



401 Flynn Drive, Milbank, SD 57252

January 2023

Pastor's Page

²¹But this I call to mind, and therefore I have hope: ²²The steadfast love of the LORD never ceases, his mercies never come to an end; ²³they are new every morning; great is your faithfulness. Lamentation 3:21-23

Happy New Year! I think we are ready to flip the calendar to January, to 2023, and are ready for the fresh start that a new year brings.

We make New Year's resolutions to make a change for the better in our life – exercise more, eat healthier, be more faithful in my devotional and prayer life, be kinder to those around me, be a cheerful giver, etc. The list could go on forever.

As I started to think about the new year, and some of the changes I might want to make in my life, I was reminded of this verse from Lamentations. That reminds us that the steadfast love of the Lord never ceases, his mercies never come to end. It was a reminder to me that as we turn the page on the calendar, and maybe look for something new and different in the New Year, there is that one thing that will not change. There is that one thing that is a constant in our life each and every year, each and every day.

The steadfast love of the Lord! His love will always be with you – whether you keep your resolutions or not. His love will never leave you – no matter what 2023 might bring. His love will be your steady foundation – today, tomorrow and forever.

I am looking forward to seeing where God's love will show up in the life of our congregation in 2023. I am looking forward to being in ministry together in this New Year as we continue to proclaim to the Milbank community and the world that God's love never ceases. I am looking forward to walking alongside you in the joys and sorrows of life as we embark on this year together as the community of faith at American Lutheran Church.

May God continue to bless you and keep you in this New Year!

Pastor Justin

Pam and I want to thank everyone for their cards, gifts, and well wishes during the Christmas Season. We truly appreciate the care shown to us and to our girls, not only at Christmas, but throughout the whole year! Thank you!

AMERICAN LUTHERAN CHURCH COUNCIL NEWS AND UPDATES

EXEC. COMMITTEE

Pres: Josh Schmeichel
V. Pres: Ryan Gruba
Secr: Heather Zinter
Treas: Emily Mueller

FINANCE/STEWARDSHIP

Mary Bjordahl
David Bergan

PROPERTY/ MGMT.

Michael Cordingley
Ryan Gruba
Danny Bohn

YOUTH/EDUCATION

Heather Zinter
Jessica Schuchard
Sara Koepke

WORSHIP/EVANGELISM

Amber Scriver
Amanda Grabow
Laurie Strege

HIGHLIGHTS FROM THE DECEMBER 14 COUNCIL MEETING

Property & Management Committee

- The new AED (Automated External Defibrillator) has arrived. Mike Cordingley will set it up.

Worship & Evangelism Committee

- Mentors have been assigned for all new members.
- A large grill was donated to the church for events.

Finance & Stewardship Committee

- The annual audit is planned prior to annual meeting.

Youth & Education Committee

- The Sunday School Christmas program went well.
- Sunday School will take time off for Christmas and New Year's, resuming on January 8.

Other Business (new & old)

- Joan Sacrison will help manage the American Lutheran Facebook page.
- Camp Sunday and the Pancake Breakfast is planned for January 22. Proceeds from the breakfast will go towards Camp Scholarships.
- A motion to finalize and approve the 2023 proposed budget passed.

Next Council Meeting - January 11 at 6:30

The congregation is encouraged to reach out to council members with questions or input.

ANNUAL MEETING

The **ALC Annual Meeting** is **January 29, right after the Sunday Worship service.**

Reports, Budgets, Ballot, and Agenda will be available for everyone to review a week before the meeting.

Thank You!

THANK YOU to the Church Council members whose terms will expire at the Annual Meeting on January 29:

Mary Bjordahl Josh Schmeichel

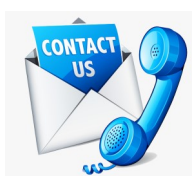
Amber Scriver Mike Cordingley

Your service on the ALC Council, and to this congregation, is greatly appreciated!

Stewardship Time, Talent, Treasure

Date	Attendance	Offering
12/04/22	217	\$ 5,124
12/11/22	270	\$ 2,970
12/18/22	133	\$ 7,927
12/24/22	440	\$ 5,032
12/25/22	42	\$ 1,805

Online giving: \$ 4,796



There are a number of ways to let Pastor Justin, or the church office, know of a need for care for you or someone you know (maybe a prayer, a visit, or a phone call). We often do not hear about pastoral needs for members of our congregation. Please let us know. We would rather hear about it multiple times, than not at all.

Our phone and email contact information is listed below.

American Lutheran Church Staff Contact Information

PASTOR

Justin Neugebauer
alcpastor@itcmilbank.com
Office 605-432-5566
Cell 605-228-8073

PARISH ASSISTANT

Carol Kirchberg
Carol.Kirchberg@americanlutheran.com
Office 605-432-5566
Cell 605-949-2942

ALC PRESCHOOL

Sierra Daugaard—Teacher
preschool@americanlutheran.com
Assistant—Brittany Bray
Volunteer—Rebecca Welberg

OFFICE ADMINISTRATOR

Gail Selgeby
alcoffice@itcmilbank.com
Office 605-432-5566
Cell 605-467-3831

EDUCATION COORDINATOR

Amy Bass
Aw_35_star@hotmail.com

CUSTODIAN

Gary Christianson
Cell 605-924-0181

PARISH NURSE

Diana Dirksen
dirksen@tnics.com
605-432-6128 (leave message)



The next
ALC Council Meeting
 is **January 11, at 6:30**

Individual Council Committee Groups often meet ahead of time to prepare for each monthly meeting.

The council just finished up the proposed 2023 budget. They are now working to set upcoming goals.

Members are also preparing the 2022 Annual Report so it can be printed and ready for your review about a week ahead of the Annual Meeting.

Council members take turns serving as hosts at the Welcome Center on Sundays. This is so they can be available to visit with you. Their names, along with their areas of responsibility, are always listed on the council page of this newsletter each month.

The congregation is encouraged to reach out to any council member with their questions and/or input.

You are also encouraged to tell them “Thank You” for the many volunteer hours they generously give to American Lutheran. **We thank God for our Council!**

Faithful Imagination



Beloved partners in Christ,

As I watch my three young children grow, I am awestruck by their imagination and curiosity about God, the world, and their lives. Not as a pastor, but as a parent it is my calling to help them hear the Good News of Jesus, and to help them trust in God’s promises.

It’s a joy to watch them learn the Lord’s Prayer, and say their evening prayers together. But being four and six years old, the oldest like to find ways to make it fun. They ask to pray “dinosaur style,” punctuating each line with a “RAWRRRR.” Or we might whisper pray, barely giving any breath as we talk with God. Even though this is not how I might choose to pray, for them it is a meaningful and engaging way to grow in relationship with God.

I wonder what our congregations might look like if we give ourselves permission to explore meaningful ways to share our faith with one another, and to grow in relationship with God - even when it might be surprising. In our ministries we are called to share the Good News of Jesus who died and lives again for us, and to go out into the world to love and serve our neighbors. But lately we are finding the ability to do that work by imagining new ways of doing it, or learning how others are doing the work differently than we might

The Holy Spirit is up to something in our churches and in our lives. As we continue to share our faith with others, we will be surprised and delighted to see how we grow closer to God. The Gospel promise of Jesus Christ will remain central, but what we surround that with will change as the world does.

May God bless you with creativity and new ways of living together as God’s people. Know that God is with us through all things, that the Holy Spirit is pouring blessings into you, and that Jesus will always love you.

Rev Jonathan Steiner

Director for Evangelical Mission and Associate to the Bishop for Stewardship & Outreach South Dakota—based in Rapid City



THANK YOU!

Thank you to the many musicians: adults, youth & children, organ, piano, bells, instruments, guitars, drums, keyboard, voices, for providing so many beautiful pieces of music - *Given to the Glory of God* - throughout the Advent & Christmas Season.



American Lutheran High School Youth Group

Wednesday, January 4, at 6 pm

The High School Youth Group Christmas Party will be Wednesday, January 4th. It was postponed from December because of the weather. 6:00 – Supper, Games, Gift Exchange, Devotions

Wednesday, January 18 at 6 pm

ALL high school youth are included in the HS Youth Group and encouraged to attend.

Friends are always welcome!

Annual Giving Statements will be mailed out mid-January.

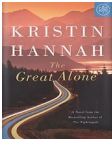


Do you need new offering envelopes? Let the office know!

Page Turner's Book Clubs - Monday, January 30



Club 1 will read **"The Book Charmer"** by Karen Hawkins. "At its heart, The Book Charmer is about relationships. It has a strong focus on family, especially found families, and on the importance of friendships (whether you're looking for them or not)."



Club 2 will read **"The Great Alone"** by Kristin Hannah. "Following a shattering tour in the Vietnam War, Ernt Allbright attempts a fresh start by moving his family to Alaska, where they encounter old demons and new challenges on the last American frontier."

Contact Janelle Kelly (jrenaek@hotmail.com) if you are interested in coming to either book club and would like a copy of either book to read.



Two totes of new yarn were donated by an anonymous former parishioner. We are thankful for her generosity.

The yarn is used to make shawls and blankets to be given to our church parishioners for a variety of reasons.

Also, thank you to Carmen Van Veen, Delores Street, Carole Walford, and Bonnie Anderson for using your talent and time to make these shawls and blankets for us to give out.

Women of the ELCA Peace Circle

Are you looking for a fun, easy way to be involved in activities at American Lutheran?

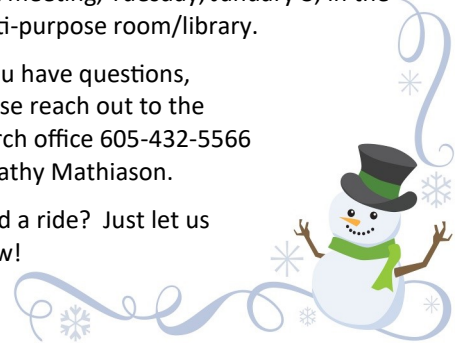
Would you like to get to know others in our congregation?

Peace Circle meets the 1st Tuesday of each month at noon.

They invite all women to join them for their next meeting, Tuesday, January 3, in the multi-purpose room/library.

If you have questions, please reach out to the church office 605-432-5566 or Kathy Mathiason.

Need a ride? Just let us know!



Bible Study, Service, & Mission Opportunities

Contact the Church Office for information about any of these groups.

Wednesday Morning Women's Bible Study

Wednesdays at 10 am in the library.

Thursday Morning Men's Breakfast Group

Thursdays at 8 am in the library. Great conversation plus they look at the upcoming Sunday's gospel lesson.

Piece Corps Quilters

The quilters create quilts for Lutheran World Relief and local charities plus a quilt for every child baptized at ALC and every ALC HS Graduate. Meets the 2nd and 4th Tuesday each month at 9 am in the Fellowship Hall.

Peace Circle (WELCA)

Bible Study, Fellowship, and Community Service. Meets the first Tuesday of each month at noon in the Library.

Page Turners Book Clubs

There are two book clubs. They each meet once a month. (2 pm or 5 pm) Books are provided for you.

Prayer Shawl Ministry

This group crochets or knits prayer shawls (on their own time) that are given to members that are in need of a special touch of love. Yarn provided.

Boy Scouts

Meets on most Monday Evenings

ALC Library

It's easy to check out books. No time limit. Book Cart in the entry area and the Church Library room.

ALC High School Youth Group

Meets two times a month. Usually on Wednesdays.

7-8 Grade Youth Group

Will meet occasionally throughout the year.

Decorating Committee

This group changes the décor in the church to match the seasons and celebrations.

Manna Praise Band

Practice on most Tuesday or Wednesday Evenings

Choir

No set schedule. Emails/texts sent when meeting.

Note-A-Bells

A bell choir that practices most Wednesdays at 5:15.

Event Committee

Plan and help with events throughout the year.

Altar Guild

This group takes care of the altar. The set up the altar for communion each week for worship. Teams sign up for one month each year.

Green Plant Care

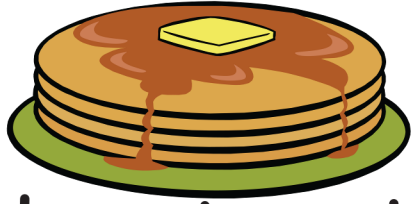
This small group takes turns watering the plants in the church once a week.

Confirmation Mentors: Individuals working with youth.

Pray-ers for Youth: Be assigned a HS youth you can be a secret Prayer Partner for. Fun and easy!

Sweet-Mixers Baking Group: Meets once or twice a month to bake the treats for the Sunday Fellowship Hour.

Pancake Breakfast



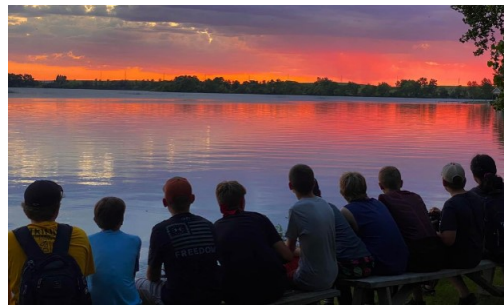
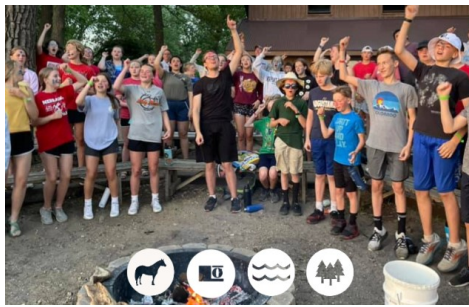
Annual Camp Sunday Pancake Breakfast Sunday, January 22

Breakfast starts right after the Worship Service.

Sponsored by the ALC Men's Group
"Free Will Offering"



All funds raised from the Pancake Breakfast go directly into the American Lutheran Camp Fund. These funds are then available for our youth to use towards attending Lutheran Outdoors South Dakota Camps. Contact the church office or Pastor Justin for information.



Additional Information and Registration
for Camp is at www.LOSD.org



Marti Knudsen - Camp Director of
NeSoDak will be here on January 22



Welcome, New Members

Welcomed in December

Garry & Marie Trapp

Sierra Daugaard

Preston & Abigail Barragan,
Ledger and Bishop

Thank you for joining
American Lutheran Church.
We are honored to have you here!

2023-2024 PRESCHOOL ENROLLMENT

Information for
2023-2024 American Lutheran
Preschool enrollment
will be available soon.



Pictures from the
7-8th Grade
Youth Group
Meeting in December



Walking Program



Ready to get walking again? For a little extra motivation, here are five reasons to get started with regular walking — whether you choose to do so indoors or out in the fresh air.

**Diana Dirksen
Parish Nurse**

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

- 1. It counteracts the effects of weight-promoting genes.** Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
- 2. It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.
- 3. It reduces the risk of developing breast cancer.** Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.
- 4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.
- 5. It boosts immune function.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Source: *Harvard Health Publishing*

The "Walking Program" starts January 9 and runs through April 1 (12 weeks). We will pool together our numbers. All of them will be applied to our journey (through exercise, steps and/or miles) as we all "walk" on a grand adventure between Cape Town and Magadan, Russia.

Sign up at the Welcome Center if you would like to be included or would like to receive more information. Diana will email you (or contact you).

Many walkers use the church during cold weather. There are posters up to indicate distances covered when walking through the education wing, side hallways, and around the edge of the fellowship hall. The church is open from 7 am to 8 pm. EVERYONE IS WELCOME to participate.



Diana is at a table in the entry area, once a month, following the Sunday worship service, to take your blood pressure. She then keeps a record for you. You will have this for doctor appointments etc., if needed.

She is also available to answer questions and meet with you. Just give her a call. Or let the church office know.



January 22 @ 5:00
in the
ALC Holy Word Theatre

Pizza, Popcorn,
Soda, Candy
Free Will Offering

Sign up at Welcome Center
to help plan for numbers.

Listen to the Worship Service:

On the RADIO

LIVE at 9 am on KMSD (1510AM/98.3FM)

FACEBOOK Live

"LIVE at 9 am on Facebook"

ALC APP

Worship Service Videos, Bulletins, Newsletter

www.americanlutheran.com

Worship Service Videos & Bulletins

January-February-March

"Christ in the Home"

Daily Devotion and Prayer Books

Regular Print & Large Print devotionals are available on one of the counters in the entry area. Pick up a copy anytime.

They have been delivered or mailed to our home-bound members and shut-ins.



The Sign-up sheets for
2023 Radio Broadcasts
& **Flowers at the Altar**

are available in a 3-ring binder on a counter in the entry area.

If you have a date special to you for 2023, now is the time to sign up to be sure it is available.

Please enter the wording in the sign-up book that you would like included in the bulletin.

The cost of the broadcasts is \$125. This does not need to be paid at the time you sign up.

Men's Coffee Group
Thursday Mornings @ 8am



Stop by any Thursday to
join in the conversation.
We also take a look at the
upcoming Sunday Gospel
lesson.



January Birthdays



1/2	Greg Grimm	1/12	Jason Bear	1/16	Owen Welberg	1/24	Brander Hicks
1/2	Jayce Johnson	1/12	Madisen Sipe	1/18	Maddox Sackreiter	1/24	Jessy Johnson
1/2	Janelle Kelly	1/12	Leland Weappa	1/19	Paisley Ericsson	1/24	Karen Smith
1/3	Kathy Sussex	1/13	Stacy Anderson	1/19	Pam Gomer	1/24	Millicent VanMeter
1/5	Thatcher Fahleen	1/13	Annabeth Kohn	1/20	Brittany Bray	1/25	Jason Sackreiter
1/6	Lynden Harms	1/13	Dick Schmeichel	1/20	Robin Cook	1/26	Peg Dohrer
1/8	Matt Unzen	1/14	Marilyn Hodenfield	1/21	Susan Leddy	1/26	Ken Johnson
1/8	Rosemary Goetschius	1/14	Rebecca Welberg	1/22	Jaxon Bear	1/26	Cooper Sackreiter
1/8	Mark Granquist	1/15	Theresa Granquist	1/22	David Gulck	1/27	Cade Grabow
1/8	Jason Stinson	1/15	Mervyn Larson	1/23	Spencer Boerger	1/27	Olivia Mears
1/9	Aaron Anderson	1/15	Peyton Snell	1/23	Brady Gomer	1/28	Jonathan Ash
1/9	Bob Biersbach	1/15	Brett Storm	1/23	Sandy Kathman	1/29	Gail Selgeby
1/10	Jennifer Roggenbuck	1/15	Dereck Trapp	1/23	Karmen LaRoche	1/30	Madison Tesch
1/10	Kristian Winston	1/16	Mary Bray	1/23	Lauren Lester	1/31	Lois Buhler
1/11	Matt Bohlen	1/16	Witten Thompson	1/23	McKenzie Severson		
1/12	Bridget Anderson	1/16	Emmitt Welberg	1/24	Jerret Bear		



ALC Preschool



We have had a great first half of the school year!

We wish everyone a Happy New Year!

Morning Class: 8:00-11:00; Afternoon Class: 12:15-3:15; Email: alcps@itcmilbank.com



American Lutheran

SUNDAY SCHOOL

The kids did a wonderful job performing “Hark! The Herald Angels Sing” on December 11th. The program told the Christmas story through the singing of each verse of the beloved carol.



We will continue with our “Plate It” Curriculum

when we
resume
Sunday
School
classes on
January 8,
2023!
Happy
New Year!

*Happy
New
Year!*

Amy Bass, Education Coordinator

january

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 9 Worship 10 Fellowship 	2 Office Closed	3 12:00 Peace Circle	4 10 Bible Study 3:30 Confirmation 5:15 Bell Practice 6:00 HS Youth Group 6:30 Manna Band Practice	5 8am Men's Group 	6	7
8 9 Worship 10 Fellowship 10 Sunday School	9 7 Scouts "Walking Program begins" 	10 9 Quilting 10:30 Milbank Area Ministerial	11 10 Bible Study 3:30 Confirmation 5:15 Bell Practice 6:30 Church Council 6:30 Manna Band Practice	12 8am Men's Group  2 Vespers Worship at St. Williams	13	14
15 9 Worship 10 Fellowship 10 Sunday School	16 7 Scouts	17	18 10 Bible Study 3:30 Confirmation 5:15 Bell Practice 6 HS Youth Group 6:30 Manna Band Practice	19 8am Men's Group 	20 Wedding Rehearsal	21 3 Wedding Miller/Folk
22 Camp Sunday 9 Worship 10 Pancake Breakfast 10 Sunday School 5 Grown-up's Movie Night 	23 7 Scouts	24 9 Quilting	25 10 Bible Study 3:30 Confirmation 5:15 Bell Practice 6:30 Manna Band Practice	26 8am Men's Group 	27	28 1 Sweet-Mixers Baking Group
29 9 Worship 10 Annual Meeting 10:30 Fellowship 10 Sunday School 	30 2 Book Club (#1) 5:05 Book Club (#2) 7 Scouts	31				