

Lost & Found Newsletter

Your Addiction/Self-Help Library and Intervention Services

Winter 2011



LFM Fun Facts:

~LFM began in 1987 by Thea Gullings.

~The name “Lost and Found” was chosen in memory of Thea, who lost a son to alcoholism.

~Intervention Specialist, Bill Iverson, has facilitated 1150 interventions.

~LFM started with \$1000 worth of material. Our current library resource inventory is at \$250,000.

~The library houses over 7500 items.

~“My Name is Bill W.” is still LFM’s most utilized library resource.

~LFM employees 5 part-time staff, and has 26 active volunteers.

~In 2010, LFM volunteers donated over 1623 hours of their time.

~All LFM services are provided free of charge.

Making Connections

By Pastor Ray Branstiter, LFM Director

Having spent twenty-two years in the Navy some would think I would have a long list of former shipmates that I keep in contact with. Given the internet, Facebook and all of the other social networking sites finding old friends is easier today than anytime in the past. Truth is, I have not kept in contact with that many of the wonderful people I was stationed with during those years of service.

One family that I have stayed in touch with over the years, is Joe and Alyce Frazier. Joe was the chaplain at my first permanent duty station, Guam, in 1972-74. Joe and Alyce always opened their house to us single sailors, especially on Sunday night when Alyce would cook up a pan of lasagna. Over the years, the Navy sent Joe to Graduate School where he received a PHD in counseling and served as Commanding Officer of the Chaplains School. Joe retired in 1985 and they moved to Texas where he worked at a treatment center.

Last week, my wife Sandy and I drove down to Texas to visit Joe and Alyce. Joe is fully retired, spending most of his time volunteering at his church and other local ministries. We spent a lot of time talking about my ministry, Lost and Found Ministry and Recovery Worship. Joe was fascinated with both, but as a counselor he was particularly struck by the ministry of Lost and Found.

He told me there was nothing like Lost and Found in the Dallas area, and as far as he knew, in Texas. I shared with him the information that as far as we know there is not another library like Lost and Found in the country. He was also impressed that we were a free library. In a time when very little in life is free, he found it remarkable that we provided the services we do free of charge.

Comments like Joe’s, are not rare when it comes to telling the story of Lost and Found Ministry. We are free, and will continue to remain free because of the support we receive from our generous (story continued on page 2)



Lost and Found Ministry

Making Connections

(continued from the front page)

givers. This February 10, there is a wonderful opportunity to continue your support of Lost and Found. This is our second year of participating in the Impact Giveback "Giving Hearts Day". You can only participate online. You can also call LFM, for more information on giving.

You can help Lost and Found in two ways. One, by making a generous donation on February 10, and by telling people the story of Lost and Found. If you have a story as to how LFM has had an impact on your life, please write it down so I can share it with others.

Real World

As you sink deeper and deeper
Your time is short
No one can pull you out
As the people on shore scramble
You can hear yourself shout
But no one's there to hear you
You're becoming deeper and deeper
Within yourself
But no ones there to pull you to safety
To hold you and to love you
So you swim deeper and deeper
Hoping to find the way out
But you can't because you're addicted
And the only way out is up
You can't see the people anymore
Your families gone away
Your breath is getting shorter
You're drowning in your tears
You've hurt the people you love
They're not willing to forget
The lies, the screams, the hatred cries
You've hit the bottom
And you try to take a breath
Knowing if you do it will be your last
You feel warm and there's no more pain
As you lay on the bottom you hear the people cry
"I love you, Katie, and goodbye"

This poem was written by an 8th grader, from a family who struggles with addiction. If you or someone you know is struggling with addiction, call LFM 287-2089.



February 10, 2011

**Online contributions
can be made to**

Lost & Found Ministry at

www.impactgiveback.org

For more Information, call LFM 287-2089

Joseph and the Amazing Technicolor Dreamcoat

Feb. 12, 2011 at 7:00

Feb. 13, 2011 at 3:00 & 7:00

At Trinity Lutheran—Mhd
Tickets: \$10 Adults, \$8 Seniors, \$4 K-12

Proceeds benefit
Lost & Found and MN FoodShare


community day
Satur., Feb. 26, 2011



\$5 Coupon Booklets

LFM receives all of the proceeds from the booklets sold at LFM.

Addiction and Cognition

-Addiction Science & Clinical Practice (Dec. 2010)

Drug addiction manifests clinically as compulsive drug seeking, drug use, and cravings that can persist and recur even after extended periods of abstinence. The brain regions and processes that underlie addiction overlap extensively with those that are involved in essential cognitive functions, including learning, memory, attention, reasoning and impulse control. Drugs alter normal brain structure and function in these regions, producing cognitive shifts that promote continued drug use through maladaptive learning and hinder the acquisition of adaptive behaviors that support abstinence.

Check It Out

Here are just a few of our newly added library items. Please stop in and check them out for yourself.

Books

"The Courage To Be Yourself: Woman's Guide To Emotional Strength & Self-Esteem." -by Sue Patton Thoele

"Chronic Illness And The Twelve Steps" - by Martha Cleveland

"Connections: The Threads That Strengthen Families" - by Jean Illsley Clarke

"Growing Up Again: Parenting Ourselves, Parenting Our Children" - by Jean Illsley Clarke & Connie Dawson

"Say Yes To Your Life" - by Leo Booth (2008)

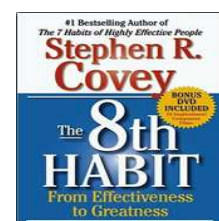
"TouchPoints For Recovery: God's Answers For Your Every Need" - by NLT (2009)

"Save My Son: A Mother And A Sheriff Unite to Reclaim the Lives Of Addicted Offenders" - by M. Wills & M. Carona

CDs

The 8th Habit: From Effectiveness To Greatness (14 hours) -by Stephen R. Covey

Being effective as individuals and organizations is no longer merely an option - survival in today's world requires it. The crucial challenge of our world today is this: *to find our voice and inspire others to find theirs*. It's what Covey calls the 8th Habit. Many people feel frustrated, discouraged, unappreciated, and undervalued - with little or no sense of voice or unique contribution. The 8th Habit is the answer to the soul's yearning for greatness...and humanity's search for its "voice".



DVDs



Fierce Goodbye: Living In The Shadow Of Suicide (2004) 44 minutes.

Over four million people a year in the United States mourn the tragic suicide deaths of family members. Suicide devastates family members for many years; family survivors are at a greater risk of suicide themselves and the pain ripples out to entire communities. In this (documentary) family survivors reveal their intimate stories and aching pain to assist other survivors and to help the broader community understand the unique and terrible grief of suicide.

A Parent's Guide To Growing Pains: Self-Esteem (2007) 66 minutes.

This (film) can help parents teach children how to overcome negative thoughts and feelings about themselves. These skills can help a child adjust to a new social setting, as well as help them as they move through new classrooms every school year.

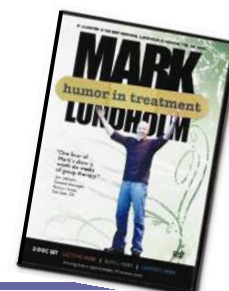


The Triggering Effect (2008) 36 minutes. -by Claudia Black

For addicted persons, triggers are signals that they are entering a stage that brings them closer to relapse. Whether the problems are with substance or behavioral addiction, the viewer is asked to think seriously about triggers and identify the warning signs that one is entering a zone of jeopardy. Critical triggers discussed include: romanticizing the behavior, loss, feelings, resentment, and being one's own God.

Mark Lundholm: Humor In Treatment (2007) 105 minutes.

With his trademark raw emotion and luminous wit, Lundholm shares the turbulence of his own addiction - and inspiring recovery since 1988 - deftly moving his audience into the realm of hope. A support tool made for treatment centers, drug and alcohol awareness programs, or anyone else in the recovery industry. The three-phase series (Getting Here, Being Here, and Leaving Here) dismantles with therapeutic brilliance the disease of addiction.



Many, Many, Many Thanks!

Thank You Virginia

If you've stopped at LFM on a Monday, you've probably seen a woman at the side desk, working diligently cleaning library materials. For six years, Virginia volunteered at LFM. A quiet, soft spoken woman, she went about her work in the same manner. She didn't want accolades, and would shrug off compliments; saying she really 'wasn't doing much'.

We couldn't let Virginia leave without telling her how much she was appreciated, and her contribution to Lost and Found! Thank you Virginia, for all you've done for LFM, and ALL you continue to do as a volunteer in the community!

Baked Potato Lunch A Hit!



Cindy, Pastor Alexis, Dave, Beth, & Catherine prepare for Baked Potato Luncheon in 2010.

LFM's fall fundraiser was a huge success! The turnout was good, and the potatoes were great! We'd like to thank all those who attended, and all who worked behind the scenes to make this event successful!

Our heart felt appreciation to Dave 'the chef' for donating his time and culinary expertise, to Trinity Lutheran for graciously letting us use their facility, to Ron Offutt and Jim Baker for the potatoes. Thanks to Hornbachers, for generously giving us a reduced price on condiments, and to the LFM supporter for purchasing them. Thank you to ALL who volunteered there time - promoting the event, baking bars, and helping in the kitchen.

Thanks John at Maaks Red River Vacuum for donating the labor cost to repair our vacuum!		Maaks Red River Vacuum 107 7th St S - Mhd 218-233-3210
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VINTAGE POINT —YOUR JOURNEY TO YESTERDAY	
Thank s ladies for the GREAT deal on spinners for our library!	1450 25th St S Fargo, ND 293-6336

In-Kind Gifts

We'd like to thank Keith, Sara and Triumph Lutheran Church library for their donation of books to LFM library this past quarter..

Thank you to Kim, Madrene & Graham for coffee and creamer; and to Jeanette, Kathy, Kim and Donna for office treats.

And a special 'Thank You' to Sandy-Michael for his purchasing 2 DVDs and a CD from our "wish list" to add to our library! (see page 3, "Fierce Goodbye: Living in the...").



RBC Wealth Management's donation helps bring most popular to DVD!

Many of your favorite videos at LFM are now available at our library on DVD! Our Director, Pastor Ray contacted several publishing companies seeking permission to copy VHS versions of their films, to DVD. Although they were not able to grant permission on these copyrighted items, they did offer the requested films on DVD at a discount and some for free!

MAC Publishing (Claudia Black), sent free replacements and a copy of her newest DVD (see page 3, "The Triggering Effect"). GWC Inc. offered replacements at an incredible discount. An LFM volunteer approached RBC Wealth Management, who graciously made a donation to cover the cost of purchasing those discounted DVDs.

Thank you MAC Publishing, GWC Inc. and RBC Wealth Management!



Memorials and Honorariums

Received October 31, 2010 – December 31, 2010



In Memory of:

Duane Albert
-Alden & Pat Gjevre

Audrey Anderson
-Sherwood & Marilyn Peterson

Doug Belgium
-Joel & Bernice Belgium

Jeff and Wade Bergman
-David & Laela Salvevold

Fred & Al Bjornson
-Russell & Lois Bekkerus

Blanche Blahna
-Mary Wentzell

Walter & Marian Blilie
-Dennis & Vicki Rust

EA Branstiter
-Bernice Branstiter

Norva Brueland
-Ruth Siegle

Victor Carlson
-Pearl Landsem

Crucified Christ, Living Christ
-Duane & Inez Nelson

Albert & Ruth Christensen
-Eugene & Elizabeth Christensen

Barbara Donagan
-Pearl Landsem

Max & Rudine Dreier
-Eugene & Elizabeth Christensen

Fred Drenkow
-Dale & Margaret Anderson

Gordon Duprey
-William Behrens

Richard Etterman
-Eileen Etterman

Dean H Folden
-Bernice Branstiter

George & Gary
-Louise Grant

Derek Gordon
-Eileen Etterman

Thea Gullings
-Arvid & Marie Leiseth

Sonny Gulsvig
-Marcella Gulsvig
-Donald & Penny Burgau

Rose Gytri
-Noreen Knutson

Phyllis Hellem
-Arvid Hellem

Howard & Chuck
-Margaret Johnson

Clifford Kuehl
-Noreen Knutson

Harris Kuehl
-David & Gloria Lee
-Noreen Knutson

Joan Lanning
-Bob & Gloria Hanson
-Morrie & Ruthie Lanning

Ruby Linder
-Paul Knutson

Irving & Medora Nelson
-Lyle Nelson

Palmer Nymark
-Phyllis Nymark

Vernon Overby
-Jeff & Tracy Overby

Lois Peterson
-Dale & Margaret Anderson

Sigrid Schulstad
-Dale & Margaret Anderson

Ray Siegle
-Ruth Siegle

Wally Solien
-Gwen Solien

June Tharaldson
-Dan & Marla Larson

Garry Thompson
-Graham & Madrene Goeson

Otto Ursin
-Bernadine Ursin

Daniel Vasquez
-H. Marilyn Anderson

Brian Wenner
-Arden & Kathryn Rohman
-Valborg Schmieg

Paul White Jr.
-Pamela White

In Honor of:

Pastor Ray Branstiter
-Robert Cobb & Dorothy Schmidt
-Virginia Fasteen

Sandy Branstiter
-Robert Cobb & Dorothy Schmidt
-Virginia Fasteen

Paul Brunsberg
-Kenny Nelson

Cole (son)
-Jeffrey Mooridian

Bill Iverson
-Anonymous
-Janet Iverson
-Terry Koppang
-Math & Lynn Prom
-Roger & Lorie Nymark

Jon Benson
-Kathryn Benson

Bart Kosen
-Eulale Kosen

Lost & Found Staff
-Gerald & Nora Koenig
-Renee & Mike Lorfald
-Duane & Inez Nelson

Lost & Found Volunteers
-Renee & Mike Lorfald

Jonathan Pipho
-Armin Pipho

Recovery Worship Staff
-Gerald & Nora Koenig

Kathy Richardson
-Kathryn Benson

Ruth Circle - Trinity, Mhd
-Janet Amundson
-Kathi Amundson
-Leon & Lois Bylund

Sarah (daughter)
-Jeffrey Mooridian

Trinity Pastors, Mhd
-Earl & Bonnie Felland



Earnie Larsen, 71, of Brooklyn Park, died Jan. 11, 2011 after battling pancreatic cancer. Through his books, memorable speaking engagements worldwide and the cherished words he left, he continues to encourage the addicted to keep battling their disease.



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

Non Profit Org
 US Postage Paid
 Permit #338
 Moorhead MN

Return Service Requested

Giving Hearts Day

February 10, 2011



**If nothing changes,
 nothing changes.**
 -Earnie Larsen

Lost & Found Ministry
 111 7th St S
 Moorhead MN 56560
 Phone: 218-287-2089
 Website: www.lostandfoundministry.org

Staff:
 Pastor Ray Branstiter, Director
 Bill Iverson, Intervention Specialist
 Sandy Branstiter, Donation Coordinator
 Susan Aukes, Circulation Coordinator
 Catherine Dickey, Bookkeeper

Lost & Found Ministry Statistics

January - December 2010

Pastoral Counseling (Pastor Ray)	
Number of cases	176
Persons served	246
Interventions Discussion (Bill)	
Number of cases	390
Persons served	564
Interventions (Bill)	77
Presentations	56
5th Steps (Bill & Pastor Ray)	63
Library Usage	4023
Books/Workbooks	1392
CDs/Audios	287
DVDs/Videos	2333
Games	11
New Patrons	213
Volunteer Hours	1623
Website Hits (since Sept. 2008)	23,042

*"A Christian Ministry of healing for those
 who struggle with addictions"*