

## Gold Hill Evangelical Lutheran Church

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



The Nugget E-News

February 24, 2020

## GOLD HILL NEWS

### Lenten Schedule

Ash Wednesday is February 26th this year. Imposition of ashes will be offered at 12:00 Noon and 6:30 PM in the sanctuary.

This year we are going to share our Wednesday worship services with our sisters and brothers at Gloria Dei. After Ash Wednesday (February 26) we'll alternate between our churches for soup & bread suppers (at 5:45 PM) and worship services (at 6:30 PM), starting at Gloria Dei on March 4. *Please see the soup & bread signup sheet in the Fellowship Hall.*

**Gold Hill Choir** practices Wednesdays in Lent following the evening Lenten service.



### Pastor's Bible Study

Looking Ahead to Sunday (Bible Study) by Pastor Trina on Thursdays at 10:00 am and 7:00 pm. The focus looks ahead to Sunday's lessons, particularly the Gospel lesson. **Bible Lessons for March 1st are: Genesis 2:15-17, 3:1-7; Psalm 32; Romans 5:12-19; and the Gospel from Matthew 4:1-11.** No experience

necessary and each week is a stand-alone lesson so come as you are able. Bring your favorite Bible!



### Webinar - Cultivating Generous Congregations

**Taste and See: An Online Stewardship Opportunity!**

How do we inspire generosity in people? How do we teach generosity to new generations? What makes a spirit of generosity sustainable in our congregations? **Questions like these are what you'll experience in a day of "Taste and See: Cultivating Generous Congregations on Saturday, February 29th.** Although the day will provide only a sampling of ideas and practical ways to inspire and teach God's generosity, we'll help each other learn what generosity means for today and "why" it is central to our faith. Expect that you'll learn four "mindset shifts" necessary to address the changes and challenges of today's cultural mindset as the Spirit leads us into a new day. Through teaching, conversation and discussion together we'll discover some of the ways God's vision of generosity is already there for each of us to live in our individual lives and in our congregations.

Pastor Larry Strenge, former Director for Evangelical Mission in the SW MN Synod and the National Coordinator for Generous Congregations will lead this event (from Billings) which will be live streamed at 9 locations around the Montana Synod, including Gloria Dei in Butte. (See the **FLYER** for

### Calendar:

**Stephen Ministry Supervision**  
meets at 7:00 pm  
Monday, Feb. 24

**LWR Quilters**  
meet at 9:30 am  
Wednesday, Feb. 26

**Ash Wednesday Service**  
at 12:00 Noon and  
6:30 pm in the  
Sanctuary  
Wednesday, Feb. 26

**Gold Hill Choir**  
meets at 7:30 pm  
Wednesday, Feb. 26

**Overeaters Anon.**  
meets at 6:15 pm  
Wednesday, Feb. 26  
**Al-Anon**  
meets at 7:30 pm  
Wednesday, Feb. 26

**Pastor's Bible Study**  
meets at 10 am & 7 pm  
Thursday, Feb. 27

**Copper Cloggers**  
meet 1 - 4 pm  
Thursday, Feb. 27

**Communion Service**  
at 1:00 pm  
**Big Sky Senior Living Center**  
Friday, Feb. 28

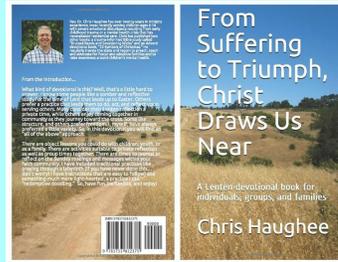
**Overeaters Anon.**  
meet at 5:00 pm  
Friday, Feb. 28

details about time and locations.) Refreshments and lunch will be served. Please RSVP to the location where you will attend so that adequate preparations are made. Please indicate any dietary restrictions as you RSVP. Cost is \$10 per person. (Cash or check only).

## Using Lenten Rhythms to Heal Trauma

By Rev. Dr. Chris Haughee

My approach to my own personal adversity and trauma has been deeply shaped by my spirituality. I grew up in a liturgical church, which means that we kept to something called the "Church calendar" which had seasons built into it for various readings, celebrations and observances. Every late winter brought with it the experience of "Ash Wednesday" that



led into Lent, a time of self-examination, observance of disciplines and practices that framed human suffering into a larger context, a grand spiritual "meta-narrative."

Now, as an adult and a ministry leader to children deeply affected by adversity and trauma, I can see where not every message I internalized as a youth through these experiences was helpful or redemptive. Still, I think that the observance of Lent--especially within the context of community--is an extremely powerful way to build resilience, encourage authentic spirituality, and discuss human suffering and redemption in ways that can bring healing and hope. My wrestling through these issues personally has led me to create a resource that I believe may be of use to those brand new to the observance of Lent, while also bringing a freshness and innovation to those that have been practicing Lenten observance for many years.

In my new Lenten devotional book, *From Suffering to Triumph Christ Draws Us Near* (found [HERE](#)), I have gleaned lessons and practices I have used over my years in ministry to commend an observance that I think would be of benefit to you, your church, your small group or Sunday school class.

In addition to the book being available on Amazon (through the link above), I have a limited number of author's copies that I can use to do a bulk purchase and mailing for your church or small group. Reach out to me at [haughee@gmail.com](mailto:haughee@gmail.com) if you are interested.

### Worship Service:

at 9:30 am

Sunday School:

at 10:45 am

Adult Education:

at 10:45 am

Coffee Hour:

at 10:45 am

Sunday, March 1

### Bible Study Opportunities:

*Group Study* every Thursday

at 6:30 am @ Perkins  
Restaurant

#### *Women's Gather*

*Bible Study* meets

the second Tuesday of the  
month at 9:30 am at  
Big Sky Senior Living  
Center on Waterford Way,  
in the Library

## 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](#)

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

## Spotlight on the Synod:



**Montana Synod**

Evangelical Lutheran Church in America  
God's work. Our hands.

## Mental Health First Aid at Pella Lutheran Sidney, Montana

By Jenny Kunka

In Audrey Rydbom's first week as a pastor in Sidney, a high school senior committed suicide. This was in May of 2018 and Rydbom had just been called to Pella Lutheran.

"He wasn't from our congregation but it's a small town," Pastor Rydbom said. "As soon as I heard about it, I called the school and said, 'Do you need help?' they said, 'Please come.'"

Rydbom sat in a room with a group of students who were friends of the boy. While the students were waiting to meet with counselors they talked and Rydbom listened. "They didn't even know I was a pastor but they were willing to share their struggles and the times they had called the suicide hotline. I came out of there knowing there was a serious problem in our community," Rydbom said.

By July, there were four people at the local mortuary who were there because of death by suicide.

Rydbom soon became a member of the Mental Health Local Advisory Council and she began to become educated in the realities of mental health in rural Montana. Rydbom learned that the ratio of population to mental health providers in Richland County was 880 to 1. This was compared to 380 to 1 in Montana overall.

## CHURCH COUNCIL

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Richland County struggled with access to mental healthcare.

The Local Advisory Council was working against those statistics, trying to increase mental health and emotional health awareness. One of the tools they were using and continue to use is Mental Health First Aid. This is a national program that trains individuals to go into their communities and teach citizens how to look for signs of suicide and what to do if you notice suicidal behaviors. It teaches participants about mental health and substance abuse issues.

"One goal of Mental Health First Aid is to reduce the stigma of mental health problems so people are more aware and more willing to seek care," Rydbom said.

When Rydbom became involved in the Local Advisory Council, the county only had one trainer for Mental Health First Aid and they asked if she would be willing to become trained. The process is rigorous and starts with a five-day training for youth Mental Health First Aid in Seattle. Rydbom said the hospital in Sidney offered to pay for her training and her church, Pella Lutheran, offered to pay for her travel and lodging so it was a collaborative effort. Rydbom later returned for a two-day adult first aid training with some of the cost paid by an ELCA grant.

The grant, a \$10,000 "Disabilities Ministries: Mental Health Ministry Grant" from the ELCA, was given to Pella Lutheran and to the Local Resource Council to help with their work in providing mental health support in Richland County. Rydbom said the ELCA was especially interested in the fact that they were working community-wide with other faith-based groups.

Today there are four certified trainers in Mental Health First Aid, including SAM Tim Tharp who serves in Savage, MT. Additionally, the ELCA grant is helping to support efforts to start peer-to-peer support groups in Sidney for: Anxiety and Depression, Chronic Illness, Caregivers, Veterans and Youth/Teens.

Rydbom said that members of Pella offered to host the Anxiety and Depression support group and that lay people are facilitating the group. The first night there were 12 people. "They showed up and just wanted some place to come on a consistent basis and talk to other people who were dealing with the same thing."

Looking back on the summer of 2018, Pastor Rydbom sees that there has been a change in understanding of mental health, especially at Pella Lutheran. They have begun looking, as a congregation, at how they can help the community to deal with this issue, she said. Some people have even been giving to the grant fund account so the work they are doing will continue when they run out of grant money.

Perhaps the biggest change is the slow shift in perception about mental health that is occurring in Richland County.

"Because of the way the training is done, people are becoming less afraid of mental health disorders," Rydbom said. If someone has cancer, they go in and have surgery and then people ask if they can bring a meal over or run the person to a doctor's appoint. But if someone comes home from the hospital with a mental disorder, they are on their own. Mental Health First Aid training is trying to change that.

"We have children dying by suicide. We need to talk and we need to have frank conversations about what our place is in this." Rydbom said. And the conversations are happening, at Pella and other churches and in the community.

"We'll keep training people. We'll keep talking about it so people will begin to recognize those indicators," Rydbom said.

**Next training: March 23<sup>rd</sup> at Pella Lutheran from 8:30 am to 5:00 pm**

**To register: Go to [Mental Health](#) and scroll down to "find a course."**

**Click on that and type in "Sidney, MT" and click on "find courses."**

**This will take you to the March 23 class. Contact Pella Lutheran with questions at (406) 433-3350.**

## **LEAP DAY SALUTE TO BOLD WOMEN**

SATURDAY, FEBRUARY 29, 2020

Location: New Life Lutheran Church, 5980 N. Montana Avenue, Helena MT  
No CHARGE.

*Feel free to come for one...or more sessions...or just for breakfast and lunch...*



### **SCHEDULE**

- |           |   |
|-----------|---|
| 8:30 AM:  | Continental breakfast and meet and greet  |
| 9:00 AM:  | "Bold Woman" Brenda Felber & Pastor Halcyon of New Life   |
| 10:00 AM: | Bible Study on Book of Ruth   |
| 11:00 AM: | "Kids and Families in the Church" Gretchen Munding from St. John's  |
| 11:30 AM: | History of Thankoffering Tradition by Gretchen Carrels and opportunity to make your own Thankoffering container |
| 12:30 PM: | Lunch   |
| 1:30 PM:  | Planning session for April retreat  |

## ***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.***