

April 2024

# The Concordia

*Current*

## Keeping a Sense of Humor

Sometimes we need to be reminded of the importance of laughter. In the midst of so many important, serious, and heavy pressures of our daily lives, keeping a sense of humor is as healthy as exercising and eating right. Laughter does not only have a wonderful effect at the time we are laughing but it also has long-term health benefits.

Anyone remember Norman Cousins, from the 1970's, he brought the benefits of laughter into the public's eye with his memoir *Anatomy of an Illness*. He found that comedies helped him feel better and get pain-free sleep. When we laugh the pituitary gland releases a chemical in our body that acts as its own pain-suppressing drug. Here are some of the benefits laughter can have:

- \*Lower blood pressure
- \*Increase vascular blood flow and oxygenation of the blood
- \*Give a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles
- \*Reduce certain stress hormones such as cortisol and adrenaline
- \*Increase the response of tumor- and disease-killing cells such as Gamma-interferon and T-cells
- \*Defend against respiratory infections—even reducing the frequency of colds—by  
Immunoglobulin in saliva
- \*Increase memory and learning; in a study at Johns Hopkins University Medical School, humor during instruction led to increased test scores
- \*Improve alertness, creativity, and memory

According to William Fry, M.D., of Stanford University and humor guru, humor and creativity work in similar ways by creating relationships between two disconnected items, engaging the whole brain. And humor works quickly in the body and brain. In less than a half-second after exposure to something funny, an electrical wave moves through the higher brain functions of the cerebral cortex. The left hemisphere of the brain analyzes the words and structures of the joke; the right hemisphere of the brain “gets” the joke; the visual sensory area of the occipital lobe creates images; the limbic (emotional) system makes you happier; and the motor sections make you smile or laugh. It is a full mind, body and spirit impact.

So are you too busy to laugh, too down to giggle, too serious to enjoy some fun, or too focused to feel the joy of laughter? I think it is important to remember that God created our sense of humor, our ability to laugh, and the emotional, physical, and spiritual need to be joy-filled people. It is unfortunate that as we grow older we too often lose our sense of humor, or our ability to be swept away in a joyous time of laughter. Did you know that children laugh an average of 400-500 times per day and that adults laugh only around 18 times per day. Yikes! Now being an adult is not all fun, games and laughter but, only 18 times per day! And that's the average, which means that many adults rarely laugh at all in the course of a day.

Ecclesiastes 3:1 states that “for everything there is a season, and a time for every matter under heaven.” And verse 4 continues, “a time to weep, and a time to laugh.” I hope you create time for laughter, to fill your spirit with the joy of giggles, or tickle your funny-bone so that your whole being is grinning from ear to ear. Perhaps it is time to find a book of good, clean jokes to read or tell others? Or maybe, watch some old comedies with friends? How about telling funny vacation or holiday stories with family? Find a way to use the gift of laughter God has given us. For the health of your mind, body and spirit, keep your sense of humor!

**In a spirit of JOY!** - Pastor Kristi

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## Calendar of Events

Date	Time	Event
Tues. April 2	9:00 am	Quilting
Wed. April 3	5:45 pm	7th & 8th Grade Confirmation at R
	7:30pm	9th Grade Confirmation at R
Sun. April 7	10:30am	Worship w/ Holy Communion
Mon. April 8	7:30pm	Session 1—Exploring Romans at R
Tues. April 9	9:00am	Quilting
Wed. April 10	5:45 pm	Faith Night Preschool - 6th Gr.
	5:45 pm	7th & 8th Grade Confirmation at C
	7:30pm	Church Council Meeting
Thurs. April 11	1:30pm	Session 1—Exploring Romans at C
Sun. April 14	10:30am	Worship
	2:00pm	Youth Group meets at R
Mon. Apr. 15	6:30pm	Session 2—Exploring Romans at R
Tues. April 16	9:00am	Quilting
Wed. April 17	5:45 pm	7th & 8th Grade Confirmation at R
	7:30pm	Parish Council at R
Sun. April 21	10:30am	Worship w/Holy Communion
Tues. April 23	9:00am	Quilting
Wed. April 24	5:45pm	7th & 8th Grade Confirmation at R
Thurs. April 25	1:30pm	Session 2—Exploring Romans at C
Sun. April 28	10:30 am	Confirmation Sunday Worship w/Affirmation of Faith for our 9th Grade Confirmation Students
Mon. April 29	6:30pm	Session 3—Exploring Romans at R
Tues. April 30	9:00 am	Quilting

## Assisting in April



Organist Kathy Toenges

Deacon: Bob Nelson

Altar Guild: Donna Nelson / Leah Schmidt

Banners: Laurie Behrends

Acolytes:

April 7 Landon Walters

April 14 Cortney Schmidt

April 21 Lily Sorensen

April 28 Oliver Christensen

Ushers & Readers

April 7 Donna Nelson Family

April 14 Donna Nelson Family

April 21 Amy Schmidt Family

April 28 Gordy Toenges Family

## Financial Update as of 3.26.2024

Average budgeted monthly expense are \$9,205 (Seasonal Exceptions)

February Total Offering—\$10,808.82

February Total Expenses— \$10,478.47

Year to Date Total Offering – \$26,240.74

Year to Date Total Expenses - \$30,349.85

Thank you so much for your continued generosity and support! We are very grateful for your faithful giving.

# The Concordia

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## April Birthdays



April 1	Patty Madrigal
April 2	Ethan Ohm
April 4	Eric Grunzke Robert Hanson
April 5	Ann Bryson
April 6	Cindy Wichmann
April 8	Catherine Wittmer
April 10	David Kuethe Jaydin Loya
April 13	Peggy Hamson
April 15	Hailey Stevens
April 16	Paul Kleinschrodt
April 20	Lynn Krueger
April 21	Kathy Toenges
April 22	Taylor Kuethe
April 23	Brent Krueger
April 28	Debra Behr Robert Wittmer
April 30	Samantha Kuethe

## April Anniversaries



April 4	Wayne & Lori Ladwig
April 19	Robert & Donna Nelson
April 28	Greg & Kathy Lutteke

## Remember the following in your prayers



Lori Ladwig, Steve Hacker, the family of Rita Usselman, Greg Lutteke, Larry Hensche, and Pat Nelson.

## Devotional Booklets

The April –June devotional booklets are available for pick up before or after worship in the narthex

## Exploring Romans



Paul's letter to the Romans is quite different than any of his other letters, in which he offers pastoral or theological advice to people he knows personally. Paul did not start or plant the church in Rome. In fact at the time the letter was written, Paul had not yet visited Rome.

Therefore, in Romans Paul offers more "general" statements about the nature of sin, the promise of salvation, and the call to mission. In other words, Paul addresses many of the important questions that arise when one considers the relationship between God and creation.

We will explore the letter to the Romans in 6 sessions.

Session 1—"What must I do to be saved?"

April 8th—7:30 pm (*time change for this session*) at Redeemer

April 11th—1:30 pm at Concordia

Session 2—"Saved by grace...isn't that too good to be true?"

April 15th—6:30 pm at Redeemer

April 25th—1:30 pm at Concordia

Session 3—"If what I do doesn't save me, does it matter how I live?"

April 29th—6:30 pm at Redeemer

May 2nd—1:30 pm at Concordia

Session 4—"Where is God when we suffer?"

May 6th—6:30 pm at Redeemer

May 9th—1:30 pm at Concordia

Session 5—"How can I keep from singing?"

May 13th—6:30 pm at Redeemer

May 16th—1:30 pm at Concordia

Session 6—"What does God want from us?"

May 20th—6:30 pm at Redeemer

May 23rd—1:30 pm at Concordia



# The Concordia

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## CONFIRMATION CLASS SCHEDULE:



**Wed. April 3rd 5:45-7:15**  
7th/8th Grade Students at Redeemer

**Wed. April 3rd 7:30-8:30** 9th  
Grade Students at Redeemer

**Wed. April 10th 5:45-7:15**  
7th/8th Grade Students at Concordia

**Wed. April 17th 5:45-7:15** 7th/8th Grade  
Students at Redeemer

**Wed. April 24th 5:45-7:15** 7th/8th Grade  
Students at Redeemer

Please call or text Pastor Kristi at 507-360-1224 or email at [pastor@redeemeralden.com](mailto:pastor@redeemeralden.com) if you have any questions about confirmation.

## Concordia and Redeemer Youth Group



We needed to postpone our Youth Group Random Acts of Kindness event so we will be gathering on Sunday, April 14th at 2:00 pm at Redeemer. We will

share in our random acts of kindness throughout the community and then enjoy a treat together. Students in 6th grade through 12th grade are invited to join us, and are welcome to bring a friend. We will be looking for additional adults to help provide transportation for our group. Please RSVP if you will be attending by April 10th to [pastor@redeemeralden.com](mailto:pastor@redeemeralden.com). Contact Pastor Kristi (507-360-1224) or Kayla Roberts (507-402-9790), our Youth Group Assistant, if you have any questions about our Youth Group event.



Please join us for our next Wednesday Faith Night for students in preschool through 6th grade. We will gather on Wednesday, April 10<sup>th</sup> at 5:45 pm for a light supper Bible story, activities, music, crafts, and more. Look forward to having you participate!!

## Confirmation Sunday, April 28th

**Join us at our 10:30 a.m. Worship Service as we celebrate the Affirmation of Faith for Elliot Christensen and Landon Walters.**



## Blessing of Seed, Soil and Water

To honor Earth Day we will include a time of Blessing of Seed, Soil and Water during our worship service on Sunday April 14, 10:30 am. This offers us, as Christians, an opportunity to reflect on the significance of our connectedness to water, seeds and soil, and the people whose livelihoods depend on these elements. God created water, seeds and soil, we give thanks to God for the life essentials he provides. Plan to share in a celebration of God's creation.



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## A Message from the Church Deacons

The Deacons are adapting a new procedure to develop the usher/reader list for the church year. In conjunction with the Altar Guild and Acolyte schedules, the list has been developed with names and phone numbers for the Sundays in each month.

If the assigned date doesn't work, please arrange a trade for another date that'll work with someone else, preferably from your months.

We have more Sundays than available people, so your name will be on the list multiple times.

### April

Date	Name	Phone	Number
7th	Donna Nelson Family	Donna	507-383-2075
14th	Donna Nelson Family	Donna	507-383-2075
21st	Amy Schmidt Family	Amy	507-469-2313
28th	Gordon Toenges Family	Gordon	507-383-4476

### May

5th	Allison Morrison Family	Allison	507-383-8571
12th	Sandy Morgan Family	Sandy	507-440-8415
19th	Dan Schmidt Family	Dan	612-418-2757
26th	Amy Drescher Family	Amy	507-383-9581

### June

9th	Lynn Krueger & Kandee Petersen	Lynn	507-383-8496
23rd	Paige Bangert Family	Lowell	507-391-4047

### July

7th	Cindy Wichmann Family	Cindy	507-402-8202
21st	Cathy Wittmer Family	Cathy	507-456-3324

### August

4th	Sue Kleinschrodt Family	Sue	507-402-5431
18th	Amy Wallin Family	Amy	507-383-6990

### September

1st	Chris Sorensen Family	Chris	507-402-4836
8th	Jane Schmidt Family	Jane	507-279-3798
15th	Laurie Behrends Family	Laurie	507-369-4642
22nd	RaAnna Pestorious Family	RaAnna	507-402-8071
29th	Donna Nelson Family	Donna	507-383-2075

### October

6th	Allison Morrison Family	Allison	507-383-8571
13th	Sandy Morgan Family	Sandy	507-440-8415
20th	Julie Reindal Family	Julie	507-383-3921
27th	Cathy Wittmer Family	Cathy	507-369-3664

### November

3rd	Wyatt Ladwig	Wyatt	507-402-7559
10th	Kathy Lutteke Family	Kathy	507-391-0086
17th	Amy Wallin Family	Amy	507-383-6990
24th	Amy Schmidt Family	Amy	507-469-2313

### December

1st	Kristine Christensen Family	Kristine	507-402-1530
8th	Jo Sorensen Family	Jo	507-383-0639
15th	Chris Sorensen Family	Chris	507-402-4836
22nd	Jenni Miller Family	Jenni	507-402-1470
29th	Lynn Krueger, Donna Nelson	Lynn	507-383-8496

## Council Minutes

The Concordia Church council met on Wednesday March 13, 2024 at 7:30pm.

Vice President Robert Wittmer called the meeting to order.

Secretary's report was given via email and reviewed.

Treasurer's Report was given via emailed and reviewed.

\* Total income of \$19,570.57

\* Total Member Giving 19,229.32

\* Total Expenses of \$19,569.01

Board of Stewardship was given by Amy Wallin  
Nothing to report.

Board of Education - The second Wednesday gathering has been suspended but will return in April.

Board of Lay Ministry was given by Lynn Krueger

Wine was bought and candles were ordered and received. Bob Nelson updated the usher list and members notified. Since summer worship has 6 Sundays wondering if a signup sheet for ushers would work.

Board of Church Properties was given by Chad Miller - Nothing new to report.

Pastor's Report

-Youth Group March 24, Random Acts of Kindness event.

-Continuing Education Sabbath Retreat April 18th-April 23, 2024

- First Communion on Maundy Thursday for Lia Sorensen and April 7 for Oliver Christensen.

-April 28,2024 Confirmation Sunday for Elliot Christensen and Landon Walters. Lynn Krueger called for a motion to approve Confirmation for Elliot Christensen and Landon Walters. Amy Wallin second the motion. Motion carried.

Vice President Robert Wittmer called for motion to accept all reports. Amy Wallin made a motion to

accept all reports. Lynn Krueger seconded the motion. Motion carried.

Old Business:

-Easter Breakfast includes Cinnamon Rolls, Fruit, Milk, Juice, Coffee.

-Lights for the basement steps by the kitchen Chad is having electrician look at that.

-Pastor to help coordinate a date in April to meet to review job descriptions.

-The new church sign on 46 is almost done.

New Business:

-The church sign in front of the church needs to be updated.

-Stephanie is on vacation on June 2,2024 –June 16,2024 and RaAnna Pestorious will help cover Other

-Next Parish Council meeting is on April 24,2023, 7:30 at Redeemer. Need 3 members to be appointed to participate.

-Worship for summer Concordia and Redeemer with alternate Sundays starts on May 26,2024 at 9:00 am.

Vice President Robert Wittmer called for a motion to adjourn the meeting Amy Wallin made a motion to adjourn the meeting. Chad Miller seconded it. Motion carried.

We closed with "The Lord's Prayer".

Respectfully Submitted,  
Amy Drescher

Members present: Present Chris Sorensen, Vice President Robert Wittmer, Lynn Krueger, Chad Miller, Amy Drescher, Pastor Kristi Mitchell  
Members Absent: RaAnna Pestorious

Next meeting is April 10,  
2024 at 7:30 pm.





## Connect with Concordia on Social Media



Like us on [facebook.com/ConcordiaPLake](https://facebook.com/ConcordiaPLake)

Connect with Concordia on social media  
for photos of recent events, event  
reminders, and more!



Follow us on Instagram @concordiapl



### Contact Information

#### Church:

69471 190th Street  
Albert Lea MN 56007

(507) 265-3355

[www.ConcordiaPickerelLake.com](http://www.ConcordiaPickerelLake.com)

Facebook @Concordia Lutheran  
Church of Pickerel Lake

#### Pastor Kristi Mitchell

Cell: (call or text) (507)-360-1224  
[pastor@concordiapickerellake.com](mailto:pastor@concordiapickerellake.com)

#### Stephanie Johnson:

[admin@concordiapickerellake.com](mailto:admin@concordiapickerellake.com)  
Cell: (507) 402-7437

### Church Council

Chris Sorensen

Robert Wittmer

Amy Drescher

RaAnna Pectorious

Chad Miller

Lynn Krueger

Amy Wallin

President

Vice-President

Secretary

Treasurer

Properties

Lay Ministry

Stewardship

Education

### Concordia Lutheran Church of Pickerel Lake

#### Church Staff

*Rev. Kristi Mitchell—Pastor*

*Stephanie L. Johnson—Administrative Secretary*

*Kathy Toenges—Organist*

*David & Michelle Masters—Custodians*