



Trinity Lutheran Church
 Lost and Found Ministry
 111 7th St S
 Moorhead MN 56560

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**Lost & Found Ministry
 Mission Statement**

A Christian ministry of healing
 for those who struggle with addictions

Lost & Found Ministry

111 7th St S
 Moorhead MN 56560
 Phone: 218-287-2089
 Fax: 218-291-1250
 Website: www.lostandfoundministry.org

Lost & Found Ministry Office Hours

Monday - Thursday
 8am to 5 pm; 7 to 9 pm
Friday
 8am-5 pm

Lost & Found Ministry Staff

Pastor Ray Branstiter - Director
 Bill Iverson - Intervention Specialist
 Susan Aukes - Administrative Asst.
 Sandy Branstiter - Administrative Asst.

Lost & Found Ministry Stats

First Quarter Report

Pastoral Counseling - Pastor Ray

Number of cases	48
Number of hours	160
Persons served	84

Intervention Discussion - Bill

Number of cases	75
Number of hours	175
Persons served	95

<u>Interventions</u>	13
<u>Presentations</u>	10
<u>5th Steps - Bill & Pastor Ray</u>	9

Library Usage

<u>Materials checked out</u>	644
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Books	178
Audios	38
Videos	325
DVDs	43
CDs	39
Games	4
Workbooks	15
New patrons	36
Volunteer Hours	296
Web site hits	2306
Library On-line Catalog	214

**Life Saver
 Newsletter**



Time of Celebrations and Transitions

By Pastor Ray Branstiter

It is a time of celebrations and transitions here at Lost & Found Ministry the past few months. As many of you know, Bill Iverson, our Intervention Specialist, recently did his 1000th intervention. As amazed as I am by the idea of 1000 interventions, I suddenly realized the other day just what that number means in real ministry. I recently read that every alcoholic (or drug addict, sex offender, gambler...) impacts the lives of up to 50 other people. If this is accurate, and I believe it is, Bill's ministry has had a direct impact on about fifty-thousand people! Amazing, and even more amazing, Bill has no plans to stop. Recently Bill was recognized for his work at the NorthWest Minnesota Synod assembly by Bishop Larry Walrobe. As he was leaving the stage he told Bishop Larry that he had done three interventions that week. We had a nice open house for Bill and the outpouring of contributions in honor of his milestone has been wonderful.

Recovery Worship has settled into our new worship location, The Gathering, located at 3910 25th St. South in Fargo. The Gathering is owned by First United Methodist Church of Fargo and they are a great partner in ministry. I look forward to a long relationship with the folks at FUMC. We will be having Wednesday worship during the summer. Stop by for

a BBQ and fellowship. We will start at 6 pm, worship at 6:46.

By the first of June we will have the pleasure of having Pauline Crowder join us on staff at Lost & Found Ministry for the summer. Pauline is a student at Luther Seminary, St. Paul, and will be doing her Clinical Pastoral Education (CPE) training here in the Fargo/Moorhead area this summer. She will be working out of Lost & Found and will be available for counseling and other duties. She will also have the opportunity to experience Recovery Worship. I am really excited about having her on staff this summer. This is an important phase of a seminary education. I am glad that Lost and Found Ministry is able to play a role in the development of new leaders in our church.

One more celebration is in the works: the first of what we hope will be an annual event. Lost & Found dinner and silent auction has been scheduled for Saturday, October 10th 2009 at the Christian Life Center, Trinity Lutheran Church in Moorhead. We will have a dinner, guest speaker, and a collection of unique items that you will be able to bid on, just in time for some early Christmas shopping. There will be more information on this event in the next newsletter.

This will be the last newsletter put together by our long time "girl Friday," Lois Balko. Lois has worked at LFM on Fridays for several years. She has recently accepted a position at Baker Nursery in Fargo. We will miss her and we wish her the best in her new career path.



Check it Out

These are the newest additions to our Library. Please stop in and check them out.

Books:

- B10910 "Life Strategies for Teens" by Jay McGraw
 B10912 "Surviving: Manic Depression" by D. Fuller Torrey
 B10922 "Messy Spirituality" by Michael Yaconelli
 B10926 "The Courage to Love Again" by Sheila Ellison
 B10930 "The God Who Won't Let Go" by Peter van Breemen
 B10931 "25 Words: How the Serenity Prayer Can Save Your Life" by Barb Rogers
 B10932 "What Should I Do with My Kids" by Po Bronson
 B10933 "Choosing Life: One Day at a Time" by Dodie Osteen
 B10937 "Better Together" by Rick Warren
 B10957 "Spiritual Lessons From My Sisters" by Natasha Munson
 B10965 "Becoming Myself: After the Loss of Your Parents" by Shari Butler
 B10978 "25 Ways to Win with People" by John C. Maxwell
 B10983 "The Confident Women" by Joyce Meyer
 B10984 "Seven Things that Steal Your Joy" by Joyce Meyer
 B10987 "Assessing and Treating Trauma and PTSD" by Linda Schupp
 B10988 "Tools for Transforming Trauma" by Robert Schwarz
 B10989 "The Good Book and The Big Book" by Dick S.

CDs:

- CD10005 "Eating, Drinking, Overthinking" by Susan Nolen-Hoeksema

DVDs:

- DVD10000 "Spiritual Awakening" by Damian McElrath
 Spiritual awakening usually doesn't come over us like a bolt of lightning; for most people, it's a gradual process. In this video, Dr. McElrath explains the transformations that come from spiritual growth. We learn to put aside false pride and stubborn self-sufficiency in favor of humility and healthy dependency upon others.
- DVD10001 "Introduction for Twelve Step Groups" by Hazelden
 Attending a Twelve Step meeting for the first time can be a challenge for clients. This DVD encourages viewers to "keep coming back": to try a Twelve Step meeting and continue attending until they find a group that works for them.
- DVD10002 "Drunk in Public"
 This film follows Mark Allen's painful, destructive, downward spiral into the absolute depths of alcoholism-fueled despair. David Sperling is a police officer who met Mark Allen on the job, as Allen began an endless cycle of arrest, detainment, and release.
- DVD10005 "Sister Helen"
 Tough-talking Sister Helen Travis is a recovered alcoholic who reinvented herself at age 56, after the loss of her husband and sons, by joining the Benedictine order in 1986. Two years later, she opened a recovery center for men in the rat-infested South Bronx.

Congratulations Bill: 1000 Interventions



Lost & Found Ministry takes great pride in announcing a milestone in its ministry: Bill Iverson celebrated his 1000th chemical dependency intervention. On Sunday, May 3, LFM held an open house in honor of Bill.

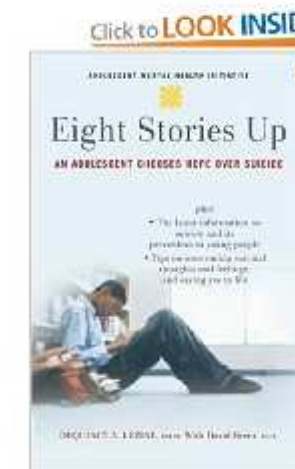
Over the years Bill, an intervention specialist, has assisted families in their effort to get a loved one into treatment. The public was invited to share in this event looking back at the important role he has played in helping people deal with their addictions.

Did you know that Bill:

- was born and raised in Barnesville
- moved to Moorhead to attend Moorhead State University
- was physical ed. and shop teacher for junior high, for 38 years
- retired in mid-90's, then attended six months training at Hazelden, Twin Cities.
- had an interest in interventions because he was a person in recovery, sober now 27 years.
- initially became involved with LFM, by helping those who were then doing the interventions.

Donations Help Fill Our Shelves - Thank You

One of the ways Lost & Found Ministry builds its growing library is through donations of new and gently used books, videos from professionals and patrons. The following have been graciously given to LFM.



LFM volunteer, Ginny and family recently donated a book that has special meaning for them: "Eight Stories Up" by DeQuincy A. Lezine Ph.D. and David Brent, M.D."

Given in memory of Tom Wardwell, this book is a powerful testimony offering hope to those without. It provides clear, practical suggestions for individual and family members whose lives are hit by suicidal despair.

Local author and counselor at Discovery Counseling Center and Fargo, Carol Rogne has written and donated these books that are now on the shelves at L&FM:

- "Control and Power in Relationships"
 - "Dealing with Anger"
 - "Dealing with Guilt"
 - "Understanding and Enhancing Self Esteem"
- She has also created the following video with Margaret Volk and Lynn Hentges:
 "Spirit of Recovery Worship"

Thank you to Our Savior's Lutheran Church in Moorhead for the donation of books following their book sale. The books are being used as new additions or replacements of lost/damaged resources in our library; or being handed out to our clients. Thank you for thinking of us.

A final thank you to the many other donors who have donated materials in the past few months!

Volunteers Who Help at Lost & Found

vol-un-teen-ism (vɒl 'ɒn-tɪr 'i:z'ə:m) *n.*

Use of or reliance on volunteers, especially to perform social or educational work in communities.

On Thursday, April 23, all the volunteers who help at Lost and Found were honored at our annual volunteer appreciation dinner at the Speakeasy. The following volunteers make our ministry function smoothly:

Burke Almquist	Tricia Livingston
Solvieg Bartz	Christina Mitrovic
Bill Biwer	Margaret Nelson
Denny Blake	Marvel Ostbye
Lori Chapman	Kathy Richardson
Bill Crone	Dee Rolfson
Jef Curfman	Linda Rosaasen
Virginia Fasteen	Robert Scheidecker
Gary Gran	Jeanette Scheidecker
Jack Johnson	Ben Smith
Jeanette Karst	Ginny Wardwell
LeAnn Kingsley	Ruthie Zitzow
Gerald Koenig	Wayne Zitzow



Volunteers enjoy a delicious dinner and wonderful conversation at the SpeakEasy

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another."

ERMA BOMBECK



Our 'youngest volunteer,' Justice, joins her Mom when she volunteers at Lost & Found Ministry.

Volunteer Statistics:

Hours volunteered in 2008:

Days:	1325
<u>Evenings</u>	<u>369</u>
Total	1694

The following tasks were completed by our volunteers in 2008:

- 3558 newsletters, and over 500 past-due reminders were prepared and mailed out.
- Over 400 'new' items were prepared/added to our library.
- Over 5000 patrons, and 1000 existing items were updated in our new computer system.
- Broken, missing and dirty resources were found, cleaned, repaired and replaced.
- Phones and our front desk were covered day and evening hours.
- Computer systems, sidewalks, library shelves, and even our plumbing was maintained with the help of our volunteers.

Fundraiser Supports Lost & Found Library

Last November, through a fundraiser with B. Dalton Bookseller in West Acres, we raised \$287.42 to benefit our Ministry. This enabled us to purchase new items, and replace worn ones, to add to our library. A 'Big Thank You' to our generous supporters who shopped that day. This is a list of the new items purchased.



CDs:

"Inspiration: Your Ultimate Calling" *Wayne Dyer*

"The Power of Intention: Learning to Co-create Your World Your Way" *Wayne Dyer*

"Co-dependent No More: How to Stop Controlling Others and Start Caring for Yourself" *Melody Beattie*

Books:

"The Complete ACOA Source Book: Adult Children of Alcoholics at Home, at Work and in Love"

"The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect and Lasting Love"

"The Night of the Gun" *David Carr*

"Grace (Eventually): Thoughts on Faith" *Anne Lamott*

"The Privilege of Youth: A Teenager's Story of Longing for Acceptance and Friendship" *Dave Pelzer*

"Dating the Divorced Man: Sort Through the Baggage to Decide If He's Right for You" *Christie Hartman*

"Tripping the Prom Queen: The Truth About Women and Rivalry"

"A Teenager's Journey: Overcoming a Childhood of Abuse"

"Wish I Could be There: Notes From a Phobic Life"

"From Binge to Blackout: A Mother and Son Struggle with Teen Drinking"

"Toxic People: 10 Ways of Dealing with People Who Make Your Life Miserable" *Lillian Glass*

"Recovery from Co-dependence" *Kerry M. Olitzky, Maty Grunberg*

"The Road to Recovery: Judaism and Alcoholism" *Carol Greenberg*

"What Is Jail, Mommy" *Jackie A. Stanglin, Cierra Jade McGuckie*

"Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way" *Richard D. Carson*

"Overcoming Compulsive Hoarding" *Fugen A. Neziroglu, Jose A. Yaryura-Tobia, Jerome Bubrick*

"Couple Skills: Making Your Relationship Work" *Matthew McKay, Patrick Fanning, Kim Paleg*

"Woman's Way through the Twelve Steps Workbook" *Stephanie S. Covington*

"No Speed Limit: The Highs and Lows of Meth" *Frank Owen*

"Helping a Loved One Live Smoke-Free: What Works, What Won't and Why" *Barbara White Melin*

Spring Trivia

Spring is here! Flowers are blooming, and birds are singing. Did you know most bird species use different vocalizations for different circumstances? A bird's vocalizations can be nearly as complex in the information they contain as our own. Individuals of a species sing different songs with different "words" and "phrases" than another individual, and the same species from different territories sing about different things in different ways.

They sing, talk, whinny and squawk. They peep and chirp and cry and caw. Some whistle, bark or croak, grunt or grumble.



Though baby birds are born with the ability to sing, they must learn the songs of their species. An isolated baby bird will learn simple songs, but not the complex songs of its species. A bird must hear in order to learn.