



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

Return Service Requested

Non Profit Org  
US Postage Paid  
Permit #315  
Fargo ND

### 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](http://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.  
Lois Balko - Administrative Asst.

#### Lost & Found Ministry Stats

##### Second Quarter Report

|                                |             |
|--------------------------------|-------------|
| <u>Pastoral Counseling</u>     |             |
| Number of cases                | 58          |
| Number of hours                | 260         |
| Persons served                 | 150         |
| <u>Intervention Discussion</u> |             |
| Number of cases                | 61          |
| Number of hours                | 105         |
| Persons served                 | 65          |
| <u>Interventions</u>           |             |
| Number                         | 14          |
| Outcome                        | 14 Positive |
| <u>Presentations</u>           |             |
| Ray & Bill                     | 14          |
| <u>5th Steps</u>               |             |
| Ray & Bill                     | 17          |
| <u>Library Usage</u>           |             |
| Materials checked out          | 783         |
| Books                          | 249         |
| Audios                         | 70          |
| Videos                         | 383         |
| DVDs                           | 52          |
| CDs                            | 16          |
| Games                          | 10          |
| New patrons                    | 42          |
| <u>Volunteer Hours</u>         |             |
| Daytime                        | 201         |
| Evening                        | 96          |
| Web site hits                  | 876         |
| Library On-line Catalog        | 288         |

# Life Saver Newsletter



## What I Learned in a Year

By Pastor Ray Branstiter

It was just over a year ago that I began my call as Director of Lost & Found Ministry and pastor at Recovery Worship. The first year in a new call is always a learning experience; meeting new people; learning the ins and outs of the ministry; trying to find where things are located both around the office and in town.

The first thing I learned is that there is more to addiction than I realized. True, I worked in the addiction area a bit when I was in the Navy, but that was a small community compared to the Fargo/Moorhead area. I have learned that alcoholism is not about the drinking, but the addiction to alcohol. At seminary we would often joke about the pastor "getting into the communion wine." This was funny to me because, as a general rule communion wine is not really all that good. The truth is not all that funny, the taste is not what is important, it is the addiction to the alcohol that is found in the Mogan David wine.

I have learned what a brutal toll addiction plays on a person and on families. I have met people who think they can "sober up" on their own, visiting them time and again in the hospital, only to see them relapse soon after being released. I have seen them "play recovered" all along still addicted. During one visit a man told me that because I was not in recovery I did not understand what it meant to be in recovery. He was correct, I don't. However as I explained to him I did not pretend to be in recovery. On the other hand, he was pretending to be in recovery, but wasn't.

I have learned the vital role Lost & Found Ministry plays in our community. The flow of people through our front door continues to amaze me. The resources that we provide, both the books, tapes, DVD's and

interventions are well used, and greatly appreciated by our patrons. I also have a great deal of admiration for our volunteers who help us keep costs down, and our doors open at night.

I have learned, and come to greatly appreciate the openness and honesty of the people at Recovery Worship. Their spirituality is infectious, their love of life – a life in recovery – is wonderful. Recovery Worship has a great future, I look forward to that future and all that God has planned for us.

I have also learned that there are a great number of people who faithfully support Lost & Found Ministry and Recovery Worship. Women of the Evangelical Lutheran Church in America (WELCA) groups, congregations, concerned citizens and patrons give faithfully to this important ministry. For all of them, I am thankful.

In the year to come I hope that I have the opportunity to visit with many of these groups. It is the best way that I know of to get the word out about Lost & Found Ministry.



# Memorials & Honorariums / Recovery Worship

| Donor Name                 | Memorial                     |
|----------------------------|------------------------------|
| Arthur Wenner              | Marie Wenner                 |
| Arnold & Genora Schjeldrup | Donna Kucharz                |
| Bruce & Susan Carlson      | Hilding Carlson              |
| Carmen Jean Seifert        | Ken Plunkett                 |
| Kathy Richardson           | Dale & Shirley Espel         |
| Barry & Renee Steen        | Mona Holm                    |
| Kathy Richardson           | June Sundahl                 |
| Joel & Bernice Belgum      | Doug Belgum                  |
| James and Audrey Haugstad  | Jerry Edenberg               |
| Anonymous                  | Mona Holm                    |
| William & Marilyn Parker   | Mona Holm                    |
| Ron & Valerie Nielsen      | Jerry Nielsen                |
| Marvin & Cora Stenberg     | June Sundahl                 |
| James & Irene Sundahl      | June Sundahl                 |
| Neil & Carmen Qualey       | June Sundahl                 |
| Frank & Jeannie Zebley     | Donna Leirr                  |
| James and Audrey Haugstad  | Gordon L Anderson            |
| Pearl Landsem              | Signe Jergenson              |
| Dale & Margart Anderson    | George Arnold                |
| Graham & Madrene Goeson    | Garry Thompson               |
| H. Marilyn Anderson        | George Arnold                |
| Pearl Landsem              | Uncle passed away            |
| Dale & Margart Anderson    | Geneva Olsen                 |
| Dale & Margart Anderson    | Valborg Smerud               |
| Dennis & Vicki Rust        | Walter & Marian Blilie       |
| Roger & Carole Olsen       | Gen Olsen                    |
| Laverne Engelstad          | Val Smerud                   |
| Bill & Sonja Iverson       | Bill Pierce                  |
| Elsie M. Pitsenbarger      | Roger Pitsenbarger           |
| Marcella Gulsvig           | Sonny Gulsvig                |
| Lois J Edwards             | Lowell Lysaker               |
| Ruth Lau                   | Rick Etterman                |
| Renee & Mike Lerfald       | David Sorum, Selvin Sorum    |
|                            | Willis Lerfald, June Sundahl |
|                            | Lowell Lysaker               |

| Donor Name                     | Honorarium                  |
|--------------------------------|-----------------------------|
| Kimberly & George Koeck        | Bill Iverson                |
| Robert Cobb & Dorothy Schmidt  | Pastor Ray                  |
| Kathy Richardson               | Bishop Rick Foss Retirement |
| Robert Cobb & Dorothy Schmidt  | Pastor Steve Wold           |
| David & Elizabeth Myers        | Bill Iverson                |
| Wayne & Elizabeth Christianson | Bill Iverson                |

## Recovery Worship

The summer months have hit Recovery Worship pretty hard, both in the attendance of our "regular" folks, and financially. It is a busy time of the year, and of course there are the lakes to compete with. However we have been hosting members of the Native American Ministries community for a Wednesday night BBQ and worship service this summer.

On Monday nights some of the women have been getting together for quilting, and a group of us have been getting together for a Bible study of 1 & 2 Samuel.

We worship every Sunday morning at 10 am at the Crossroads, 2525 17th Ave. South in Fargo. You can check out our weekly schedule of events on our web page: [www.recoveryworship.net](http://www.recoveryworship.net).



The great end of life is not knowledge but action. *Thomas Huxley*

Sometimes we have good ideas about how to make things better. But all our good intentions, no matter what they may be, don't mean anything if we don't put that knowledge into action. When we act on our ideas, we put ourselves into the world as a force for change.

# Summertime Health Awareness

## July is UV Safety Month

American Academy of Ophthalmology

The sun's ultraviolet (UV) rays can damage your skin and eyes. The short-term results of unprotected exposure to UV rays are sunburn and tanning. Long-term exposure may cause early wrinkles, loss of skin elasticity, dark patches, skin cancer, and potentially blinding conditions such as cataracts and macular degeneration. Your eyes can also receive a sun burn known as photokeratitis, which can cause pain, redness, and tearing. Reflected sunlight such as light that bounces off water, can be the most dangerous type of UV light because it is intensified.



People of all ages are at risk for damage from UV rays. To ensure protection, wear a broad-rimmed hat and sunglasses that block 99-100 percent of UV-A and UV-B rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.

Regularly check the UV Index with the National Weather Service, which they developed as a way to predict the next day's UV radiation levels, helping people determine appropriate protection. Visit [www.epa.gov](http://www.epa.gov), [www.srrb.noaa.gov/highlights/sunrise/sunrise.html](http://www.srrb.noaa.gov/highlights/sunrise/sunrise.html) to check the UV Index forecast map.



## August is National Immunization Awareness Month



August is designated as National Immunization Month to spotlight the importance of keeping your immunizations up to date. The Center for Disease Control has put together a number of charts to help you keep on top of the vaccines that you and your children need. It's gotten rather complicated over the past few years, as many additional shots have been added to the requirements for kids. Visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) to see the list.

As an adult you may be in need of some shots as well. Many of the immunizations that kids now take for granted, didn't even exist when many of us were children. It's worth checking out what is available and what you need. The diseases that these vaccines protect against are pretty nasty and better off avoided.

Vaccines became a required part of childhood in the early 1950s, when four vaccines were introduced: diphtheria, tetanus, pertussis, and smallpox. Back then, three of the four were combined into a single injection. This meant that kids received five shots by the time they were two years old.

Today by the time kids are two, they now receive as many as 20 vaccinations (ouch!) The good news is that kids today are protected from a long list of dangerous diseases. The bad news is that there are just too many shots. This will hopefully change in the next few years: as more vaccinations are being added each year they are also working on a number of combined vaccines for fewer shots.

Back-to-school time is a great opportunity for you to check with your physician to make sure you and your family is up to date on your vaccinations.



## Check it Out

### Books

16095 "Get with the Program!"  
by *Bob Greene*

Greene offers exercise regimens, photographs, and useful training tips for beginners or experts, and concentrates on how readers can reach their physical and mental potential.

16762 "Doctor's Little Book of Answers"  
by *Celia Brown, M. D.*

Brown makes the medical advice short, simple and easy to understand for everyone. Put together is small tidbits of information, it offers a practical approach to understanding your body, how to treat yourself and when to visit your physician.

B10041 "Managing Pain Before It Manages You"  
by *Margaret A. Caudill, M.D.; PhD*

This book is a well-spring of wisdom and practical approaches that can help transform your life as well as your pain. Dr. Caudill's enormous wealth of knowledge, extensive clinical experience, and compassionate understanding combine to make this the single best book on pain available today.

16094 "Total Health Makeover"  
by *Marilu Henner*

Henner's 10-step health program focuses on following a program that's she's "B.E.S.T.": balance, energy, stamina, and toxin-free. It is strict, but she offers tips for getting your feet wet. Her plan offers sound advice for becoming more mindful of how you treat your body, how and what you eat and why, and how you react to stress, along with how to make improvements in all these areas.

15927 "8 Weeks to Optimum Health"  
by *Andrew Weil, M. D.*

This book lays out Dr. Weil's famous week-by-week, step-by-step plan that will keep your body's natural healing system in peak working order. It covers diet, exercise, lifestyle, stress, and environment—all aspects of daily living that affect health and well-being.

11276 "Lyme Disease: My Search for a Diagnosis"  
by *Linda Hanner*

A medical detective story and inspirational book; Hanner chronicles her life and health struggles from the onset of then-unknown Lyme Disease to diagnosis and treatment.

16780 "The Wellness Recovery Connection"  
by *John Newport, PhD*

Arresting the dependency on alcohol and drugs is crucial for survival. But overcoming addiction's insidious effects on the body by taking charge of one's health is critical as well. Newport, focuses on basic wellness concepts that are often disregarded; "taking it one step at a time" works for integrating a wellness-oriented lifestyle into recovery.

11285 "When Your Friend Gets Cancer"  
by *Army Harwell*

This wonderful little book is inspiring for those facing cancer together. At one time or another, all of us will be affected by cancer, either personally or through family or friends. Harwell gives personal examples of her own struggles and triumphs, incorporating inspirational quotes and scriptures throughout the book.

11805 "Menopause and the Mind"  
by *Claire Warga, PhD*

The author brings public and professional attention to the link between hormonal change and lapses in the cognitive faculties of women in the years leading up to and during menopause. Warga makes a fascinating argument for the biological, even evolutionary basis of such behaviors in both men and women.

### Videos

10889 "PMS: It's Not In Your Head"

10879 "Getting Well Again"

### Audios

14004 "Paths to Well-Being"

13033 "Joan Lunden's Healthy Living"

13856 "Health & Fitness Excellence"

## Meet the Volunteers That Help at Lost & Found

April 27- May 3 was National Volunteer Week. The theme was "Volunteer to Change the World." We were able to take the opportunity to thank all the volunteers who help at Lost & Found. Without the generous contributions of their time, Lost & Found Ministry would not be what it is today. Because of our volunteers, we are able to continue growing and helping those in our community and surrounding area. The volunteers for 2008 are:

Burke Almquist

Solvieg Bartz

Bill Biber

Dennis Blake

Lori Chapman

Bill Crone

Virginia Fasteen

Gary Gran

Ted Jirik

Jeanette Karst

Leanne Kingsley

Gerald Koenig

Tricia Livingston

Christina Mitrovic

Margaret Nelson

Marvel Ostbye

Kathy Richardson

Dee Rolfson

Linda Rosaasen

Robert Scheidecker

Jeanette Scheidecker

Brian Waller

Ginny Wardwell

Ruthie Zitzow

Wayne Zitzow



On May 1st, a dinner was held at Speakeasy to honor and thank all the volunteers at Lost & Found Ministry. The number of hours volunteered in 2007 was days: 899.5 and evenings: 400.5, for a total of 1300 hours. The hard work and efforts of our day time volunteers have provided the manpower of full-time employee for 22 weeks!. Because of the dedication of our evening volunteers, 99 patrons were able to use the library in the evenings during this past year.

## Just for fun

### July Is National Ice Cream Month

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90 percent of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

The U.S. ice cream industry generates more than \$21 billion in annual sales and provides jobs for thousands of citizens. About nine percent of all the milk produced by U.S. dairy farmers is used to produce ice cream, contributing significantly to the economic well-being of the nation's dairy industry.



- Ice cream IS the "Great American Dessert" as the United States leads all the nations in ice cream production and consumption; New Zealand is second and Denmark is third.
- Each American consumes a yearly average of 23.2 frozen dairy products.
- The North Central states have the highest per capita consumption of ice cream at 41.7 quarts.
- More ice cream is sold on Sunday than any other day of the week.
- Children ages two through 12, and adults over 45 years eat the most ice cream per person.
- The average number of licks to polish off a single scoop ice cream cone is approximately 50.