

Gold Hill Evangelical Lutheran Church

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**Empowered by the Holy Spirit,
United to Serve**



The Nugget E-News

August 31, 2020

Gold Hill News

Weekly Worship Broadcast

Please note Sunday worship service is broadcast over FM 93.3 - tune your radio in to that channel to participate in the service. Thank you.

LWR Quilters are meeting



The Quilters are meeting at 10:30 am on Wednesdays at the Red Roof Pavilion in Stodden Park.

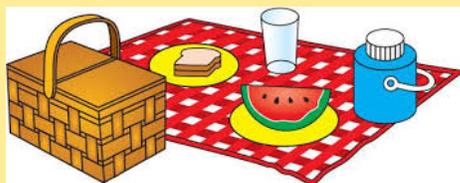
Please bring your own sewing supplies, lunch and drink. Quilts for tying will be available.

Visitors are encouraged.

Church in the Parking Lot

Parking Lot Church will be extended for the foreseeable future due to the coronavirus outbreak. If you have any questions please call the office (723-4242) or talk to Pastor Carrels.

Get to know your new Pastor



Meet and Greet! Pastor Carrels will be inviting you to a Saturday brown bag dinner starting September 6th so that you can get to know him and his family. In this time of the pandemic that hasn't been possible to do during coffee hour, etc. Invites will be sent out to 10 people at a time and the luncheons will be held either in the yard or the hall, depending on weather conditions. We will be practicing social distancing and using masks.

Calendar:

Executive Committee
meets at 5:30 PM
Tuesday, Sept. 1

LWR Quilters
meets at 10:00 AM
at Stodden Park
Wednesday, Sept. 2

Worship & Music
meets at 6:00 PM
Thursday, Sept. 3

Worship Service
Outdoors:
North Parking Lot
at 9:30 AM
Sunday, Sept. 6

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Bible Study
Opportunities:

Group Study
every
Thursday
at 7:00 AM
Perkin's
Restaurant

LINKS:

[Click here to visit our growing website](#)

[Click here to visit our FB page and "like" us](#)

[Click here to support the Butte Furniture Bank](#)

Sack Lunch Ministry

If anyone would like to make sack lunches for the homeless outside of Gold Hill, please let Kim Mickelson know. There are funds available for reimbursement for this ministry. Lunches can be made at home and someone will pick them up for delivery to the homeless. Call Kim Mickelson (498-4402) or Mary in the church office (723-4242) if you wish to participate in this ministry.



[Click here to visit our Church Library Page](#)

Montana Synod News

Our Children in Anxious Times

by Jenny Kunka



When Pastor JP Carlson drove four middle school students to confirmation camp at Christikon this summer, he noticed something. It was obvious how much they had missed being with kids their own age. "They instantly lit up in the car and were so excited. The chatter never stopped," he said.

Carlson is Director of Youth and Family Ministry at Christ the King in Bozeman. He said many kids can't articulate how much they miss the face-to-face contact.

Just like adults, children and teenagers have experienced drastic changes in their lives and they aren't always able to express how they are feeling. Rev. Chris Haughee, Chaplain at Intermountain Residential, said that social distancing and quarantining can be especially hard on children because they might not understand why they can't see their friends or do their normal activities. Also, they have lost the routines and structure that provide important stability in a child's life.

Because families are together more, there is less time for parents to talk without the kids present and children are listening to what is being discussed. "Some of the protective factors that children would benefit from, such as not being present for these anxiety-ridden conversations, have been removed," Haughee said.

Children have also been asked to take on more responsibility for their own learning and self-moderation when it comes to consumption of entertainment. All of these stressors can exacerbate underlying mental-health issues or raise issues that had not been present before.

"Now more than ever, the adults in a child's life need to be attentive to what a child's behaviors, as well as their words, might be communicating and reach out for help if needed," Haughee said. Instability, anxiety and fear are natural and healthy God-given emotions. When our emotions lead us to unhealthy expressions of that fear or anxiety, though, we need to be concerned.

A child that is struggling with anxiety and fear can be withdrawn, isolated or might stop engaging in things the child used to enjoy. Other times, a child might show behaviors that look like perfectionism, excessive engagement in multiple projects and constantly having to be "working on something," masking their fear with a flurry of activity, Haughee said.

How children respond to external stress and instability varies. Regardless of how they are responding, however, resiliency helps children when dealing with anxious times.

Spending time together with your child offers opportunity for building resiliency. Even if you've never thought about how to build resiliency in your children, you can take a proactive approach right now to build positivity into a child's experience of the restrictions of the pandemic. One example is to do an activity together such as making a meal or grandma's special sugar cookies. While doing the activity, tell stories, share traditions. Or you can choose a hobby to do together or a language to learn. Exercise together or find free dance lessons on the internet.

The key is not that you are giving the child something to do but that you are doing something together that builds connection and increases a child's

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Pastor Marlow Carrels

sense of accomplishment and self-worth. These are excellent building blocks for resilience," Haughee said.

When challenging emotions rise, as they will, it's helpful if adults have been intentional about their own self-care and mindful of their own mental state before engaging with a child who is struggling. Haughee recommends taking three deep breaths and reminding yourself that, "this too shall pass." *Chris Haughee has over twenty years of experience in children's and youth ministry. He oversees the spiritual development and cultural nurture of the children in the residential program at Intermountain Residential, a treatment center for children who have experienced trauma. Haughee is the author of "Bruised Reeds & Smoldering Wicks" an eight-week bible study and curriculum focusing on trauma informed ministry and compassionate care for children from hard places and situations.*

Montana Synod Technology Grants

Is your congregation thinking and wondering about how to update or improve your technology in your building to meet the needs of this time? The Synod staff is pleased to share that the Montana Synod has received a generous ELCA Covid-19 Grant that is designated to be spent on technology in congregations.

In order to help you/your congregation make decisions and receive some financial assistance from the Synod to improve the technology in your church for recording or streaming worship and on-line communication; please make a request to set up a conversation with Director for Evangelical Mission Peggy Paugh Leuzinger and Director of Technology and Communication Colter McCarty to help you determine your needs. After a conversation with Peggy and Colter, congregational representatives will be asked to submit an application for the grant funds and an amount will be determined and released to the congregation.

Please contact Peggy at ppleuzinger@montanasynod.org or Colter at cmccarty@montanasynod.org to set up an initial consultation.

Gold Hill Lutheran Church Welcomes You!

Are you looking for a place to connect with a faithful community, grow in faith, and put your talents to work in serving others? Look no further, we welcome you at Gold Hill Lutheran Church! To learn more about the mission and ministry of Gold Hill Lutheran Church, please contact us at 406-723-4242.