

# St. Pauli News in Detail



## Donate items for Lutheran World Relief Kits to help people in need



Each year during Lent, our congregation takes part in LWR's Baskets of Promise appeal. We collect items to form LWR Personal Care Kits that help impoverished people stay healthy in life's most challenging situations.

- Feb. 14: Bar of Soap (4 or 5 oz. in original wrapper)
- Feb. 21: Bath Towel (lightweight, max. size 27" x 52", dark color preferred)
- Feb. 28: Toothbrush (adult size, in original packaging)
- March 7: Comb
- March 14: Nail Clipper (metal, attached file optional)
- March 21: Bar of Soap

Hebrews 10:23: "Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful."

God of Promise, we ask for your blessing upon these Personal Care Kits. In this season of resurrection you have given us the opportunity to deliver your promise to others around the world. Bless those who use these as they strive for dignity. Give strength to those who work in the midst of disaster so that your lasting promise may be a reality for all. All this we ask in the name of your Son, Jesus Christ. Amen

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## Greeting and Ushering

- Mar. 6 Corey Berg
- Mar. 13 Neil Bugge
- Mar. 20 Ken Cedergren
- Mar. 27 Craig Folkedahl (Easter Sunday)

## Easter Morning Services 8:00 am



**Please note that the service time has been changed this year. Instead of sunrise services, we will begin worship at 8:00 a.m.**

A light breakfast will also be served following the services and we want everyone to know that there will be ample food for extended family.

**March Altar Preparation:** Roxane Rondorf

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## March Milestones



### Birthdays

- Mar. 4 Ken Cedergren
- Mar. 4 David Lee
- Mar. 10 Laurie Nelson
- Mar. 13 Gabe Haugen
- Mar. 14 Kjersti Halvorson
- Mar. 15 Sue Kotz
- Mar. 22 Deone Cerny
- Mar. 26 Staci Reay

### Anniversaries

- Mar. 12 Sharon and Neil Bugge (1966)

# Minutes of the St. Pauli Lutheran Church Annual Meeting

January 25, 2015

(approved January 31, 2016)

Council President Arlo Rude called the meeting to order at 11:30 a.m. with 22 members present.

The agenda was reviewed. Evie Johnson made a motion to approve the agenda; seconded by Cindy Cedergren. Motion carried.

Secretary's Report: The minutes of the 2014 Annual Meeting and the June 29, 2014 special congregational meeting were reviewed. Deone Cerny made a motion to accept the minutes as printed; seconded by Ron Anderson. Motion carried.

Treasurer's Report: The 2015 report was reviewed. Barb Nelson made a motion to accept the report as printed; seconded by Bruce Mathson. Motion carried.

Total offerings and other income: \$ 66,878.85  
Total operational expenses: (\$ 57,649.43)

General Fund Account balances as of 12/31/14:

Checking: \$ 19,723.48  
Investor Savings \$ 35,830.14  
Edward Jones \$ 41,078.45

Total General Fund Balance as of 12/31/14: \$ 96,632.07

Special Fund Account Balances as of 12/31/14:

Memorial Fund \$ 10,000.00  
Mission Grant Fund \$ 1,000.79

Total General Fund and Special Fund Balances as of 12/31/14: \$ 107,632.86

Pastor's Report: Pastor Hansen expressed his appreciation for the gift of money he received from members of the congregation at Christmas. He feels the congregation works well together and he enjoys serving the congregation.

Faye Auchenpaugh posed a question about the process of inviting new people to the congregation. Pastor Hansen reported that typically a greeting would be made at the service in which they attend, and then a lay person should go to their home, if known, and invite them back. Pastor Hansen stated he would be glad to visit a home, if requested, since not everyone wants the pastor to visit.

Board of Education Report: The report was reviewed. Kathy Alberg made a motion to accept the report; seconded by Sharon Bugge. Motion carried. The report noted that the curriculum for this year was called Whirl, from Augsburg Fortress. Gary Iverson will teach the confirmation classes. Val Torstveit did a great job of writing and directing the Christmas program. Bibles were presented to Lainey Dicken, Rylan Torstveit, and Aleshia Abeyta.

Sunday School Treasurer's Report: The report was reviewed. Skip Swanson made a motion to accept the report; seconded by Inez Mathson. Motion carried.

Beginning balance 12/31/13: \$ 1,684.60  
Total Income: \$ 1,407.84  
Total Expenses: (\$ 1,020.96)  
Checking Account balance as of 12/31/14: \$ 1,663.97

WELCA Treasurer's Report: The report was reviewed. Faye Auchenpaugh made a motion to accept the report; seconded by Virginia Anderson. Motion carried.

Checking account balance as of 12/31/13: \$ 1,663.97  
Income \$ 4,851.01  
Expenses (\$ 1,716.76)  
Checking account balance as 12/31/14: \$ 4,798.22  
Savings Account Balance as of 12/31/14: \$ 2,765.16  
Certificate of Deposit as of 12/31/14: \$ 5,970.91

Old Business:

- 1) Steeple Repairs: Arlo Rude has been working on this project but had a problem with the sheathing. He has resolved that problem and hopes to finish the repairs this summer.
- 2) Constitution and By-Laws: A committee is working on this.

New Business:

- 1) The 2015 Budget was reviewed and Skip Swanson made a motion to approve; seconded by Evie Johnson. Motion carried. Kari Torkelson expressed her appreciation to the Council and the congregation for the grant funds she was approved to receive this year for her mission trips to Jamaica and Ecuador to conduct eye exams.
- 2) Synod Assembly will be May 15-17, 2015.

St. Pauli Cemetery Association (informational report only):  
Checking account balance as of 12/31/14: \$ 21,275.13

It was noted that the by-laws of the Cemetery Association state that the St. Pauli Church Council serves as the board for the cemetery association.

Election: The nominating committee, consisting of Barb Nelson, Ron Anderson, and Virginia Anderson presented the following slate of officers for 2015:

Council member 3-year term: Arlo Rude  
Council member 1-year term (to fill the unexpired term held by Wahna Smith): Ron Anderson  
Secretary: Cindy Cedergren  
Treasurer: Andrew Halvorson  
Financial Secretary: Barb Nelson  
Board of Education: Heidi Haugen  
Sexton: David Lee  
Heating Caretaker: Myles Alberg  
Church Recorder: Valarie Torstveit  
Organist: Faye Auchenpaugh

Skip Swanson made a motion to approve and cast a unanimous ballot for the proposed slate of officers. Faye Auchenpaugh seconded. Motion carried.

Arlo Rude expressed appreciation to all members for the work done on and for the church in the past year.

The Lord's Prayer was prayed.

Evie Johnson made a motion to adjourn the meeting; seconded by Barb Nelson. Motion carried.

Meeting adjourned at 12:30 p.m.

Table Grace was sung, followed by a potluck meal.

Respectfully submitted,

Barb Nelson  
St. Pauli Church Council Secretary

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## Minutes of the WELCA Meeting

JANUARY 27, 2016

The St. Pauli Women of the ELCA met on January 27, 2016 at 7:15 pm with four members present. A group of six members met earlier in the day for quilting, followed by a supper served by Virginia Anderson.

President Faye Auchenpaugh opened the meeting by sharing an interesting article about sewing needles, followed by a prayer. (NOTE: The article is included in this newsletter.)

The secretary's report for November was approved as read. (No business meeting is held in December)

President Faye gave the following Treasurer's report in Sharon Bugge's absence, which was approved as read:

### November 19 – December, 31 2015:

Income	\$ 2,507.50
(included income from Fall fundraiser of \$2,337)	
Expenses	(\$ 2,674.56)
(included charitable contributions of \$2,200)	

### January 1-27, 2016:

Income	\$ 24.45
Expenses	(\$ 116.22)
Checking account balance	\$ 1,117.26
Savings account balance	\$ 2,759.42
Certificate of Deposit	\$ 5,988.83

Thank you cards and letters have been received from the Salvation Army, Northland Rescue Mission, Little Brother Little Sister, Haiti Medical Mission, and Can-Do Canines, for the donations made to them in December.

Stewardship Report: Virginia Anderson reported she recently sewed 10 diapers, 10 receiving blankets, and two school bags. Kathy Alberg and Sharon Bugge dyed several white sheets to be used for quilt backs. Six quilts were finished and tied at today's quilting session.

Old Business: Follow-up on the Sunday School Christmas program and lunch. The Sunday School kids and teachers did an excellent job. Faye prepared 8 lbs of BBQ for the lunch. BBQs, chips, and beverages were provided by WELCA, with potluck treats provided by members of the congregation.

New Business: Joan Nelson donated a framed picture she made with dried flowers, accompanying a reading called "Master's Bouquet". We will find a suitable place to display the picture.

Discussion was held on the future use of the beautiful photograph taken by Arlo Rude at the Christmas Eve services. A suggestion was to have notecards or Christmas cards made with the photo, possibly as a fundraiser. This will be discussed more at a future meeting.

Lydia Circle group A-G is assigned to serve the potluck lunch following the Annual Meeting on Jan. 31<sup>st</sup>.

Next meeting: Thursday, February 11, 2016, with quilting starting at 2 pm; supper served by Jan Strandlie at 6 pm, and business meeting at 7 pm.

Prayers were shared for Evie Johnson, who is undergoing surgery and possibly another long recovery.

The meeting closed with the Lord's Prayer and adjourned at 7:55 p.m.

Respectfully submitted,  
Cindy Cedergren, WELCA Secretary

**"Peace begins with a smile."**

**~Mother Theresa**

**"Smile. Have you ever noticed how easily puppies make human friends? Yet all they do is wag their tails and fall over."**

**~Walter Anderson, The Confidence Course, 1997**

**"A smile is an inexpensive way to change your looks."**

**~Charles Gordy**



**ELCA Global Church Sponsorship**  
Evangelical Lutheran Church in America  
God's work. Our hands.

## International Women Leaders

**Boldly investing in the education and future of women**

Raise up and celebrate

**Tuesday, March 8**  
**International Women's Day**



***"This scholarship opportunity has shaped me to become a leader."***

*– Sthela Hanitrinirina  
Malagasy Lutheran Church – Madagascar  
2015 scholarship recipient, Luther College*

*Pray*

**for an awakening to the expansive power and capacity our sisters have in transforming the world.**

*Share*

**the difference education has made in your life and inspire women across the globe. Share your story on Facebook.com/Lutherans or Twitter.com/ELCA using #ELCAWomen.**

*Give*

**to invest in the education of women. Donate online at [www.ELCA.org/InternationalLeaders](http://www.ELCA.org/InternationalLeaders).**

**Learn more. Give today.**

**ELCA, P.O. Box 1809, Merrifield, VA 22116-8009**

***Make checks payable to***

***"ELCA Global Church Sponsorship" and note***

***"International Women Leaders GCS5000" on the memo line.***

**[www.ELCA.org/InternationalLeaders](http://www.ELCA.org/InternationalLeaders)**

# ELCA JOINS IN CELEBRATING INTERNATIONAL WOMEN'S DAY

*On Tuesday, March 8, the Evangelical Lutheran Church in America (ELCA) will be joining with people around the world to celebrate International Women's Day. We celebrate this day knowing that the work toward gender equality still remains.*

*Through ELCA Global Church Sponsorship's International Women Leaders initiative, we are boldly investing in the education and future of women. In addition to a \$100,000 matching challenge on International Women's Day to support the International Women Leaders initiative, we have also created worship resources to use during services.*

## What is "International Women's Day"?

International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others.

The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights. International Women's Day is all about celebration, reflection, advocacy, and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for over a century - and is growing annually from strength to strength.

## International Women's Day timeline journey

### 1908

Great unrest and critical debate was occurring amongst women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

### 1909

In accordance with a declaration by the Socialist Party of America, the first National Woman's Day (NWD) was observed across the United States on 28 February. Women continued to celebrate NWD on the last Sunday of February until 1913.

### 1910

In 1910, a second International Conference of Working Women was held in Copenhagen. A woman named Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a Women's Day - to press for their demands. The conference of over 100 women from 17 countries, representing unions, socialist parties, working women's clubs - and including the first three women elected to the Finnish parliament - greeted Zetkin's suggestion with unanimous approval and thus International Women's Day was the result.

### 1911

Following the decision agreed upon at Copenhagen in 1911, International Women's Day was honored the first time in Austria, Denmark, Germany and Switzerland on 19 March. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination. However, less than a week later on 25 March, the tragic 'Triangle Fire' in New York City took the lives of more than 140 working women, most of them Italian and Jewish immigrants. This disastrous event drew significant attention to working conditions and labor legislation in the United States that became a focus of subsequent International Women's Day events. 1911 also saw the women's "Bread and Roses" campaign.

### 1913-1914

On the eve of World War I and campaigning for peace, Russian women observed their first International Women's Day on the last Sunday in February 1913. Following discussions, International Women's Day was then transferred to March 8<sup>th</sup> and this day has remained the global date for International Women's Day ever since. In 1914, further women across Europe held rallies to campaign against the war and to express women's solidarity. For example, in London there was a march from Bow to Trafalgar Square in support of women's suffrage on 8 March 1914. Sylvia Pankhurst was arrested in front of Charing Cross station on her way to speak in Trafalgar Square.

### 1917

On the last Sunday of February, Russian women began a strike for "bread and peace" in response to the death of over 2 million Russian soldiers in World War 1. Opposed by political leaders, the women continued to strike until four days later the Czar was forced to abdicate and the provisional Government granted women the right to vote. The date the women's strike commenced was Sunday, February 23<sup>rd</sup>, on the Julian calendar then in use in Russia. This day on the Gregorian calendar in use elsewhere was March 8<sup>th</sup>.

### 1975

International Women's Day was celebrated for the first time by the United Nations in 1975. Then in December 1977, the General Assembly adopted a resolution proclaiming a United

Nations Day for Women's Rights and International Peace to be observed on any day of the year by Member States, in accordance with their historical and national traditions.

## **1996**

The UN commenced the adoption of an annual theme in 1996 - which was "Celebrating the Past, Planning for the Future." This theme was followed in 1997 with "Women at the Peace table," and in 1998 with "Women and Human Rights," and in 1999 with "World Free of Violence Against Women," and so on each year until the present. More recent themes have included "Empower Rural Women, End Poverty & Hunger" and "A Promise is a Promise - Time for Action to End Violence Against Women."

## **2000**

By the new millennium, International Women's Day activity around the world had stalled in many countries. The world had moved on and feminism wasn't a popular topic. International Women's Day needed re-ignition. There was urgent work to do - battles had not been won and gender parity had still not been achieved.

## **2001**

The global internationalwomensday.com digital hub for everything IWD was launched to re-energize the day as an important platform to celebrate the successful achievements of women and to continue calls for accelerating gender parity. Each year, the IWD website sees vast traffic and is used by hundreds of thousands of people and organizations all over the world to learn about and share IWD activity. The IWD website is made possible each year through support from corporations committed to driving gender parity. The website's charity of choice for many years has been the World Association of Girl Guides and Girl Scouts (WAGGGS) whereby IWD fundraising is channeled. The IWD website adopts an annual theme that is globally relevant for groups and organizations. This theme, one of many around the world, provides a framework and direction for annual IWD activity and takes into account the wider agenda of both celebration as well as a broad call to action for gender parity. Recent themes have included "Make it happen," "The Gender Agenda: Gaining Momentum" and "Connecting Girls, Inspiring Futures." Themes for the global IWD website are collaboratively and consultatively identified each year and widely adopted.

## **2011**

2011 saw the 100 year centenary of International Women's Day - with the first IWD event held exactly 100 years ago in 1911 in Austria, Denmark, Germany and Switzerland. In the United States, President Barack Obama proclaimed March 2011 to be "Women's History Month," calling Americans to mark IWD by reflecting on "the extraordinary accomplishments of women" in shaping the country's history. The then Secretary of State Hillary Clinton launched the "100 Women Initiative: Empowering Women and Girls through International Exchanges." In the United Kingdom, celebrity activist Annie Lennox led a superb march across one of London's iconic bridges raising awareness in support for

global charity Women for Women International. Further charities such as Oxfam have run extensive activities supporting IWD, and many celebrities and business leaders also actively support the day

## **2016 and beyond**

The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics and, globally, women's education, health and the violence against them is worse than that of men. However, great improvements have been made. We do have female astronauts and prime ministers, schoolgirls are welcomed into universities, women can work and have a family, women have real choices. And so each year the world inspires women and celebrates their achievements. IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honoring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries, IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatric performances, fashion parades and more. Many global corporations actively support IWD by running their own events and campaigns. For example, on March 8 search engine and media giant Google often changes its "Google Doodle" on its global search pages to honor IWD. Year after year, IWD is certainly increasing in status.

***So make a difference, think globally and act locally!***

***Make every day International Women's Day.***

***Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.***

## **Historic Minutes of the St. Pauli Congregation**

**13 December 1926**

St. Pauli congregation held its annual meeting in the church on December 13, 1926.

The meeting was opened by the chairman Pastor Jacobson with reading from the Bible and prayer. Then was read the report of the secretary and accepted as read. The report of the treasurer was read and accepted as read.

The following officials were elected:

Ole Pederson, trustee 3 years

Olaf Snetting, secretary 1 year

Tobias Stene, treasurer 1 year

Nils Nilson, sexton 1 year

The school committee as before, namely Ole Odegaard, Ole Valsvig, Nils Nelson.

Apportionments Committee: Martin Mathson, Helmer Finstad, Ole Pederson.

Thereafter a committee of three men was elected to collect to the congregation funds, namely: Otto Netteland, Helge Helgeson, Emil Thune.

It was proposed and supported to invite the district to hold its district meeting in the church once in April or May, and to have the church consecrated at the same time.

Proposed and supported to make use of the envelope system to demand the payment of the pastor's salary.

Proposed and supported to allow \$375.00 for the expenses of the congregation.

On proposal the meeting was ended.

Olaf Snetting, Secretary

## **Historic Minutes St. Pauli Lutheran Church Women (L.C.W.)**

**10 March 1966**

The regular meeting of the LCW was held at the Harley Iverson home Thursday afternoon, March 10. Hostesses: Mrs. Clayton Mathson and Mrs. Harley Iverson.

Meeting opened with hymn, "Blessed Jesus at Thy Word." Scripture taken from Phillippians 4, beginning with the 4<sup>th</sup> verse, and prayer by Mrs. Theodore Bjorge.

Secretary's report was read and accepted.

A thank you letter was read from the Fergus Falls Hospital, thanking us for the Christmas gifts.

Motion was made and seconded that we don't sell the notecards.

Next meeting is March 24 at the Walter Wiskow home. Ruth group hostesses.

Business meeting adjourned.

Program opened with hymn, "Beneath the Cross of Jesus." Bible Study: Mrs. Sig Folkedah. Closing hymn: "Savior Again to Thy Dear Name We Raise."

Worship offering: Mrs. Harley Iverson. Lord's Prayer prayed and Table Blessing sung.

Mrs. Norman Nelson, Secretary

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## **Lydia Circle holds first meeting in January**



The newly-formed Lydia Circle held its first meeting in January at Greenleaf with Kathy Alberg as hostess.

Those attending left to right: Faye Auchenpaugh, Eunice Grove, Edna Rondorf, Kathy Alberg, Virginia Anderson, Deone Cerny and Sue Kotz

# Story of Needles

Because the January WELCA meeting followed a day of quilting, President Faye Auchenpaugh selected the devotion from Matthew 19:24 *"Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."* Then president she gave the following talk on needles, something we use without giving them more than a passing thought.

*"An old-time quilt maker used a needle as often, as easily, as casually as we use a telephone: it was her duty, her comfort, her companion, her mode of self-expression."*

Today each quilter has her favorite brand. She'll try different ones and discuss what other quilters use, but when she makes her decision, she's loyal to it, until someone can show her a better needle. She and her needle are a team.

Airport personnel now see this needle as a weapon. Who would have thought this vehicle of calm and warmth could also be a thing to fear?

It started me thinking about how the precious needle is made.

The first sewing needles were hand-made out of bone, over 17,000 years ago by western Europeans and central Asians. Traditionally, needles have been kept in needle books or needle cases which became objects of adornment.



In modern times, more than 20 steps are taken to manufacture an enormous variety of hand and sewing machine needles.

## What are the different types of hand sewing needles?

Hand sewing needles come in a variety of types/ classes designed according to their intended use and in a variety of sizes within each type.

- **Sharp Needles:** Used for general hand sewing; they are built with a sharp point, a round eye, and are of medium length. Those with double-eyes are able to carry two strands of thread while minimizing the friction as they go through fabric.
- **Appliqué:** These are considered another all-purpose needle for sewing, appliqué, and patch work.
- **Embroidery:** Also known as crewel needles; identical to sharps but have a longer eye to enable easier threading of multiple embroidery threads and thicker yarns.
- **Betweeners or Quilting:** These needles are shorter than sharps, with a small rounded eye and are used for making fine stitches on heavy fabrics such as in tailoring, quilt making and other detailed handwork.
- **Milliner:** A class of needles generally longer than sharps, useful for the basting and pleating normally used in millinery work.
- **Easy- or Self-threading:** Also called calyx-eyed sharps, side threading, and spiral eye needles, these needles have an open slot into which a thread may easily be guided rather than the usual closed eye design.
- **Beading:** These needles are very fine, with a narrow eye to enable them to fit through the center of beads and sequins along with a long shaft to thread and hold a number of beads at a time.

- **Bodkin:** Also called ballpoints, this is a long, thick needle with a ballpoint end and a large, elongated eye. They can be flat or round and are generally used for threading elastic, ribbon or tape through casings and lace openings.
- **Chenille:** These are similar to tapestry needles but with large, long eyes and a very sharp point to penetrate closely woven fabrics. Useful for ribbon embroidery.
- **Darning:** Sometimes called finishing needles, these are designed with a blunt tip and large eye making them similar to tapestry needles but longer.
- **Doll:** Not designed for hand sewing at all, these needles are made long and thin and are used for soft sculpturing on dolls, particularly facial details.
- **Leather:** Also known as glovers and as wedge needles, these have a triangular point designed to pierce leather without tearing it; often used on leather-like materials such as vinyl and plastic.
- **Sailmaker:** These are similar to leather needles, but the triangular point extends further up the shaft; designed for sewing thick canvas or heavy leather.
- **Tapestry:** The large eye on these needles lets them carry a heavier weight yarn than other needles, and their blunt tip—usually bent at a slight angle from the rest of the needle—allows them to pass through loosely woven fabric such as embroidery canvas or even-weave material without catching or tearing it; comes in a double-eyed version for use on a mounted frame and with two colors of thread.
- **Tatting:** These are built long with an even thickness for their entire length, including at the eye, to enable thread to be pulled through the double stitches used in tatting.
- **Upholstery:** These needles are heavy, long needles that may be straight or curved and are used for sewing heavy fabrics, upholstery work, tufting and for tying quilts; the curved variety is practical for difficult situations on furniture where a straight needle will not work
- **Heavy duty 12" needles** are used for repairing mattresses.

## How are sewing needles made?

They are made two at a time, from coils of steel wire. The wire is straightened and cut to the length of two needles. Through a grinding process, points are formed at both ends and the needle is turned repeatedly until the points are fine and even. This is one of the places on a needle where one might see a difference between a high vs. lower quality needle, because it is the most crucial. If the point is not sharp or there is a burr, then your sewing or quilting will be more difficult to accomplish, if not impossible. The same is true of the shaft.

Next, the eyes are stamped into the wire near the middle; two flat areas are stamped first, with the perfectly sized eyes punched through by another machine. Another piece of wire is drawn through the holes (like dental floss) so when the needle wire is cut apart, two needles remain, hanging from the wire. Now the heads are smoothed and rounded. Their bodies are checked for straightness, tempered for toughness, and polished for smoothness. Finally, they are nickel- or 18K gold-plated for corrosion resistance. The highest quality embroidery needles are plated with two-thirds platinum and one-third titanium alloy.

# Kari Torkelson and Stewardship Ministries

Kari says, "I am on the year round stewardship committee at United Lutheran Church in Grand Forks and they asked me to write an article for [their] church newsletter." We are reprinting it here with her permission.

## STEWARDSHIP MINISTRIES

As a member of the United Lutheran Year Round Stewardship Committee I was asked to get the ball rolling with the first installment of our Stewardship Newsletter. In our committee we have discussed the many forms of stewardship. I think where my story fits is in the giving of our time and skills.

As an optometrist, I am trained to diagnose and treat disorders of the eye and part of that is prescribing the correct optical lenses for people to see clearly. Early in 2013 I received a brochure from the Minnesota Optometric Association and there was a small section in it that was asking for optometrists to travel to Tanzania, Africa on a mission trip to provide glasses, free of charge, to people in the town of Marangu. I read it with interest but my only thought was, "That is great that they are going there." I put the brochure on my desk but never threw it away.

I have always been intrigued by Africa and, being a Zoology major in college, I was interested in the thought of seeing the animals on safari. But, I was also aware that I have food allergies, I get motion sick on a plane and sometime cars, I am a bit scared to fly, I was afraid to contract a disease and I wasn't thrilled at getting all the immunizations.

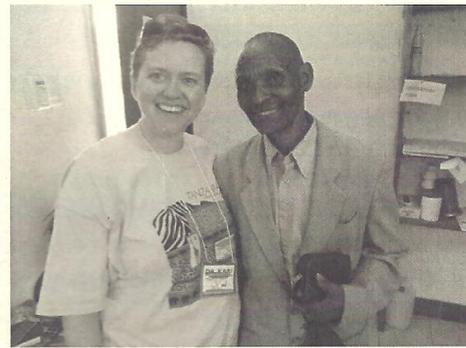
A few months later a patient of mine from Kenya came into the office and I asked her questions and shared my concerns. She said if I could just help one person the trip would be a success. She was right but the doubts kept creeping in my mind. I had never been out of the country and I didn't have a passport. I didn't know anyone else who was going on the trip. Nope. I just couldn't go.

Then, I prayed about it. I have heard people talk about how they were called to do something and wondering how that felt or if that was even possible. I can tell that for me it was really true. After praying I thought, "I can take medication for the motion sickness, I'll have immunizations to help prevent disease, I can take precautions to prevent bug bites, and if these other people are paying for a trip and taking time to go to Africa they must be good folks." Also, after praying I felt a feeling of calm, a sense of purpose and a general feeling that I'm not sure I can put into words. I think I was called.

I told my family what I was planning to do and they were all very supportive but also knew

me well enough to be surprised because it was so out of my comfort zone.

In October of 2013 I drove down to the Minneapolis airport with my optometry gear in tow, met the rest of the group at the ticket counter and headed off to Marangu, Tanzania for a life-changing experience.



*"...after praying I felt a feeling of calm, a sense of purpose and a general feeling that I'm not sure I can put into words. I think I was called."*

I was right. The people on the trip were wonderful and most had been on trips like this several times so I felt like I was in good hands. In fact, three of those people have

become friends for life and I will always have a unique connection to everyone on that trip due to our common mission: to provide vision care to those who do not have access to vision care or can't afford it.

As it turned out, the people of Marangu fit both of these categories. We brought 5000 pairs of used glasses with us and did 3000 eye exams in four days. These are not the comprehensive eye exams I am used to providing at Lifetime Vision Center so it was an adjustment. Once I caught on and learned a few Swahili phrases it started to flow.

## STEWARDSHIP MINISTRIES



The people were so grateful for our services that they would stand outside in the heat for hours. There was a man who was about sixty years old who could see very well at a distance but couldn't read up close which is common after the age of forty. I prescribed reading glasses and then he showed me what it was that he wanted to read; it was a small Bible.

### stewardship

I knew in that moment he was the reason I had traveled 18 hours on a plane and faced many fears and doubts.

There were countless other people who are etched into my heart like the older woman who

travel to far reaching places to be involved in stewardship. It happens right here in our

**Stewardship is all around us it is just something we need to cultivate and grow and United Lutheran is a great place to begin.**

literally used a board to pull and drag herself to the clinic, the young woman who was so nearsighted that when she put her glasses on for the first time she was a bit startled but smiled with delight and a short lived riot that occurred because the people wanted glasses so badly.

I have always loved being an optometrist but that experience really brought to light that I am doing what I am supposed to be doing.

I have also traveled to Jamaica and Ecuador to do the same thing with VOSH-MN (Volunteer Optometric Services to Humanity). Truthfully, there is a bit of selfishness that has made me want to continue to travel to farther reaching places because I have received many hugs and blessings but the blessings I received in return fill me with unexplainable joy and are written on my heart.

According to Webster's dictionary *stewardship is the careful and responsible management of something entrusted to one's care.* I am so fortunate that the skills I have learned have helped me to be a steward for people right here and in other places around the world. But, we don't have to go

church, homes and workplace. It is in those quiet moments of praying for another person, the cards we send to let people know we care, the shoveling of the snow on our neighbor's sidewalk, changing a light bulb in a hard to reach place and donating our time and money are all ways we experience stewardship.

Stewardship is all around us it is just something we need to cultivate and grow and United Lutheran is a great place to begin.



Kari Torkelson is a Member of the Year Round Stewardship Committee

## READER PICKS

*This is the second in a series of columns in which our newsletter readers suggest books they have enjoyed. We want to hear from all of our readers, so please send your submissions to Faye Auchenpaugh. Include the book title, author, and why you enjoyed it. This could be something as simple as "entertaining" or "learned something new"; whatever you choose to say.*

**"The Girl in the Spider's Web,"** by David Lagercrantz. It is a continuation of the Stieg Larsson Millenium Series that included books such as "The Girl with the Dragon Tattoo." The Spider's Web uses the same characters in the novel including Lisbeth Salander. It is a detective story, but includes the subject of autism. –Jim S.

**"The Nightingale,"** by Kristin Hannah. The story begins in the U.S. but flashes back to France in 1939 when the Nazi regime moved into the country. It is in part the story of a girl who helps airmen get to Spain and back to the U.K., but includes much more. –Jim S.

**"Dead Wake – The Last Crossing of the Lusitania,"** by Erik Larson, master of narrative non-fiction. The sinking of the Lusitania is a story that many of us think we know but don't, and Erik Larson tells it thrillingly, switching between hunter and hunted while painting a larger portrait of America at the height of the Progressive Era with its cast of true-life characters. Gripping and important because it changed America's thoughts on whether or not to enter World War I, Larson captures the sheer drama and emotional power of a disaster whose intimate details and true meaning have long been obscured by history. Available at the library or on loan from me. –Faye A.

**"The Mitford Series,"** by Jan Karon. "I found this series entertaining, inspiring, and a light read. It has many entertaining stories and interesting characters intertwined in the life of a small-town Episcopalian priest." –Cindy C.

## Real Simple Baked Oatmeal with Cranberries and Almonds

*Oatmeal that serves a large group, isn't a gooey mess, but is instead crunchy and basically a complete breakfast with its oatmeal, nuts, cranberries and eggs. Served by Faye Auchenpaugh at the February Lydia Circle meeting.*

- 1/4 cup unsalted butter, melted and slightly cooled, plus more for the pan
- 2 cups old-fashioned rolled oats
- 3/4 cup almonds, toasted and chopped
- 1/3 cup dried cranberries
- 1 teaspoon ground cinnamon
- 1/2 tsp. fine salt
- 1 3/4 cups whole milk
- 2 large eggs, beaten
- 1/3 cup pure maple syrup
- 2 teaspoons pure vanilla extract
- Heavy cream or milk, for serving (optional)

Heat oven to 350° F. Butter a 2-quart baking dish. Combine the oats, almonds, cranberries, cinnamon, and 1/2 teaspoon salt in a large bowl. Stir in the melted butter, milk, eggs, maple syrup, and vanilla. Mix well and spread evenly in the prepared dish. Bake until golden and the center is firm, 35 to 45 minutes. Serve warm, drizzled with cream or milk, if desired. Leftovers will keep refrigerated up to 1 day. **Tip:** Toast raw almonds in a 350° F oven on a rimmed baking sheet until fragrant and golden brown, 8 to 10 minutes. Let cool before chopping. Serves 8.



**"I've got some bad news, Ole. Your farm is right on the state line, and we've determined that it's not in Minnesota. It's actually in Iowa."**  
**Ole replied, "That's the best news I've had in a long time! I was just telling Lena that I don't think I can take another winter in Minnesota."**

## Magic Potion Lotion

*Courtesy of Deony Cerny*

- 1 (27 oz) Johnson's baby lotion
- 2 (4 oz) vitamin E cream
- 1 (2 oz) vitamin E oil
- 1/4 cup (or more) Vaseline

Put all in a large bowl and beat with mixer for 10 minutes. (Deone says this is wonderful and it is not greasy.)

# The Back Page

## An Easter Prayer

Of all of God's gifts  
Easter shows us our fate.  
Forgiven we will rise  
And pass through Heaven's gate.

This Easter, remember  
The sacrifice of a Son  
And through His resurrection  
Eternal life we have won.

This Easter I pray  
That the love of God  
Is resurrected,  
Reborn, renewed  
Inside your heart.  
God Bless You!

~Anonymous

