miller Secretary: Molly Johnson Treasurer: Steve Frank

Bob Bakko- dr.bobbakkolcpc@gmail.com
Ann Barsness- aadebarsness@outlook.com
Lisa Donovan- lisadonovan14@hotmail.com
Julie Draeger- julie.draeger@icloud.com
Steve Frank- frankystorm01@msn.com
Molly Johnson- m64johnson@gmail.com
Holli Miller- h.miller1@bresnan.net
Jeff Murray- jeffreytmurray@yahoo.com
Jody Pierce- bjjpierce@hotmail.com
Louis Taylor- ejltaylor@gmail.com

# **Peace Office Hours**

See Schedule on page 7 Call Ahead Before Stopping By

# **Weekly Worship Schedule**

Saturday: 5:00 pm
In-Person and on Facebook
Sunday: 9:00 am, 6:00 pm
Community Channel 7
Sunday: 10:00 am
In-Person



pril is going to be an exciting month at Peace Lutheran. We have a number of exciting events coming down the pike.

The seven-week celebration of the Easter Season will unfold as

the new life of Spring shakes off the cold of winter. We will start April with a youth-led worship on the first weekend of the month. Pastor Mark Donald, executive director at Christikon, will join us to lead us with his guitar as we follow a camp-style worship. In other worship news, Bishop Laurie Jungling of the Montana Synod will be joining us in worship on April 20<sup>th</sup> and 21<sup>st</sup>. She will preach at those services and join Peace for fellowship and an adult forum on Saturday and Sunday. Congregational life is still working on details— we'll keep you up-to-date as we get closer!

In congregational activity outside of worship, Peace will begin hosting SAIL, an exercise class for older adults to help build strength and balance and avoid injury and falls. See the flier on the final pages of this newsletter for more information. The classes will begin on April 16 and will be offered Tuesdays and Thursdays each week from 3:30—4:30 PM in the

Fellowship Hall. SAIL is available for everyone, so tell your family and friends, whether they are members at Peace or not!

Most excitingly, our new Administrative Assistant will be starting in the office on April 2! You will find a bit of

Continued Page 4

# Prayer Concerns of those we prayed for in February

# For praise and thanksgiving

Elizabeth A. Eaton - Presiding Bishop, ELCA Laurie Jungling - Bishop - Montana Synod

# For people around the world in need

Prayers for Peace in Ukraine
Victims of violence and war in Israel & Gaza
President Joe Biden and all elected officials

# For illness or injuries of members

Kathy Gilbertson John & Rosanne Modde Carol Hauge

Geri Frasch

Ken Peterson

Gertie Gross

Leroy & Luella Ketterling

Lisa Grimsley

Ron Zech

**Howard Albers** 

Hank Tungstall

Darlene Thompson

Marlene Thomson

Lawanda Sherseth

Rita Wyman

Eva Wilker

Mike Brown

# For those who are grieving

Gilbertson Family– Kathy's death on March 17



# For illness or injuries of family and friends.

Rene Klimer—Marlin & Muriel Overstreet daughter, healing Marlin Reeck—Roslind Bulger's brother health issues Taryn Grinsteiner—Ken Peterson's niece

Carol—Lois Gorseth's sister, cancer treatment

Kelly Miller—Pastor Kim Wilker's daughter, cancer Gary Boje—Darlene Thompson's brother, recovery

Denise—Bonnie Hovik Clausen's daughter in law

Garry Fink—cancer treatment

Laura Fisher—Jodi Peterson's cousin, cancer

Bud Leuthold—friend of Joy Lindberg, leukemia

John—friend of Mike Brown, health issues

Melanie—sister of Joan Brown, throat cancer

Josh Wilker—son of Terry & Kim, navigating life while in prison

Marie—granddaughter of Debbie Smith, tonsillectomy

Kyle Welliever—son of Peggy & Dean, health concerns

Drew Echales – friend of the Rumage family, medical diagnosis

Eric Aslakson- Kathi's son, recovering from surgery

Jesse Wayne- Healing from surgery

JC- John Modde's Son, lung cancer



Prayer Concerns is a published list of those on the prayer chain, who have given permission to publish their names. If you are interested in praying for these, as well as others, please join the prayer chain. They have leaders who call or email.

Please call lone Bloom at 406-671-4030 or Lisa Grimsley 406-656-8113.

# **Congregational News**

**Help Needed:** We are always in need of lectors for each Saturday and Sunday worship services. The signup sheet is in the narthex. If you enter your email address the church office will send you a copy of the reading a week in advance. If you have any questions contact Julie Draeger. Thank you!



# **Peace Quilters News!**

The quilters of Peace meet each first, second, and fourth/fifth Wednesday morning at 9:00 until around noon. Anyone who is interested in join-



ing us is welcome. If you don't know how to tie a quilt but would like to learn, with all the willing teachers we have, this is a good opportunity for you. We gather for coffee around 10:30 a.m. which is a good chance to socialize.

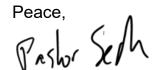


# Continued from Page 1

information about Kim in this newsletter. We have included a picture and a brief biography of Kim, so you can get to know her. You'll also notice a schedule on page 7 of this newsletter meant to help you know when there will be staff in the building. Please stop in and say hello to introduce yourself to Kim sometime in the coming month! She looks forward to meeting vou all!

As we enter a new month and a new liturgical season, it appears as though there will be some newness around Peace as well. This is an exciting time, with new opportunities to Rejoice, Renew, and Reach Out. Let us join together to follow where God is leading us. both as individuals, and as a Christ-centered community.

May God make us all new!







# Birthdays this Month: Birthdays this Month:

1-Sawyer Miller 20-Kathryn Stanley 6-Erl Barsness 21-Joan Brown 6-Eva Wilker 21-Louis Taylor 9-Laura Quanbeck 22-Lori Hartford 10-Sue Vigesaa 23-Justin Pierce 10-Kayla Bettise 28-John Modde **10-Jody Peterson** 29-Gary Finn 10-Kyle Syverson 30-Ann Barsness 27-Lois Gorseth **30-Jerry Berve** 17-Barb Olson

# Happy Birthday to you all!

If your birthday is incorrect or missing, please contact the office at peaceoffice1301@gmail.com to let us know!

# **Education/Youth News**

# **Youth Group**

You're invited to join us every Wednesday night for Youth Group. Peace Pals is our youth group for kids between Kindergarten and 3rd grade. It starts at 5:30 PM and goes until dinner which begins at 6:30 PM. Peace Youth is for kids between 4th and 8th grade! They begin at 7:00 PM and wrap up at 8:00 PM. All are welcome to join in on the fun!

# **Youth Group**

April 3rd- Jesus Is Risen April 10th- Jesus Appears to Disciples April 17th- The Good Shepherd April 24th- Let Us Love One Another

# Wednesday Night Meals Every Wednesday, 6:30 PM

You are also invited to join us for our meals every Wednesday night! Our chefs are covered in the month of April.

# Thank you to our April Chefs:

April 3rd- Sharon Schatzke April 10th- Bernie Mason and Holli Miller April 17th- Mission and Service Committee April 24th- Nate and Melissa Sider

We are always looking for chefs on Wednesday nights. Cooking for 30-40 can be a lot. Did you know we have a line item in the Youth Budget called ReFuel meals? You can be reimbursed for your purchases or we can provide the supplies for you! Let Vanessa know if you're curious about or interested in cooking for us!

Here are some dates that are available: May 22nd May 29th June 12th

# **Vacation Bible School**

Operation Restoration: Mending God's World June 3rd-7th

Can you believe it's almost time to start thinking about Vacation Bible School? We are hosting a VBS called Operation Restoration: Mending God's World. During this week, kids will learn to be menders of the universe as they explore daily themes of Feed, Heal, Forgive, Pray, and Rest.

Vacation Bible School will take place daily June 3rd-7th from 9:00 AM to 12:00 PM.



# Youth Worship April 6th and 7th

Our next Youth Worship is coming up soon! You don't want to miss it. Mark Donald and the Christikon Crew will be joining us for a Christikon themed worship! Vanessa will be preaching, Mark will be playing, and the kids will be leading. Come join us!

# Youth Fundraiser Thank You!

Thank you so much to all of the folks who helped us with our Youth Fundraiser. Between the meal preparers, decorators, dessert donors, servers, and attendees, I have a lot of thank you's to give.

With your help, we raised over \$3000 for our Christikon Camper fund. Let's send some kids to camp!

# **Community Information**

# **COMMUNITY DIAPER DRIVE**



**HELP UNITED WAY FILL** THE COMMUNITY DIAPER **BANK HOUSED BY FAMILY PROMISE** 

# **DID YOU KNOW**

- The average monthly cost of diapers and wipes is between \$150-\$200.
- Babies who remain too long in a soiled diaper are exposed to potential health
- Imagine choosing between diapers and paying your utilities or putting gas in your car. Chances are you will not face this scenario, but it's a common one for lowincome families.
- Join us in alleviating situations like this by donating diapers, wipes or dollars to helping our smallest neighbors. Size 4 and 5 are the most needed diapers.



















Join us on April 19, 2024 11:00am-6:00pm at United Way of Yellowstone County 2173 Overland Ave

To participate and RSVP, contact Chrissy volcoord@uwyellowstone.org

# **HOW IT WORKS**

### **LET US KNOW**

Sign up to host a diaper collection either individually



### SPREAD THE WORD

Use social media, emails, fliers, text messages, etc. to get the word out!

Consider promoting the event weeks in advance to give people time to purchase diapers, but not too long so they forget about it.

### COLLECT AND DELIVER

Collect diapers, wipes, and monetary donations prior to April 19. Deliver the donations during the Diaper Drive or schedule a time to drop off.

# BE A HERO FOR OUR COMMUNITY!



HRISTIKON

We hope you will join us in our pursuit of collecting 50,000 diapers for the Community Diaper Bank housed by Family Promise. Diaper sizes 4 & 5 most needed, wipes,. and monetary donations will be accepted.

# Christikon **Benefit Auction** In Person and Online

Christikon Benefit Auction - Quilts, Vacation Get-aways, and a Whole Lot More will be on Sunday April 21st at the Billings Depot. Items are some of the finest artistry including a variety of hand-made quilts, art work, gift

baskets, getaways, jewelry and so much more.

Raffle Tickets on sale now! Camp Suburban! Go to https://christikon.org/donate-to-christikon-one-time/, choose gift: other and put raffle in the text box. Do not have to be present to win.

### April 19th Online auction begins at noon.

Watch for the link to our auction platform on facebook at www.facebook.com/Christikon or our website www.Christikon.org Like our page and share it with your friends! Watch for sneak peeks! Online auction ends on Sunday the 21\* - be present and you can pick up your items at the Depot.

Campers: Don't forget to register for one of our many sessions available this summer!

How about Work Weekend? Bring your family and enjoy camp/fellowship and more while helping to prepare camp for the season! We look forward to welcoming you to camp! Go to www.christikon.org and register!

It is the mission of Christikon to awaken and nurture faith in Christ - exploring God's creation and the adventure of life together.

### CHRISTIKON

1108 24th Street West . Billings, MT 59102

406 656-1969 • director@christikon.org • secretary@christikon.org • www.christikon.org

# **Congregational News**

appy Anniversary

75

Peace Lutheran Church will be celebrating its 75th anniversary of becoming a congregation on October 3, 2024. The congregation's council has agreed to put together a group to plan a celebration. If you are interested in being a part of this planning committee, please contact the church office at (406) 252-5504 or peaceoffice1301@gmail.com.

# **CHANGING OFFICE SCHEDULES**

Beginning April 2, 2024, the office schedule will update coinciding with our new Administrative Assistant Kim's first day of work. The highlighted time on the adjacent table are times when the staff expect to be in the office on a weekly basis. These are not the only times staff will be in the

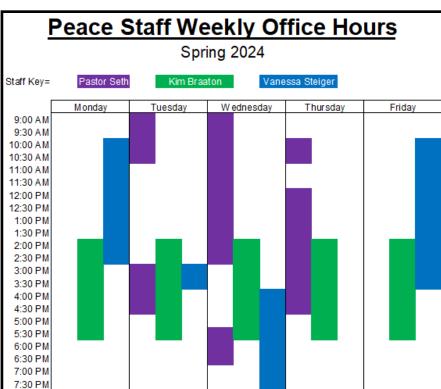
office, but are times they will likely be available.

Any time you are planning on stopping by the office, please call ahead to confirm the person you are hoping to see is in the building. We will update this schedule in future newsletters as needed.

Staff Key=

9:00 AM
9:30 AM
10:00 AM
11:00 AM
11:30 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
3:30 PM
3:30 PM
3:30 PM

Thank you for your understanding!



# Worship News

# April 6 & 7 – Second Weekend of Easter

**Youth Worship** 

The Easter season is a week of weeks, seven Sundays when we play in the mystery of Christ's presence, mostly through the glorious Gospel of John. Today we gather with the disciples on the first Easter, and Jesus breathes the Spirit on us. With Thomas we ask for a sign, and Jesus offers us his wounded self in the broken bread. From frightened individuals we are transformed into a community of open doors, peace, forgiveness, and material sharing such that no one among us is in need.

Readings and Psalm: Acts 4:32-35; Psalm 133; 1 John 1:1--2:2; John 20:19-31

# April 13 & 14—Third Weekend of Easter

**ELW Setting 8** 

The gospel for the third Sunday of Easter is always one in which the risen Christ shares food with the disciples, meals that are the Easter template for the meal we share each Sunday. In today's gospel, Jesus both shares the disciples' food and shows them the meaning of his suffering, death, and resurrection through the scriptures, the two main elements of our Sunday worship.

**Readings and Psalm:** Acts 3:12-19; Psalm 4; 1 John 3:1-7; Luke 24:36b-48

# April 20 & 21 —Fourth Weekend of Easter

**ELW Setting 10** 

The image of the good shepherd shows us how the risen Christ brings us to life. It is the relationship between the shepherd and the sheep, one of mutual knowledge and love, that gives the shepherd authority. The shepherd's willingness to lay down his life for the sheep shows his love. First John illustrates what it means to lay down our lives for one another by the example of sharing our wealth with any sibling in need.

Readings and Psalm: Acts 4:5-12; Psalm 23; 1 John 3:16-24; John 10:11-18

# April 27 & 28— Fifth Weekend of Easter

**Country Gospel** 

This Sunday's image of how the risen Christ shares his life with us is the image of the vine. Christ the vine and we the branches are alive in each other, in the mystery of mutual abiding described in the gospel and the first letter of John. Baptism makes us a part of Christ's living and life-giving self and makes us alive with Christ's life. As the vine brings food to the branches, Christ feeds us at his table. We are sent out to bear fruit for the life of the world.

**Readings and Psalm:** Acts 8:26-40; Psalm 22:25-31; 1 John 4:7-21; John 15:1-8

**Congregational News** 

EMAIL

Staff E-mail Addresses
Pastor Seth Rumage

pastorrumage@gmail.com

Administrative Assistant Kim Braaton peaceoffice1301@gmail.com

Youth Director Vanessa Steiger peacelcyouth@gmail.com

# facebook

Find Peace Lutheran on Facebook! https://www.facebook.com/PeaceLutheranBillings

Watch worship live or on your own time. Keep up-to-date with goings on at church. Even send a message to chat with Pastor Seth or Vanessa!

Also check out our website at https://www.peacelutheranbillings.com/
Find monthly newsletters and calendars, information about worship, food pantry, and youth ministries!

| Peace Lutheran    | Financial L | pdate       |            |
|-------------------|-------------|-------------|------------|
|                   | Income      | Expenses    | Difference |
| February 2024     | \$18,544.99 | \$16,947.32 | 1,597.67   |
| 2024 Year-To-Date | \$34,164.39 | \$58,061.83 | -23,897.44 |

February 2024 was our best giving February since 2020! That, coupled with keeping costs down, made a for a good positive month. As we look at March giving to this point, it looks we will string two months of strong giving together. (It helps that March will have 5 weeks, with one of those weeks being Easter– historically a holiday in which many people give larger gifts.) Going into April, it will be interesting to see how our giving and expenses balance with the office staff welcoming a new Administrative Assistant. Please continue to give as you are able– the ministries of Peace (especially our youth and feeding ministries) are doing incredibly well!

A note: the amounts reflected in the table above are the monies Peace receives for unrestricted offering. This means the offerings that go straight to our general fund and are reflected in our budget worksheets. This does not include restricted offering, which is any amount that is given for a specific ministry, such as the over \$3,000 given for the Corned Beef and Cabbage Youth Fundraiser Dinner. In reality, the congregation is giving even more than you will see in the table above– keep up the good work!

Give now!

# **April 2024**

**Congregational Committees** 

# Congregational News

# Women of the ELCA

Women of the ELCA Circles:

Everyone is welcome!

# **Ruth Circle**

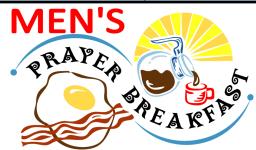
Meets second Tuesday at 11:30 a.m. Pizza Hut 2530 King Ave W

# Katie Circle

Meets second Tuesday at 6:30 p.m. in the Fellowship Hall

# Martha Circle

Meets third Wednesday at 10 a.m. in the Fellowship Hall



Men's Breakfast and Bible Study meets Wednesdays at 6:30 am in the Fellowship Hall.

New-comers and one-timers are always welcome.

Bring yourself and your appetite– food and Bible study resources will be provided!

# Next Newsletter Deadline: April 25, 2024 Please send newsletter information to peaceoffice1301@gmail.com

# **Peace Lutheran Boards and Committees**

# **Delegates to Ministries**

### Christikon

Lois Gorseth Katrina Rumage Tony Pecarina

## **Endowment Trustees**

Kristi Bummer Dave Draeger Greg Popp Melissa Sider Dean Welliever

### **Lutheran Center**

Pastor Seth Rumage\* Rhonda Heidner

# **Shepherd Cluster**

Joan Brown Deb Sider

## St. John's Ministries

Rhonda Sappington Mary Mosdal

## **Synod Assembly Delegates**

Dave Draeger
Julie Draeger\*

†Designates Committee Chair \*Designates Congregation Council Member

# April Serving Committee

Joan/Mike Brown Chair Dewey Anderson Mary Jo/ John Greenfield Kristi Bummer Gayle Bummer Mary Mosdal Barb/Rick Olson Barb/Jim Shaver Connie Mantei Beret/Thomas Newpower

# **Abundant Life**

Bob Bakko\* Mike Brown Jeff Murray\* Bob Peterson† Rhonda Sappington

# **Congregational Life**

Joan Brown
Molly Johnson\*
Holli Miller†\*
Jeff Murray\*
Deb Sider
Melissa Sider

### Education/Youth

Lisa Donovan\*
John Goodheart†
Bryce Peterson
Jody Pierce\*
Katrina Rumage
Melissa Sider
Vanessa Steiger

### **Mission and Service**

Ann†\* & Erl Barsness Paula Jackson Rick & Barb Olson Rich & Cinda Robbins Linda Strosky Nancy Taylor

### **Mutual Ministry**

Mike Brown Holli Miller\* Bob Peterson Sharon Schatzke Chuck Sider

### **Nominating**

Bob Peterson
Deb Sider
Peggy Welliever
(2 slots will be filled by outgoing council members in November 2024)

## Personnel

Bob Bakko\* Lisa Donovan\* Wendy Goodheart Melissa Sider

### **Property**

Jeff Murray†\*
Paul Strosky
Louis Taylor\*

# Scholarship

Wendy Goodheart Holli Miller\* Melissa Sider

# Worship

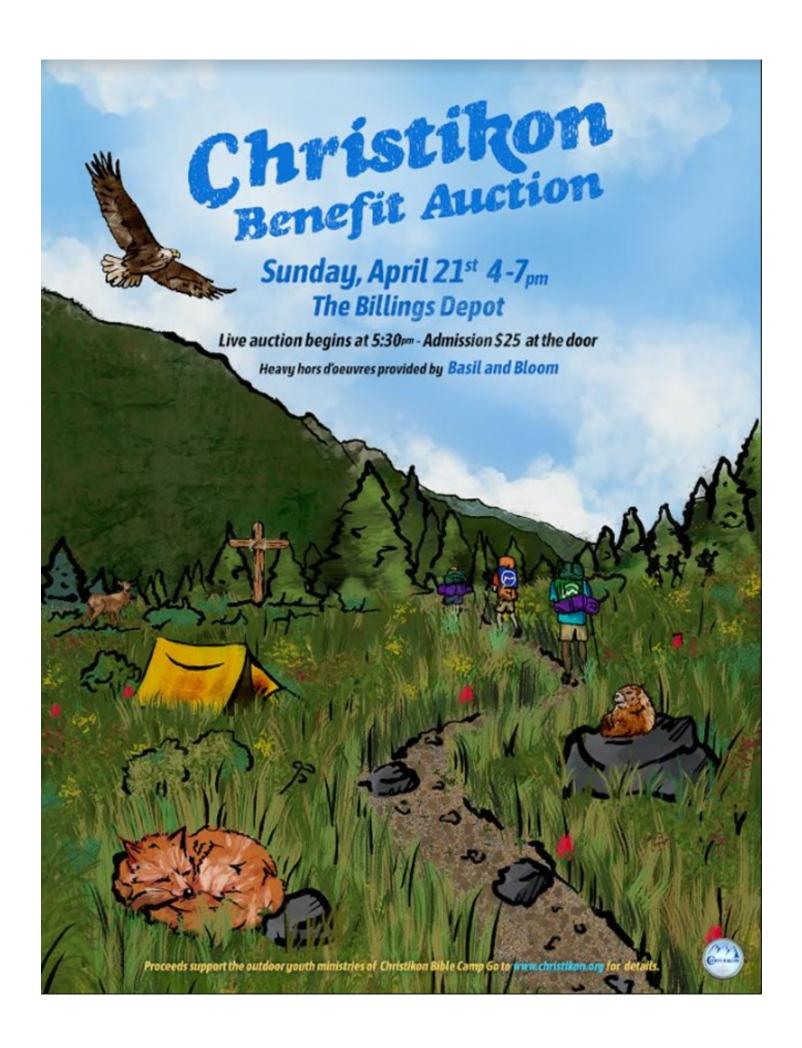
Ann Barsness\*
Julie Draeger†\*
Wendy Goodheart





A little bit about me...

I had a very diverse childhood moving 21 times in the first 15 years of my life. I believe that moving and being exposed to so many different people in my life has only caused me to be able to identify with and empathize with people of all walks. I was raised by my mother and father, who were both originally teachers. We moved to Arizona when I was in grade school, and I returned to Montana for 9th grade through graduation from Billings West High. I went on to marry, and have two children, Courtney, 36 and Hunter, 24. We currently have 4 grandchildren ranging in age from 13 to 18 years, oldest and youngest are girls and the boys are in the middle. I am a creative and empathetic person who loves to care for and nurture others. I am excited to begin my work at Peace Lutheran because the governance mirrors many of my beliefs and will allow me to serve the congregation while feeding my heart, soul and mind. Thank you for allowing me to be a part of the good you are all doing.





# PRAYER VENTURES APRIL 2024

1 "We need to hear the gospel every day, because we forget it every day" (attributed to Martin Luther, 1483-1546). Pray that we might never grow weary of hearing the story of Easter or experiencing God's love and mercy for the world in the gift of Jesus Christ.

**2** Arab American Heritage Month Remember in prayer the diverse gifts, cultures, heritages, ethnic values and stories of our Arab and Middle Eastern neighbors and siblings in Christ. Ask God to bless and further the work, witness and advocacy of Arab and Middle Eastern congregations and ministries, of ELCA Arab and Middle Eastern Ministries, and of the Association of Lutherans of Arab and Middle Eastern Heritage.

**3** Ask God to help us see the presence and influence of Jesus in our daily lives, our relationships and our conversations with neighbors, co-workers and siblings in Christ. **4** Pray for the people of Haiti, who have suffered multiple natural disasters in recent years and are now experiencing civil and political unrest and violence.

**5** Lift up praise and thanksgiving to God, celebrating God's promise of love, forgiveness and eternal life. "This is the Lord for whom we have waited; let us be glad and rejoice in his salvation" (Isaiah 25:9).

**6** Pray for the ministry of Global Refuge (formerly Lutheran Immigration and Refugee Service) and give thanks for its 80 years of work supporting and empowering immigrants, asylum-seekers and refugees as they rebuild their lives in the United States.

7 Thomas wasn't sure what to believe when the risen Jesus mysteriously appeared to him and the other disciples, but Jesus met his skepticism with love and understanding. Give thanks for God's patience with us when we grapple with the mysteries of our faith, and for the Spirit having revealed truth to us through Scripture, prayer, reflection and our siblings in Christ.

**8** Pray that the leaders of Russia and Ukraine and of Israel and Palestine will commit to their respective cease-fires and meet face-to-face to resolve their conflicts and create peaceful ways forward, ending the widespread human suffering and destruction that have impacted generations of their people.

9 Dietrich Bonhoeffer, theologian (1906-1945) Remember and give thanks to God for people throughout history, such as Bonhoeffer, who are driven by their faith and convictions to stand against injustice, evil and violence toward others, even in the face of personal threats and death. Ask God for the courage and boldness to act when our neighbors are threatened or treated unjustly.

10 "Everything they owned was held in common ... and it was distributed to each as any had need" (Acts 4:32-35). Ask the Spirit to stir our generosity and nurture our unwavering concern for the well-being of our neighbor so that we might share our assets with those in need and foster concerned communities.

11 Ask the Spirit to guide and inspire the leaders of our church gathered for the ELCA Church Council in Chicago, that they will work together to guide, strengthen and grow the church; respond to new challenges; affirm God's call for us to serve our neighbors; and encourage people of all ages to bear the gospel into the world.

12 Pray for ELCA Global Mission personnel, including volunteers, longtime staff, Young Adults in Global Mission, and seminary students serving as Horizon International interns. Give thanks for their faithful service and the gifts and talents they bring to their work alongside our global companions.

13 We live in a world that pits different groups of people against each other, causing inequity and anguish. Ask the Spirit to transform our fear and prejudice into compassion, kindness, empathy and respect — qualities that strengthen our relationships with each other and affirm the goodness of God's creation. "How very good and pleasant it is when kindred live together in unity!" (Psalm 133:1).

**14** Thank God for the Scripture, sacraments, hymns and liturgical art that reveal our redemption and freedom through Jesus Christ.

15 "Let us love not in word or speech but in deed and truth" (1 John 3:18). Praise God for ELCA World Hunger's 50 years of action to end hunger, bring relief to those who suffer, develop sustainable solutions to hunger and raise awareness of the needs of our neighbors — here and around the world. Pray that we might exercise generosity, wisdom and perseverance to meet the challenges of ending hunger.



# PRAYER VENTURES APRIL 2024

**16** Ask God for the openness to reflect on our nation's history of injustice and inequality and for the courage and humility to overcome racial, religious and gender bias.

**17** Give thanks that we can live in the joy of being God's children and that, though we may not understand completely what that means, it will be fully revealed to us someday.

18 Praise God for the lengthening daylight of spring, which stirs new life and reminds us of the light God brings into the world through the gift of Jesus Christ.

19 Pray for the leaders, voting members and others gathering for the assemblies of the Northern Texas-Northern Louisiana and Western Iowa synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel and serve our neighbors in need.

**20** Remember in prayer our ministry in Africa through ELCA Global Mission, which works alongside Lutheran churches and agencies in 24 African countries and supports the work of the Lutheran World Federation's Department for World Service.

21 Jesus, our good and loving shepherd, laid down his life for us, his sheep. Give thanks and praise to God!
22 Remember in prayer our neighbors and siblings in Christ whose vocations pull them away from their family, friends, congregation and community. Pray that the Holy Spirit will sustain their faith and spirit and that we will express our connection with them as they come and go.

**23** To whom do we turn when we are tired or unsure of our path in life? Praise God, who stays by our side through every twist and turn.

**24** Pray for the leaders, voting members and others gathering for the assembly of the Rocky Mountain Synod, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel and serve our neighbors in need.

**25** Give thanks for the numerous volunteers from across the country who are training to help youth and their adult leaders at the ELCA Youth Gathering this summer in New Orleans.

**26** Pray for the leaders, voting members and others gathering for the assembly of the Alaska Synod, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel and serve our neighbors in need.

**27** Pray for the leaders, voting members and others gathering for the assemblies of the Northeastern Minnesota and Virginia synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel and serve our neighbors in need.

28 "Those who say, 'I love God,' and hate a brother or sister are liars, for those who do not love a brother or sister, whom they have seen, cannot love God, whom they have not seen" (1 John 4:20). Give thanks that God loved us first, so that we might know unconditional love and mercy and pass them along to all our neighbors.

29 "To the servant of God ... every place is the right place, and every time is the right time" (Catherine of Siena, theologian, 1347-1380). Pray for the wisdom to see every moment of every day as an opportunity to honor God through loving, serving and honoring our neighbors in need.

**30** Thank God for the gift of baptism, which affirms our faith, washes us clean with God's love and forgiveness, welcomes us to the vast community of siblings in Christ and grants us a new life of service and sharing the gospel wherever we go.

"WE HAVE TO PRAY WITH OUR EYES ON GOD, NOT ON THE DIFFICULTIES."



# SAIL FITNESS CLASSES

Sign up today & SAIL into a healthy lifestyle!



# What is the SAIL program?

SAIL (Stay Active & Independent for Life) is a 12-week falls prevention fitness program designed for older adults (aged 65+) in Montana that focuses on strength, balance, and mobility - which reduces the risk of falls and improves overall quality of life.

Classes are specifically designed for older adults and have been tested for safety and effectiveness. Plus, SAIL is fun and engaging. Classes meet for one hour two or three times per week and are taught by a qualified instructor.









### SAIL FITNESS CLASSES QUICK FAQS

- 1 out of 4 Montanans aged 60+ report falling in the past year.
- Falls are the leading cause of both fatal and nonfatal injuries for older adults, aged 65 years and older. In Montana, falls are the third leading cause of accidental deaths for older adults.
- Every 29 minutes, an older adult loses their life because of a fall and every 15 seconds, an older adult is treated in the emergency department for a fall-related injury.
- Of those who have fallen, 20 to 30% have suffered from moderate to severe injuries such as lacerations, hip fractures, or head traumas. Even if no injuries occur after a fall, many people develop a fear of falling, which in turn often causes them to limit their activities.
- Falling once doubles your chances of falling again.

Maintaining safe and independent living for older adults in Montana.

### SAIL Fitness Class Benefits:

- · Reduce risks of falling
- Improve balance, mobility, and leg strength all known risk factors for falls
- Maintain independence by building strength, improving balance, and agility
- All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+"
- · Fewer falls means staying independent

### SAIL Fitness Classes Include:

- · Balance, strength, and stretching exercises
- Exercises can be done sitting or standing o Suited for all fitness levels
- Fitness checks are done in the first class and at 12 weeks to track your progress
- Fitness checks include o 8-Foot Timed Up and Go o Bicep Curls
   o Chair Sit-to-Stand

### Who Attends SAIL Fitness Classes?

Anyone who is:

- At least 65 years old
- . Has fallen in the past year or is fearful of falling

Class Location: Peace Lutheran Church, 1301 Avenue D

Day & Time: Tuesday/Thursday 3:30-4:30 PM

Instructor: Michelle Amundsen

Contact: 406.697.5538

Where Can I Get More Information?

Call 1-844-MTHLT4U (1-844-684-5848,
email ChronicDiseasePrevention@mt.gov, or visit
https://dphhs.mt.gov/publichealth/EMSTS/
prevention/falls.





# Vacation Bible School Operation Restoration: Mending God's World

We are hosting a Vacation Bible School called Operation Restoration: Mending God's World. During this exciting weeklong program, kids will learn to be menders of the universe as they explore daily themes of Feed, Heal, Forgive, Pray, and Rest.

Vacation Bible School will take place June 3rd-7th. Each daily session will begin at 9:00 a.m. and will end at 12:00 p.m.

This VBS is open to all kids who are going into Kindergarten (or who have completed one year of Pre-School) through 5th grade.

Registration will begin on Monday, April 1st! To sign up, visit

peacelutheranchurch.com/VBS.

See you at Vacation Bible School!

Your Fellow Mender of God's World.

Vanessa Steiger, Youth Director





| 2024   | APRII   | RIL   |   | 1 Peace   | e c   |  |
|--|---|---|---|---|---|--|
| <br> <br> <br>   |   |   |   |   | heran   | Evangelical Lutheran Church in America         |
| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                                       |
| 31   | 01  | 0.5   | 03  | 04  | 90  | 90   |
| +  | OFFICE CLOSED. Easter Monday NO Food Pantry 5:30p OA meeting                  |   | 6:30a Men's Breakfast<br>9:00a Quilters<br>5:30p Bells of Peace<br>5:30p Peace Pals<br>6:30p Refuel Meal<br>7:00p Peace Youth | 9:00a Prophets Bible Study (Fellowship Hall) 10a-12p Food Pantry 12:00p OA Meeting                              | 12:00p Al-Anon Meeting 2-4p Food Pantry Pastor's Day Off                                  | 5:00p Worship<br>[In-Person and Online]        |
| 20   | 80  | 60  | 10  | 11  | 12  | 13   |
| <b>10:00a</b> Worship<br><b>1:30p</b> Al Anon  | <b>1-3p</b> Food Pantry<br><b>5:30p</b> OA meeting<br>Pastor's Day Off        | 11:30a Ruth Circle<br>(Pizza Hut @ King Ave W)<br>6:30p Katie Circle<br>(Fellowship Hall) | 6:30a Men's Breakfast<br>9:00a Quilters<br>5:30p Bells of Peace<br>5:30p Peace Pals<br>6:30p Refuel Meal<br>7:00p Peace Youth | 9:00a Prophets Bible Study (Fellowship Hall) 10a-12p Food Pantry 12:00p OA Meeting National Pet Day             | 12:00p Al-Anon Meeting<br>2-4p Food Pantry<br>Pastor's Day Off                            | <b>5:00p</b> Worship<br>[In-Person and Online] |
| 14   | 15  | 16  | 17  | 18  | 19  | 20   |
| <b>10:00a</b> Worship<br><b>1:30p</b> Al Anon  | 1-3p Food Pantry 5:30p OA meeting Pastor's Day Off                            | <b>8:30p</b> SAIL Class<br><b>6:30p</b> Church Council                                    | 6:30a Men's Breakfast 10:00a Martha Circle 5:30p Bells of Peace 5:30p Peace Pals 6:30p Refuel Meal 7:00p Peace Youth          | 9:00a Prophets Bible<br>Study (Fellowship Hall)<br>10a-12p Food Pantry<br>12:00p OA Meeting<br>3:30p SAIL Class | 12:00p Al-Anon Meeting<br>2-4p Food Pantry<br>Pastor's Day Off                            | <b>5:00p</b> Worship<br>[In-Person and Online] |
| 21   | 22  | 23  | 24  | 25  | 26  | 27   |
| 10:00a Worship 11:30a Adult Forum w/ Bishop Laurie Jungling 1:30p Al Anon 4-7p Christikon Auction @ Billings Depot | 1-3p Food Pantry 5:30p OA meeting Pastor's Day Off Day                        | 3:30p SAIL Class  | 6:30a Men's Breakfast<br>9:00a Quilters<br>5:30p Bells of Peace<br>5:30p Peace Pals<br>6:30p Refuel Meal<br>7:00p Peace Youth | - 등 전 T : 1 - <b>2</b> ·  | 12:00p Al-Anon Meeting 2-4p Food Pantry Pastor's Day Off ADMINISTRATIVE Professionals DAY | 5:00p Worship<br>[In-Person and Online]        |
| 28   | 29  | 30  | 01  | ENTRA: April 23, 2024 peaceoffice1301@gmail.com   | 03  | 04   |
| <b>10:00a</b> Worship<br><b>1:30p</b> Al Anon  | <b>1-3p</b> Food Pantry<br><b>5:30p</b> OA meeting<br><i>Pastor's Day Off</i> | <b>3:30p</b> SAIL Class   |   |   |   |  |

# **Peace Lutheran Church**

Non-Profit Organization 1301 Avenue D Billings, MT 59102-3196

RETURN SERVICE REQUESTED



**April 2024**