

# St. Pauli News in Detail



## Greeting and Ushering

June 5	Wahna Smith
June 12	Mike Stickler
June 19	Jim Strandlie
June 26	Skip Swanson
July 3	Craig Torkelson
July 10	Chad Torstveit
July 17	Val Torstveit
July 24	Myles Alberg
July 31	Ron Anderson
August 7	Faye Auchenpaugh
August 14	Wade Benson
August 21	Corey Berg
August 28	Neil Bugge

### Altar Preparation: (1<sup>st</sup> and 3<sup>rd</sup> Sundays)

June:	Val Torstveit
July:	Marisa Benson
August:	Sharon Bugge

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## Milestones – Anniversaries

June 18	Arlo Rude and Deb Ernst
July 1	Bruce and Shelley Mathson
July 6	Ron and Virginia Anderson
August 1	Jim and Sue Kotz
August 3	Ken and Cindy Cedergren
August 27	Wade and Marisa Benson

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## WELCA and Lydia Circle Meetings

All WELCA and Lydia Circle meetings will be held at Ivette Garrett's home until further notice. Ivette will provide the drinks and hostesses will provide the lunch.

## Fire Hall Tour

The WELCA ladies have arranged for a guided tour of the TRF Fire Hall as the program for their June 22<sup>nd</sup> meeting. The congregation is invited to attend. You will be surprised by everything that goes on in a fire department.

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## Eunice Grove Memorial

"I am enclosing a check payable to the St. Pauli Memorial Fund in memory of Eunice Grove. It may be used for any projects, at the discretion of the church council.

After consulting with my siblings, we determined that the majority of the funds received in her memory should go to the St. Pauli community. The church was a big part of her life, and our family's life when we were kids. She truly enjoyed being involved in so many of the activities surrounding the church, especially WELCA and Sunday School.

Our hope would be that these funds can contribute to a continued meaningful legacy of the St. Pauli congregation."

Bryan Grove

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## Milestones – Birthdays

June 16	Myles Alberg
June 17	Kathy Alberg
June 17	Sharon Bugge
June 27	Jan Strandlie
July 1	Val Torstveit
July 4	Kari Torkelson
July 7	Rylan Torstveit
July 9	Sharon McCollough
July 29	Skip Swanson
July 29	Connie Kolden
July 31	Ron Anderson
August 6	Chad Torstveit
August 11	Dennis McCollough
August 17	Faye Auchenpaugh



## In Memoriam

### Janice Breiland

October 22, 1939 – May 3, 2022

Janice Breiland, 82, Thief River Falls, MN, passed away peacefully on Tuesday May 3, 2022 at Sanford Medical Center, Fargo, ND with her loving family by her side.

Janice Marie Finstad was born October 22, 1939 in Thief River Falls, MN, the daughter of Martin and Julia (Malmquist) Finstad. She was baptized and confirmed at St. Pauli Lutheran Church.

She attended Cheerville Country School, Knox Elementary and Lincoln High School, graduating in 1957. She went to Moorhead State College and the University of Minnesota-St. Paul campus, where she was in Beta of Clovia\* and graduated with a BS in Home Economics Education. She taught Home Economics in Warren, Newfolden and Thief River Falls. Jan returned to college, finished her elementary degree at Bemidji State University and taught fourth grade at Challenger Elementary, retiring in 1999.

Jan married Don Breiland on December 30, 1961. They were blessed with two sons, Bob and Jim. Don died February 13, 1986.

Jan was a member of Zion Lutheran Church, Education and Home Economics organizations, Friends of the Library, Hospital Auxiliary, and book clubs.

After retirement, Jan enjoyed traveling throughout the United States and abroad. She was a very social person, an avid reader, and enjoyed her puzzles while visiting. Jan especially loved spending time with her children, grandchildren, friends, and neighbors.

She is survived by sons, Bob (Tina) and Jim (Robbin) Breiland; granddaughters, Madeline, Avery and Brystal Breiland; sister, Bonnie (Alan) Altman; and many relatives and friends.

She was preceded in death by her husband, Don; parents, Martin and Julia Finstad; sister, Virginia "Ginny" (Joe) Armstrong; sisters-in-law Ruby (Eugene) Sollenberger and Mildred (Paul) Hartleben; and brother-in-law Oscar (Bernadine) Breiland.

Funeral services were held at 10:30 am on Monday, May 9, 2022 at Zion Lutheran Church in Thief River Falls with Rev. Terri Cuppett officiating. Burial followed at Greenwood Cemetery in Thief River Falls, MN.

*\*Note: Beta of Clovia is an organization originally composed of undergraduate women at the University of Minnesota who had backgrounds in 4-H.*

#### Confirmation Class 1953



Front row: Lorrie Weckwerth, Eunice Chapman (SH), Rev. Kjellberg, Yvonne Anderson (SH), Loralee Larson (SH).

Back row: Lee Johnson (SH), William Wik (SH), Robert Arneson, Martha Uggerud, Janice Finstad, Boyce Lee (SH), Larry Johnson (SH)

## PASTORAL LETTER FOR SPRING 2022

SAVE ME, O GOD, FOR THE WATERS HAVE COME UP TO MY NECK. I SINK IN DEEP MIRE, WHERE THERE IS NO FOOHOLD; I HAVE COME INTO DEEP WATERS, AND THE FLOOD SWEEPS OVER ME.  
(PSALM 69:1-2)



Dear Beloved in Christ of the Northwestern Minnesota Synod,

The seemingly endless winter, followed by the cold wet spring, weighed heavily on all of us, but the toll it is taking on our famers and all who draw their living from agriculture is enormous. I write to ask for your **prayers**, your **vigilance** and where possible, your **help**.

### Prayers:

Water is a gift from God which has the power to wield both refreshment and destruction. The flood waters that over centuries enrich the soil with generous deposits of sediment, also, when they persist, render the land useless. Even our understanding of baptism reflects this reality. The waters of baptism promise renewal of life and the cleansing of forgiveness (Titus 3:5-6), and they also bring about our death to sin (Romans 6:4). Our farmers understand this dynamic better than most of us. It's why, when it comes to praying about the weather, they might say, "Watch out what you ask for!" And so that is why I've asked the farmer on our staff, SAM Kathy Levenhagen, to offer a prayer at this moment when our farmers are anxiously awaiting an opportunity to get in the field and plant before it's too late. I invite you to use this or a similar prayer in your own daily devotions and in your congregation's prayers of the church.

*O Lord, we come to you in this season of wind, rain, sun and flood.*

*God of Creation, water is the basic gift of life. As water spreads out and covers land and roads, may the rich, nutritious mud give food for your people. Lord in your God of Creation, You have made us caretakers of livestock and wildlife. Even the mercy...*

*animals feel the panic of the floodwaters. Please provide shelter for the creatures who share our planet.  
Lord in your mercy...*

*God of Creation, Your people are weary of the weather over the last six months. Give us strength to see the shoreline once again. May the devastation of property be small. So many people have experienced lost in varying degrees and we look to You for comfort. Lord in your mercy...*

*God of Creation, may we be the voice of hope in a time of despair. May we lament prayers for those who have none. May we be quick to respond with help, whether sandbags or rebuilding. Lord in your mercy...*

*Lord, we lift these prayers to You on behalf of Your people.*

*We know there is not one place on the planet where we can go where You are not already present.  
We pray in confidence because Jesus rose from the grave to give us hope. In Jesus' holy name. Amen*

### Vigilance

The stress of these times can be overwhelming, and we can't predict who will be most affected. Please pay attention to the people in your community. Offer a word of encouragement, the promise of prayer and the offer of care in whatever way God makes you able.

### Help

While we are powerless over the weather, real help can come in many forms. The simple heartfelt expression of care is probably the most impactful. This is part of what it means to be the body of Christ together – we love each other through the toughest of times. Tangible help can be a lifesaver, too. Consider a monetary gift to local agencies that offer aid to people in distress. I encourage you to give to our synod's Easter Appeal: half of the money goes for direct grants to congregations for food and housing programs to assist people in their local community and the other half is for Lutheran Disaster Response's relief efforts in Ukraine.

Dear one, let's not let crisis-fatigue hold us back from being there for one another through these difficult times. "For you are the body of Christ," (1 Corinthians 12:27). The church was built for times like these. Thank you for your good care of one another, and for your prayers. Sincerely in Christ,

Pastor Bill Tesch  
Bishop of the Northwestern Minnesota Synod of the ELCA

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# What is Juneteenth? Why is it important?

By Nadra Kareem Nittle  
Updated on June 18, 2021

Juneteenth, a blend of the words "June" and "nineteenth," celebrates the end of enslavement in America. Also known as America's second Independence Day, Emancipation Day, Juneteenth Independence Day, and Black Independence Day, Juneteenth honors enslaved people, African American heritage, and the many contributions that Black people have made to the United States.

On June 17, 2021, President Biden signed a bill making Juneteenth a federal holiday.

## History of Juneteenth

When President Abraham Lincoln signed the Emancipation Proclamation on January 1, 1863, the enslavement of African people ended in states controlled by the Confederacy. It wasn't until the 13th Amendment was ratified in December 1865 that slavery was finally abolished in the United States. However, for many Black Americans, life remained the same. Enslaved people in border states were not freed, and for all practical purposes, neither were those in the Confederate states until the Union army entered.

Many enslaved Black Americans had no idea that President Lincoln had even signed the Emancipation Proclamation. In Texas, one of the last states to rely financially on enslaved human beings, more than two-and-a-half years passed before enslaved people received their freedom.

Juneteenth commemorates the date of June 19, 1865, when General Gordon Granger arrived in Galveston, Texas, to demand that enslaved people there be set free. Until that time, the Union army had not had sufficient strength to enforce the emancipation of the approximately 250,000 Black people enslaved in Texas, the most distant such state. When General Granger arrived, he read General Order No. 3 to Galveston residents:

"The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor. The freedmen are advised to remain quietly at their present homes and work for wages."

Following Granger's announcement, the formerly enslaved Black Americans broke into celebration. Today, that celebration is said to be the oldest Black American holiday. The newly emancipated people celebrated their freedom and exercised their rights by buying land across Texas, namely Emancipation Park in Houston, Booker T. Washington Park in Mexia, and Emancipation Park in Austin.

## Past and Present Juneteenth Celebrations

The holiday celebrating Black independence could be seen spreading in its first years from one state to another as formerly enslaved people relocated across the country upon hearing of their long-awaited emancipation. There are many similarities between these early celebrations and celebrations of today.

## The Spread of Juneteenth

In lieu of a formal celebration the first year enslaved people were freed, many of those emancipated fled plantations to the North and neighboring states to reunite with family, buy land, and settle down. In the next several years from 1866 on, formerly enslaved Black people and their descendants gathered together to pray, eat, dance, and hear each other's stories on this historic day. Honoring their freedom was an act of resistance to white supremacy. Beginning in Texas, this day of celebration caught on throughout the south in Louisiana, Oklahoma, Arkansas, Alabama, and eventually Florida and California as well.

## Celebrations of the Past

Historic Juneteenth celebrations included religious services, readings, inspirational speeches, stories from formerly enslaved people, games and contests, prayer services, rodeo events, baseball, singing, and, of course, feasting.

Music was an important part of the culture of enslaved people, and early celebrations of Juneteenth always included it. Afro-jazz, blues, and worship music were a critical part of these festivities, **the hymn "Lift Every Voice" of particular significance**. The Emancipation Proclamation was commonly read to kick off Juneteenth celebrations.

Clothing was a crucial aspect of these celebrations as well. For formerly enslaved people, making a distinction between their lives in captivity and their lives as free people was essential, and one way to do this was to wear bright and lively clothing, something they were not able to do when they had enslavers. Finally allowed to express themselves and dress how they pleased, Black Americans donned the colors of Africa and freedom in honor of their ancestors and their struggle for liberty—black, green, and red, the colors of the Pan-African flag, grew common, as did red, white, and blue, the colors of the American flag as well as the Juneteenth flag.

## Celebrations Today

Today, Juneteenth is celebrated in much the same way that it was when it first began—with music festivals, performances, rodeos, barbecues, pageants, and more. Red food and drink are common as an homage to African narratives and West

African traditions. This color is said to represent strength and spirituality and carries great weight in many aspects of West African culture.

Celebrations of Juneteenth are not unlike those of the Fourth of July, with parades and street fairs, dancing and music, picnics and cookouts, family reunions, and historical reenactments. Strawberry soda or red soda water and barbecuing became symbols of Juneteenth, with barbecue pits often positioned in the center of large gatherings. The Juneteenth flag is more prominent than ever.

## **Why Juneteenth Almost Faded Out**

While many Black Americans celebrate Juneteenth today, the popularity of the holiday waned during periods of the past, specifically World War II, and there were many years when it was not celebrated at all.

Juneteenth lost momentum during the eras of Jim Crow following emancipation and was not widely celebrated when the United States was involved in World War II in the 1940s, either. Despite being "free," it still wasn't safe to be Black in the United States. After emancipation, White Americans retaliated by terrorizing newly freed Black Americans. Despite widespread lynchings and the emergence of Jim Crow and the Ku Klux Klan, Congress never passed a federal anti-lynching law. The wording of the 13th Amendment was used to create a new means of racialized mass incarceration through the Prison-Industrial Complex.

The holiday was resurrected in 1950, but from then until the civil rights movements of the 1960s, few Black Americans openly observed Juneteenth. That changed in the early 21st century. A strong movement was begun to have the 19th of June become a National Day of Recognition for enslavement.

## **The Path Toward a National Day of Recognition**

According to the National Juneteenth Observance Foundation, Rev. Ronald V. Myers Sr., founder and chairman

of the National Juneteenth Holiday Campaign and the National Juneteenth Observance Foundation, asked President Barack Obama during his presidency to "issue a presidential proclamation to establish Juneteenth Independence Day as a National Day of Observance in America, similar to Flag Day or Patriot Day." He asked the same of President Donald Trump.

Both Obama and Trump issued Statements of Observance of Juneteenth—Obama in 2016 and Trump in 2019—and presidents before them also honored this holiday. In 2000, President Bill Clinton made remarks on it at a voter registration project in Texas and President George W. Bush delivered a Message on the Observance of Juneteenth in 2008. But it was not until June 17, 2021 that Juneteenth became an officially recognized Federal Holiday, when President Biden signed the Juneteenth National Independence Day Act into law.

Prior to that date, 47 states and the District of Columbia commemorated or observed Juneteenth.<sup>3</sup> Only North Dakota, South Dakota, and Hawaii did not. Even private and public corporations had taken steps toward recognizing this holiday on a larger scale.

In 2020, shaken by a wave of extended protests against police brutality following the death of George Floyd, companies such as Nike and Twitter made Juneteenth a paid holiday for their employees.

## **Statement by President Biden**

On June 17, 2021, when President Biden signed the bill into law, he made the following remarks:

"...we must understand that Juneteenth represents not only the commemoration of the end of slavery in America more than 150 years ago, but the ongoing work to bring true equity and racial justice into American society, which we can do.

"In short, this day doesn't just celebrate the past; it calls for action today."

# Minutes of the Church Council

April 19, 2022

The St. Pauli Church Council held its monthly meeting on Tuesday, April 19, 2022 at 7 p.m. at St. Pauli Church. Members present: Jim Strandlie, Pastor Carl Hansen, Cindy Cedergren, Marisa Benson, and Tammy Haugen. Absent: Myles Alberg. The meeting was called to order by Council President Strandlie.

Pastor Hansen opened the meeting with prayer.

Approval of Agenda: Additions were made to the agenda and approved.

Secretary's Report: The minutes of the February 17, 2022 meeting were approved as presented. M/S/C (Benson, Hansen)

Treasurer's Report: The Treasurer's reports for the months of February-March were approved. M/S/C (Haugen, Hansen). Marisa Benson noted that funds from the Memorial Fund CD were recently transferred to the Memorial Fund Savings Account to access funds for AV/Sound Project expenses.

Checking Account Balance End of Jan 2022	\$22,723.10
February 2022 Revenue:	\$3,010.00
February 2022 Expenses:	(\$11,462.21)
Checking Account Balance End of Feb 2022	\$14,270.89

Other Account Balances End of Feb 2022:	
Education Fund	\$1,401.40
Edward Jones	\$77,044.72
Memorial Fund	\$15,019.53
Mission Grant	\$5,438.11
Savings	\$36,624.11
Total Account Balances End of Feb 2022	\$149,798.46

Checking Account Balance End of Feb 2022	\$14,270.89
March 2022 Revenue	\$5,725.00
March 2022 Expenses	(\$3,166.18)
Checking Account Balance End of March 2022	\$16,829.71

Other Account Balances End of March 2022:	
Education Fund	\$1,401.52
Edward Jones	\$75,966.79
Memorial Fund	\$15,288.50
Mission Grant	\$5,438.57
Savings	\$36,628.78
Total Account Balances End of March 2022	\$151,553.87

Cemetery Association Funds End of March 2022: \$62,065.97

Pastor's Report: First Communion was observed on April 10 for Elsa Haugen and Shea Iverson. Pastor Hansen reported that he plans to take off the last Sunday of every month. (His contract requires him to preach a minimum of three Sundays per month).

Reports of Members in sickness or distress: President Strandlie will call and check on the health of one member.

New Members or Interest in Membership: No report.

Other Reports:

- 1) WELCA: Cindy Cedergren reported on the Feb. meeting. WELCA did not meet in March. Potluck is scheduled for this Sunday, Blanket Sunday. Spring cleaning is scheduled for May 9<sup>th</sup>.
- 2) Board of Education: It was noted that May 8<sup>th</sup> is the last day of Sunday School for this year. First Communion instruction was conducted by Gary Iverson and Pastor Hansen.
- 3) Water Quality: President Strandlie reviewed correspondence from the Minnesota Dept. of Health on water quality tests conducted this winter, stating no concerns.
- 4) Rural Churches Meeting: Pastor Hansen, Faye Auchenpaugh, Gary Iverson, Arlo Rude, and Tammy Haugen attended the meeting on Feb. 26 in Newfolden. Only 4 others from area churches were in attendance. A church in Alexandria presented information on the availability of a digital worship service to rural churches, with several options from which to choose, and utilizing SAM (Synodically Authorized Ministers). Those in attendance at this Council meeting offered their thoughts and observations on the idea, and it may be something to consider in the future if the need arises. Subscription costs would be involved.
- 5) Cleaning Night: Monday, May 9 starting at 6 pm. (or earlier if desired). Carpets will be professionally cleaned on May 16 by Greg Radniecki.
- 6) Vacuum Cleaner: Tammy Haugen reported on problems with the vacuum cleaner stored upstairs. A motion was made to purchase a second new vacuum. M/S/C (Haugen, Hansen).

## Old Business:

- 1) Lutheran World Relief – Crisis in Ukraine – President Strandlie shared information about an opportunity to assist the people of Ukraine through a matching fund program through Lutheran World Relief. It was decided to collect a special offering on April 24 for this purpose, and the Council will match the personal offerings through the church budget.
- 2) Thank you from Pathways: President Strandlie shared a thank you letter from Pathways Bible Camp for our \$350 annual donation.
- 3) AV/Sound System Project Update: Marisa Benson reported that the video components have been purchased, and we are on the list for installation (timeframe unknown at this time).
- 4) Front Entrance Door: Needs repair; may need to redo vinyl layer before repainting. Tammy Haugen will see if Jared Haugen has any recommendations on this project.

## New Business:

- 1) Synod Assembly: The Assembly will be conducted virtually only, on May 21. Registration is open now.
- 2) Speakers for church services: Kevin Reich is available to conduct worship services on a frequent basis. He will be asked to come on May 22. Kari Torkelson will also be asked to conduct services on an occasional basis as needed. Cindy Cedergren will forward a list to Jim

Strandlie containing names of individuals on the pulpit supply in the NW region that is posted online.

- 3) Award: Faye Auchenpaugh will contact Lutheran Social Services for a worship service when the "Servant of Christ" award will be presented to the congregation. (sometime in the future)

The meeting closed with the Lord's Prayer and adjourned at 8:20 p.m.

Next regular meeting date: Thursday, May 19, 2022.

Respectfully submitted,

Cindy Cedergren  
St. Pauli Church Council Secretary

## May 19, 2022

The St. Pauli Church Council held its monthly meeting on Thursday, May 19, 2022 at 7 p.m. at St. Pauli Church. Members present: Pastor Carl Hansen, Cindy Cedergren, Marisa Benson, Tammy Haugen, and Myles Alberg. Absent: Jim Strandlie. The meeting was called to order by Council Secretary Cedergren.

Pastor Hansen opened the meeting with prayer.

Approval of Agenda: Additions were made to the agenda and approved.

Secretary's Report: The minutes of the April 19, 2022 meeting were approved as presented. M/S/C (Haugen/Alberg)

Treasurer's Report: The Treasurer's report was approved. M/S/C (Haugen, Alberg)

Checking Account Balance End of Mar 2022	\$ 16,829.71
Apr 2022 Revenue:	\$ 4,461.35
Apr 2022 Expenses:	(\$ 6,018.65)
Checking Account Balance End of Apr 2022:	\$ 15,272.41

Other Account Balances End of Apr 2022:	
Education Fund	\$ 1,401.64
Edward Jones	\$ 73,370.06
Memorial Fund	\$ 15,289.76
Mission Grant	\$ 5,439.02
Savings	\$ 36,633.30
Total Account Balances End of Apr 2022	\$147,406.19

Cemetery Association Funds End of Apr 2022:	\$ 61,653.90
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Pastor's Report: Pastor Hansen asked Council members to share any concerns they may have about how he is conducting worship services. No concerns were raised. Marisa offered to work with him in simplifying his order of service materials.

Pastor Hansen reported on the current condition of his home on Riverside Ave. Erosion of the riverbank due to high water levels this spring has caused significant damage to his property (which he vacated in 2021). He asked for advice on who he should contact for advice or acquiring assistance in dealing with this serious issue. Various contacts were provided by Council members.

Reports of Members in sickness or distress: No report, other than pray for Pastor Hansen's property situation.

New Members or Interest in Membership: No report.

### Other Reports:

- 1) WELCA: Cindy Cedergren reported on the April meeting. The Spring gathering was held in Grygla on May 7. Graduation quilts will be presented to Blaine Torstveit and Dawson Haugen on May 22 during worship service. Lutheran World Relief quilts and kits were packed up by Ron and Virginia Anderson and delivered to Grand Forks by Myles Alberg.
- 2) Board of Education: No report.
- 3) Cleaning Night: Thank you to all members who cleaned on Monday, May 9, and throughout that week. Carpet cleaning has been rescheduled for June 6<sup>th</sup>. A second new vacuum was purchased and is ready for use.

### Old Business:

- 1) Lutheran World Relief Offering for Crisis in Ukraine: A total of \$1,305 was received from personal offerings at the May 1<sup>st</sup> worship service, and the Council matched that amount, for a total donation of \$2,610.
- 2) AV/Sound System Project: Nothing new to report.
- 3) Front Entrance Door: Marisa will research costs to replace double doors if repairs are not feasible. She will share her findings at the next meeting.

### New Business:

- 1) Speakers for church services: Kari Torkelson is scheduled to conduct services on May 29<sup>th</sup>. Jim Strandlie will be asked to contact the LSS representative to arrange a date this fall when they could conduct a worship service and present the "Servant of Christ" award to the congregation.
- 2) Fees for Non-Member use of Church: Discussion was held on the subject of charging fees for non-members to use the church building. The St. Pauli church handbook simply indicates there is a charge for non-members who wish to use the church, and to contact the Council President. A motion was approved to reinstate a policy that was developed many years ago. M/S/C (Benson, Haugen). It reads as follows:  
Non-Member User Fee Policy:
  - a) \$50 charge for use of the sanctuary.
  - b) \$50 charge for use of the basement if food is served.

The meeting closed with the Lord's Prayer and adjourned at 7:50 p.m. Next regular meeting date: Thursday, June 16, 2022. (Tammy Haugen indicated she will be absent.)

Respectfully submitted,

Cindy Cedergren, St. Pauli Church Council Secretary

# FATHER'S DAY 2022

## Real words of wisdom from the wisest men we know and love

For Father's Day 2022, let us honor the bonds we share with our beloved dads and other patriarchal figures through their powerful advice, sayings, tips and one-liners. Many of their words, no matter how long ago they spoke them, still ring true — which is why people tend to share these words and phrases until the end of time.



"I got your back."

"My dad made time for each one of us in our big family. He listened without judgment. He offered advice and counsel but didn't hit us over the head with it. He had a good heart. He prayed. He believed in God and in the goodness of people. He loved being outdoors and he loved reading. I know to this day he is with each of us in his own way."

"He always uses the saying, 'Show me your friends and I will tell you who you are.'"

"The best advice he ever gave me is to pay myself by putting away at least 10% of every paycheck into savings."

"My dad said the best thing you can do in life is to be confident and believe in yourself."

"Save your money, and don't eat too fast."

"It's OK to make mistakes. That's why they have erasers on pencils."

"Never let the gas in your car go below half a tank."

"If you're going to be 10 minutes late after curfew, you can come home 10 minutes before your curfew."

"My grandpa said, 'Everything in moderation.' He never did anything in excess. He treated himself and took his time with life. He had a sip of scotch, but never overindulged. He had a little piece of cake, but just one. He took an apple to work and stayed active."

"Treat every day like it's the start of the rest of your life, because it is."

"Never stop being you."

"Nothing is beyond your reach. You can be anything you want to be as long as you try."

"Put on sunscreen and never make big decisions late at night."

"My dad wasn't a man of many words. His advice was something I gathered from him by watching the way he treated people. I learned what true love looks like from seeing how evident and honest his love for my mother was. You could tell just by being in the room with them that their love was real and that he put her on a pedestal ... My father [also] taught me how to work hard, how to always show up for the people who need me, how to love with all my heart and soul, and how to have fun along the way."

"Just because you have it, you don't have to spend it."

"Don't wish your life away."

"If you ever get arrested, you're safer in jail than when I get my hands on you."

"Lazy people work twice."

"Learn what I'm showing you — I'm not a seed you can replant to show you again."

"Don't hurt anybody, including yourself."

"God gave you two ears and one mouth, so you can listen twice as much as you talk."

"My dad always said, 'You can't reason with an unreasonable person' and that's saved me from having many arguments."

"A father carries pictures where his money used to be."  
— Steve Martin

"My father didn't do anything unusual. He only did what dads are supposed to do — be there." — Max Lucado

"Fathers, be good to your daughters ... You are the guide and the weight of her world." — John Mayer

"When a man [is] a father, he steps up. He's making a choice. Anyone can have a child, but to be a father is a choice. You have to decide, 'There's something here [that] I'm here to serve greater than myself — my children and my family.' And when that happens, a boy becomes a man." — Tony Robbins

"Life doesn't come with an instruction book. That's why we have fathers." — H. Jackson Browne Jr.

"No man stands taller than when he stoops to help a child."  
— Abraham Lincoln

"She did not stand alone, but what stood behind her, the most potent moral force in her life, was the love of her father."  
— Harper Lee



# Fun Facts about Wales

Did you know that Mount Everest was named after a Welshman? No? Then here are other fun facts about Wales that will surprise you!

## 1. Castle mania.

Wales officially has more castles per square mile than any other country in the world. Caerphilly is the largest in Wales and the second largest in Europe behind Windsor Castle. Today, there are still over 600 castles in Wales.

## 2. The town names are long and impossible to pronounce (unless you're Welsh).

The Welsh village of Llanfairpwllgwyngyllgogerychwyrndrobwilliantysiliogogoch is the second longest place name in the world. The name means "St. Mary's Church in the Hollow of the White Hazel near a Rapid Whirlpool and the Church of St. Tysilio near the Red Cave." Now you try saying that after having a beer or two.

## 3. Mount Everest is named after Welshman Sir George Everest.

Sir George Everest was the surveyor who initially mapped Mount Everest and named the mountain after himself. This could be a favorite Welsh fact.

## 4. Mount Snowdon is the highest mountain in Wales.

Snowdon (or Yr Wyddfa) is the highest peak in Wales at 3,560 ft. Ben Nevis in Scotland is the highest mountain in the UK at 4,413 ft. Climbing to the top of Snowdonia is one of those Great British bucket list activities and can be squeezed into one day.

## 5. Wales has the most visited waterfall in the United Kingdom.

Swallow Falls at Betws-y-coed is the most visited waterfall in the United Kingdom and is a beautiful place to visit. There is also a place called Fairy Glen there where fairies live.

## 6. The UK's deepest cave can be found in Wales.

Near Abercraf lies Ogof Ffynnon Ddu. At 1,010 feet deep, it's the deepest cave in Great Britain. It also has over 30 miles of tunnels and passages, making it the third longest network in the UK.

## 7. Wales had the world's first road suspension bridge.

The Menai Bridge in Anglesey was constructed to take heavy traffic. Designed by Thomas Telford, the bridge was opened on January 30, 1826. At that time, it was also the longest bridge in the world measuring 1,265 feet.

## 8. Rugby is the national sport.

The Welsh are rugby mad. The first international game took place between Wales and England in 1881. Ever since then, they've been the fiercest rivals. Head to Cardiff on game day and the atmosphere is like nowhere else.

## 9. The Principality Stadium has a very fancy roof, too.

The Principality Stadium in Cardiff has the largest retractable roof of any sports stadium in the world. Who cares about weather when you can have the roof closed?

## 10. Bill Frost may have invented flying.

Bill Frost was a Welsh inventor who apparently took to the air 8 years before the Wright brothers in his "Flying Machine" in 1895. Apparently, this was short lived though as he then crashed into a tree.

## 11. Saint Patrick of Ireland was actually Welsh.

Saint Patrick, the patron saint of Ireland, was actually Welsh. A resident of Banwen in the Dulais Valley, he was apparently taken to Ireland by Irish slavers before he became a missionary.

## 12. Jack Daniels originated from Wales.

Joseph "Job" Daniels was from Aberystwyth in West Wales. He emigrated to the U.S. in the 18<sup>th</sup> century, and his grandson Jack went on to create the world-famous Jack Daniels whiskey.

## 13. There's a well that can cure people.

The well at Llanwrtyd Wells in Powys is the most sulphurous in Wales. Historian Theophilus Evans once wrote of how the waters from the well cured his scurvy.

## 14. The green and pleasant land.

Wales has three National Parks which cover 20% of the country's land mass and five areas of Outstanding Natural Beauty. This includes Snowdonia National Park and the Brecon Beacons, the two most famous national parks in Wales.

## 15. The British royal family always use Welsh gold for their wedding rings.

This tradition continued in the royal wedding of Harry and Meghan in 2018.

## 16. Wales has two national emblems.

They are the daffodil and the leek. It's thought there was some confusion around the Welsh name Cenhinen (leek) and Cehhinen Bedr (daffodil). As they were worried people wouldn't know which one they meant, both emblems were adopted to avoid any confusion.

## 17. The equals sign (=) comes from Wales.

Welsh mathematician Robert Recorde (c. 1512-1558) invented the equal sign (=), and introduced the plus (+) and minus (-) signs as well as algebra to Britain.

## 18. The world's first radio message was sent from Wales.

The world's first radio message sent by Guglielmo Marconi in 1897 took a three-mile journey from Lavernock Point south of Penarth, Wales, to Flat Holm in the Bristol Channel.

## 19. There are a LOT of sheep in Wales.

The population of Wales is 3.1 million; however, it's thought there are nearly 10 million sheep.

## 20. Wales had a very famous pirate.

Batholomew Roberts, originally from Pembroke, is considered the most successful pirate of the Golden Age of Piracy. He's also thought to be the first pirate to name his flag "Jolly Roger" in June 1721.



# THE BACK PAGE



## I think we finally have Summer!

### Ole and Lars Update:

Ole bought two horses and could never remember which was which. Lars suggested he cut off the tail of one horse and this worked great until the other horse's tail was caught in a bush. The second horse's tail tore in the same place and looked exactly like the other horse's tail.

Ole was stuck again. Lars then suggested he notch the ear of one horse, which worked fine until the other horse caught his ear on a barbed wire fence. Once again, Ole couldn't tell the two horses apart.

Lars then suggested he measure the horses for height. When he checked, Ole was pleased to find that the white horse was 10 inches taller than the black one.

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Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say, 'Look, he's moving!'"

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A man owned a small farm and employed several locals as farmhands. It came to the attention of the State Labor Department that he was not paying proper wages to some of his employees. They sent an agent to investigate. The agent

arrived on the farm and demanded an accounting of the people employed on the farm and how much each was paid.

The farmer said, "Well, there's my farmhand who has been with me for three years. I pay him \$500 per week plus free room and board. The cook has been here 18 months, she gets \$350 per week and free room and board. Then there's the half-wit who works about 18 hours every day, does about 90% of the work around here, and makes \$50 per week. He pays his own room and board. I buy him a bottle of bourbon every Saturday night, and he gets to sleep in my bed once in a while."

The government agent said he wanted to talk to the half-wit. The farmer replied, "That would be me."

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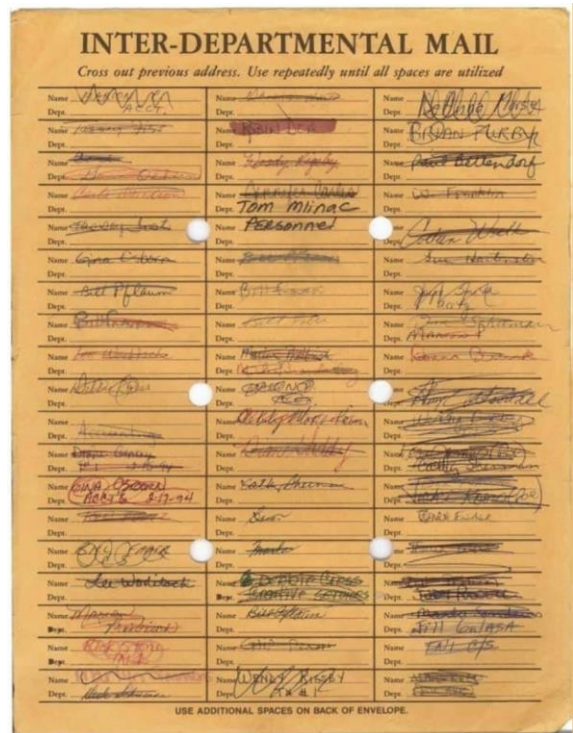
A little boy was waiting for his mother to come out of Morrison's Store. As he waited, he was approached by a man who asked, "Son, can you tell me where the Post Office is?"

The little boy replied, "Sure! Just go straight down this street and at the end turn to your right."

The man thanked the boy kindly and said, "I'm the new minister in town. I'd like for you to come to church on Sunday. I'll show you how to get to heaven."

The little boy replied with a chuckle, "Awww, come on. You don't even know the way to the Post Office."

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## Do you remember these?