

# FAITHNOTES

MAY 2026

*The Newsletter for Communities of  
Faith/Peace United Parish, United Methodist  
Clarissa - Clotho - Eagle Bend Long  
Prairie - Wrightstown*

Thoughts from Kali . . .

*Thoughts.....*

*May seems like a transition month, doesn't it? We get ready for the ending of school and other events that align with the school calendar. We get set to transition to summer. Summer is an exciting time in Minnesota. It feels like freedom, movement, and unscheduled days. There is delight in that wonder and excitement. Summer feels like there is opportunity to try something different and new. I have spent some time organizing a bit of the porch pondering schedule and I feel an excitement as I look at the calendar and see the time booked for annual conference and the Todd County Fair. Mixed into the possibilities of meeting up with friends and family for picnics and camping, the joy of baseball and hotdogs. There is much to hold onto.*

*In that mix, I also think about what we could do to shake life up, to see people in the pews, to have some fun. We are scheduled to host the worship at Lake Charlotte for the kick-off of Prairie Days. Are there other times we could host some nontraditional worship experiences for others. Are you thinking of something that lights a passion in your everyday lives that could be celebrated at church too? Could we host a bonfire and music night that would allow us to cook foiled meals over the bonfire while we sing some campfire tunes and enjoy fellowship? What do you miss about church experiences that we could revive and revisit?*

*Today a group of relatives gathered for a family reunion, like we used to do every August at Uncle Ray and Aunt Ruby's. We never considered not going. It was a natural part of the summer. That was two generations ago and so, we came together, introducing one another to new members and members who never had the opportunity, members*

*that were little children we had at the last gathering. Time has flown and we have missed out on watching each other grow and age. I wonder if it isn't a piece of joy that is rekindled when we visit our roots and celebrate the opportunity to see traits and newness and freshness in our lineage. We have this opportunity to celebrate a heritage of love and goodness that Jesus has made known in our lives, but do we want to do the work of reviving that relationship and that experience? The good old days had some ideas and we wish everyone would know about Bible School, camps, fires, and songs, but we do not want to organize it or relive it. We want the church to hold space for us and to give us the opportunity to gather as a body.....to celebrate lives, to baptize, to get our kids confirmed, but do we want to hold space for the daily needs that grows our faith and melds us together. I am family with the people I saw today. They hold value for me, but if I do not nurture that connection, will it stay and sustain, and grow?*

*Our churches are in need of nurturing and action, investment. What ideas do you have that would add vitality and personal grounding? What heritage do you bring to the table of love? What richness do you see in the possibility of freedom? Faith? Fun? There is a time for everything and the time for your ideas and suggestions may lead to a connection that bears fruit, that provides fellowship, which lights the kind of fire that will let the hope and noise of resurrection in. VBS, camping, a night to walk and pray, an afternoon of Bingo at the nursing home, a bike tour of our churches.....what say you to the transition to new experiences and new life?*

*At the end of the reunion, we cleaned up and I headed to a play where the actors had spent time practicing since February. They put on an outstanding performance, made an audience come alive with laughter and thought and interaction. What an investment in community and love for all of us who were there. We are bound to each other as we bind ourselves to Christ. We are bound to each other in prayer, care, and reaching to levels of investment and hope. We are bound to each other in grace and the voice who says I love you. We are bound to one another by the tie that binds. In this transition to summer and transition, could we be fresh and hopeful, could we call on the*

name of Jesus to kindle our hearts and recognize in one another a reason to be intentional and connected? Can we really be the Church? Amen



### The Parish Nurse's Note: May 2026 "More Good Days, Together"

As the flowers bloom this May, we focus on our mental and spiritual well-being. Our theme this month is "**More Good Days, Together.**" In our walk with Christ, we know that some days are harder than others, but we are never meant to carry those days alone.

#### Small Wins Matter

Mental health isn't always about "being happy." Often, it's about the small victories that keep us moving forward. This week, try to celebrate one "small win" each day:

- **Physical:** Taking a 10-minute walk in the spring air.
- **Mental:** Drinking an extra glass of water or taking three deep breaths.
- **Spiritual:** Spending five minutes in quiet prayer or reading a favorite Psalm.
- **Social:** Calling a friend just to say "hello."

#### May Calendar & Health Focus

- **May 6–12: National Nurses Week** – Let's pray for all the nurses in our congregation who provide care and comfort to others.
- **May 17: Heritage Sunday** – We celebrate our history and the "sacred worth" of every individual.
- **May 24: Pentecost (Wear Red!)** – As we celebrate the "breath of life" (the Holy Spirit), remember that your breath is a tool for peace. When stressed, try "Box Breathing": Inhale for 4, hold for 4, exhale for 4, hold for 4.
- **May 31: Peace with Justice Sunday** – We recognize that community health begins with fairness and peace for all.

#### Parish Nurse Tip: B.E. F.A.S.T.

May is also **Stroke Awareness Month**. Remember this acronym to save a life:

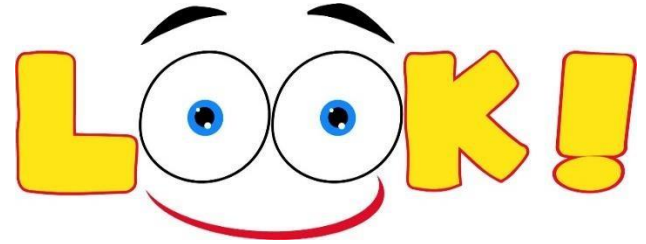
- **Balance:** Sudden loss of balance?
- **Eyes:** Sudden vision change?
- **Face:** Is one side drooping?
- **Arms:** Is one arm weak or numb?
- **Speech:** Is it slurred or strange?
- **Time:** Call 911 immediately.

#### A Prayer for the Month

*Gracious God, thank you for the gift of this new season. Help us to find the "small wins" in our days and to be a source of support for one another. May Your Spirit breathe peace into our minds and health into our bodies. Amen.*

In health and blessings,  
Cinnamon S. Lancaster RN, BSN, PHN  
Faith Community Nurse

**Look at all sections for more information.**



#### A little of this and a little of that...

**Food Shelf** ..... The evening Food Shelf has been a fun experience. People are filled with JOY and excitement. Serving does something to you that is hard to describe and easy to feel. If you can help out one night a month or once every few months, we would love to have you join us.

**VOLUNTEERS** ..... many spaces are looking for volunteers and even though we feel stretched for time, it is amazing how good it feels to reach out and help out!

**Prayer Peeps.** we are praying once a month at the Chapel at CentraCare. Prayers that are in the prayer wall and prayers that have been shared with us in our churches. It is good to pray together and to be present together. Please join us as we show up to grow in prayer and care. This month, May 18th, noon.

**Meal Packing** Thanks to everyone who showed up to pack meals. We had a good time. We have given out many bags of groceries in the last two to three weeks. There are so many needs.....so many people who are struggling...and a little bit of kindness goes a long way. Thanks for doing what you do.....thanks for caring, for sharing your time, for making a difference, for showing up!

**Ministerial Fund:** The requests have been crazy the last few weeks. We are tapping into every other fund possible by asking hard questions and collaborating with anyone we can to make ends meet. That being said, our fund is often the only fund that

does not require a ton of hoops to pass through. We are working with all resources to make sure we are getting the most out of helping and caring. We received 500 dollars from friends in the community who have reached out over and over again to help us with physical needs and monetary donations often. Our giving is very ecumenical, everyone seeing their Neighbors as a viable and important. I received 300 dollars from a friend and bought grocery cards with it. Am very grateful for that care. We have been gifted hamburger again from a couple who does a lot for our communities as well. I will be on the look out for any grants or other sources of funding as we continue to be available to so many people who are challenged by their current situation in life....whether that be a diagnosis, an emergency, or circumstances in life. Thanks for sharing a gift of hope whenever possible.

**Greater Good Fund:** we will continue to reach out as we can. We have supplied some devotionals and other items of hope to people who are in the midst of much going on in their lives. If you know of spiritual and emotional needs expressed and would like to reach out in some way, be in touch.

#### **Ministerial Team April Schedule:**

3..Erin and Kali

10..Jennifer and Kali

17..Marlys and Kali 24...Erin and Kali

31..Jennifer and Kali

Ministerial Team will meet on May 11th, 5:15 p.m., at Buford's

*Worship  
With Us*

**JOIN US IN CHURCH...**Would love to have you join us in church...we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you could worship with us. Thanks to everyone who continues to financially, give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches. Our winter has left many of our offering plates low on giving. While, nobody is in a panic and everybody knows budgets are tight, please do remember our

churches. The programs and needs here are still major and we are called to be stewards of whatever gifts we have been given. Thanks for your generosity and your prayers and care for the churches.

Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN 56347.

Contributions for Wrightstown UMC send to Joan Zirbes, 62172 County Hwy. 40, Parkers Prairie, MN 56361. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301.

## **Conversations**

Wednesday mornings, 7 a.m., Facebook, Kali Christensen Page....sharing a morning devotion and conversation. Join us.



## **Meanderings of the Preacher...**

Additional places I will be this month: A full day of class on the 6<sup>th</sup>, working on assignments throughout the next couple of weeks. Community Connections Network, 9 a.m. on the 8<sup>th</sup>. Rural ministry matters on the 15<sup>th</sup>, Graveside services for Byron Erickson, May 16<sup>th</sup>. Officiating a wedding on the 24<sup>th</sup>, celebrating Memorial Day on the 25<sup>th</sup>, meeting on the 27<sup>th</sup>.



**PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY...**

**Central Todd County Care Center & Assisted Living – Clarissa**

Darlene Bodle - Gene Bodle

**Meadow Place – Long Prairie**

- Darlene Baxter - Jan Miller - Bev Johnson

**Long Prairie Memorial Nursing Home**

- Orin Baxter – Jane Lunser

**Vitality Living of Long Prairie -**

Lucy Mazo

**Nursing Homes services:**

Nursing Home Services at Central Todd County Care Center, May 6<sup>th</sup> and 13<sup>th</sup>, 2:30 p.m. Long Prairie

Nursing Home Services on May 13<sup>th</sup>, 9:45 a.m. and service at Vitality Living, Long Prairie at 10:30 a.m.

**PRAYER REQUESTS**

Family of David Roth

Joe Lorentz, leukemia

Family of Betty Kuelbs Heidi, cancer free

Jason....chemo

May Miller....chemo

Rick Hart , recuperating well. Still in FL Gratitude for Paul and Bobbi painting the stains on the ceiling

Frank and Kali.....safe travels to Oregon

Beach Family...safe travel and a fun get away

Ron Meyer...stroke

Carol Hammond...pinched nerve in her back

Turbulence in the world

Prayers for understanding and peace

Sue’s neighbor, Steve, cancer

Faye’s brother, Marshall, long hospitalization with leukemia

Jane Oyster Duncan, diagnosed with leukemia Jenni

Sibert...temperature and having a hard time breathing

Ellen Sibert, cancer is back. Going for a pet scan on the 31st

Betty Kunerth’s brother, Tom Williamson, cancer is back

Brad, boyfriend of Sue’s friend is in cancer treatment

Matt Siegle

Safe travel for Easter

Doris Marquedant had a stroke and surgery.

Family of Bob Heid

Nick Patrias, 6 month plan of treatment for cancer diagnosis.....young man, co-worker of Dana & Troy in

EB and Nick’s wife is a co-worker of Nicole’s in Clotho.

Janet, cousin of Andrew, who lives in Canada has Parkinson’s, fractured her hip.

Joy of Carol Hammond and a new great grandgirl, Nora Faye!!

Mark Nelson.....made kidney transplant list.

More medical appointments coming up. Sue

Boehland, healing Shirley Carrick’s family

Glenda Kohnen, fell and broke her hip when visiting relatives out west, recuperating in a care facility in Park Rapids

Ellen Sibert had biopsy Friday, awaiting tests

Jenni Sibert

Art Packard, celebrating 78!!!! Carol

Hanson’s sister-in-law, upcoming surgery

Jan Doroff, health issues

Betty Kunerth, health issues

Marlys, safe flight to Las Vegas to care for exhusband, Bob, having triple by-pass this week Wanda Rosenow, hospitalized with swollen legs Wanda’s son, stroke

US and Iran and PEACE

Matthew and finding correct treatment for panic attacks Roger

Berkness, healing

Family of Judy Decker

Dylan

Don Moore, St. Cloud Hospital after severe stroke

Brenda Faust and Fam in the death of Brenda’s Mom Graduates

Joy and fun of Prom and events

Dana Zierden, safe travel to Japan & China Bob, Jennifer’s Dad, healing after major heart surgery

Luana’s daughter-in-laws, Ellen and Jenni

Joanie’s brother-in-law, Larry, kidney disease

Carolyn’s sister-in-law, traveling

Spring to burst forth

Family of Ginny Weiss

Family of Rick Busch

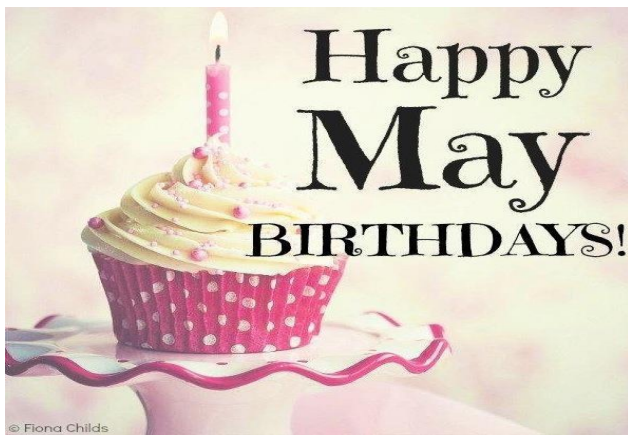


**God is Love**

X	S	G	M	E	R	C	Y	J	K
E	A	L	D	W	I	S	D	O	M
F	L	P	O	J	F	H	I	T	V
O	V	A	O	V	H	E	J	E	G
R	A	T	V	Q	E	A	W	A	R
G	T	I	R	D	A	L	E	C	A
I	I	E	F	A	I	T	H	H	C
V	O	N	Y	M	P	A	L	E	E
E	N	C	T	R	U	S	T	R	E
Q	Q	E	K	K	G	U	I	D	E



- Word list:  
 FAITH  
 FORGIVE  
 GRACE  
 GUIDE  
 HEAL  
 LOVE  
 MERCY  
 PATIENCE  
 SALVATION  
 TEACHER  
 TRUST  
 WISDOM



- 5 .Dylan Stine
- 7. Rod Kamphenkel
- 8. Carol Hanson
- 8. John Frerichs
- 9 .Caiden Frerichs
- 11.Thomas Claseman
- 13.Lano Quillo
- 14.Janet Doroff
- 15 Carter Hudalla
- 17.Aaron Zierden
- 17.Linda Kamphenkel
- 21.Linda Browen
- 23.Mike Stine
- 23.Jenna Kunerth
- 27.Carter Denny
- 28.Michael Warner
- 29.Dean Prather
- 30.Rhett Kunerth

If a birthday is missed, please be in contact with r one of the Kali's. So it can be added.



## Communities of Faith

## United Parish



### Clarissa Chatter. . .

Administrative Council, Administrative Council, May 18th, 5 p.m.

### Clotho Corner. . .

Coffee in Clotho, 6:30-9 a.m., May 1st. Always fun!!!!

Music Jam, Monday, May 4<sup>th</sup>, 1 p.m. Don't miss out on the fun!

Color Run Station, May 8<sup>th</sup>, volunteers are manning a color run station at Harmony Park. thanks to those giving of their time and energy.

Baptism of Baylor Zimmer, May 31, 2026.

Sunday School Teachers for the fall needed for Clotho. It is time to give honor to Nicole and Mindy who have headed up Sunday School for a long time. If you are interested in talking about the possibilities, please see one of them. Sunday School does not have to be done in a certain way. Our hope is to be present, sharing the love of God and nurturing our kids in knowledge and grace.

Coming up: Ice Cream Social Meeting, Sunday, June 14<sup>th</sup> after church.

### Eagle Bend Box. . .

Monthly Free Supper, Tuesday, May 19, 4:30-6:30 p.m. So good and lots of fun. Please join us!!!!

Admin meeting at 6:45 p.m., following the supper.

### Peace United Update...

Admin Meeting, Sunday, May 17<sup>th</sup> Note date change

### Wrightstown Wrap-up.....

Brunch after church on Sunday May 3<sup>rd</sup>. Everyone is invited to bring a dish and share in fellowship and a good meal.

Lydia Circle will meet on Thursday, May 7<sup>th</sup>, 11 a.m.

CONFIRMATION is coming and we have several people readying, so if you want to join us, please be in touch. This year we have some exciting plans with a couple of adults considering being a part of the experience too. I hope that comes to fruition. It sounds fun and we would love to have others join us. This will be a combination hybrid experience so we can make the most of our time. If you are interested, there will be a brief meeting for all interested participants on Monday, June 1st, 7 p.m., Clarissa office. We will discuss the content, answer questions, and talk about the plans to meet up in person and on zoom.

PORCH PONDERINGS gets underway on Thursday, June 4, 7 p.m. We will open the first night with music as usual, my birthday gift to you. We are just beginning to get things scheduled, so if you are ready to speak or have someone you want to see on the porch, please be in touch as soon as possible. We are excited for this annual ministry. If you have not attended, give it a try, a great time to get to know your neighbors, to learn about experiences, and to enjoy community. Refreshments always served. Bring your lawn chair.

Coins for Lent...thanks for your generosity and care. Will fill you in on amounts and the places voted in to receive these gifts. Appreciate your thoughts about sharing and appreciating the little things in life....that are so often, the big things.



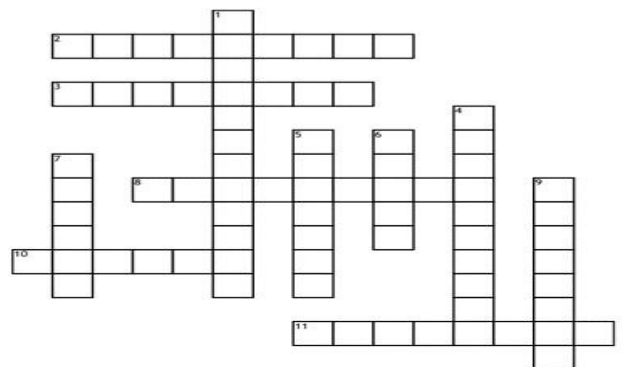
Bottles for Lakes Area Pregnancy Resource Center in Staples will be available from Mother's Day to Father's Day for your donations. There will be a couple left at each church and we can certainly get more if you have an interest in giving to this cause. There will be information posted so you can make a choice as to whether or not this is a mission you are interested in. There is a resource center in Long Prairie and they usually share information with us in January. Both centers are happy to receive donations and the gift of diapers at anytime.

Course of Study. I am in my 15th class of Course of Study. I am taking classes from St. Paul's School of Theology. It is a different format so I will not be traveling with the class, but have more times in class through zoom. This class will last through the middle of May.

Lectionary readers wanted. If you would like to read scripture once in a while, please be in touch. Thanks.

**FIVE CHURCH MEETING** WILL BE HELD IN JUNE. We will meet for our five church meeting on Wednesday, June 24th, 7 p.m. As usual, we will be done by 8:30 p.m. This is s a good opportunity to car pool and chat together, and to get to our furthest north end church. There are no steps. Refreshments will be served. We will meet up as a group, have a few minutes in our church groups with some side groups meeting together too. We will gather back together with plans to share. Look forward to seeing you for a fun night of fellowship and care. It is hard to believe, but by that time we will have been together for half of the year, a great time to chat about how much we know about each other and the vision we cast for the remainder of the year. Please mark your calendar today, so we have a good turnout.

## ASCENSION SUNDAY



### Across

- 2. THE START OF SOMETHING
- 3. THE TWELVE CHIEF DISCIPLES
- 8. TO HAVE POWER
- 10. ANOTHER NAME FOR THE KINGDOM OF GOD
- 11. ALL IN A GROUP

### Down

- 1. HOW TO DO SOMETHING; DIRECTIONS

- 4. ANOTHER NAME FOR THE ADVOCATE
- 5. AN AGREEMENT, AN ASSURANCE
- 6. NOT DEAD
- 7. THE NAME GOD GAVE JACOB
- 9. A SACRAMENT INVOLVING WATER (PAST)



# MAY 2026

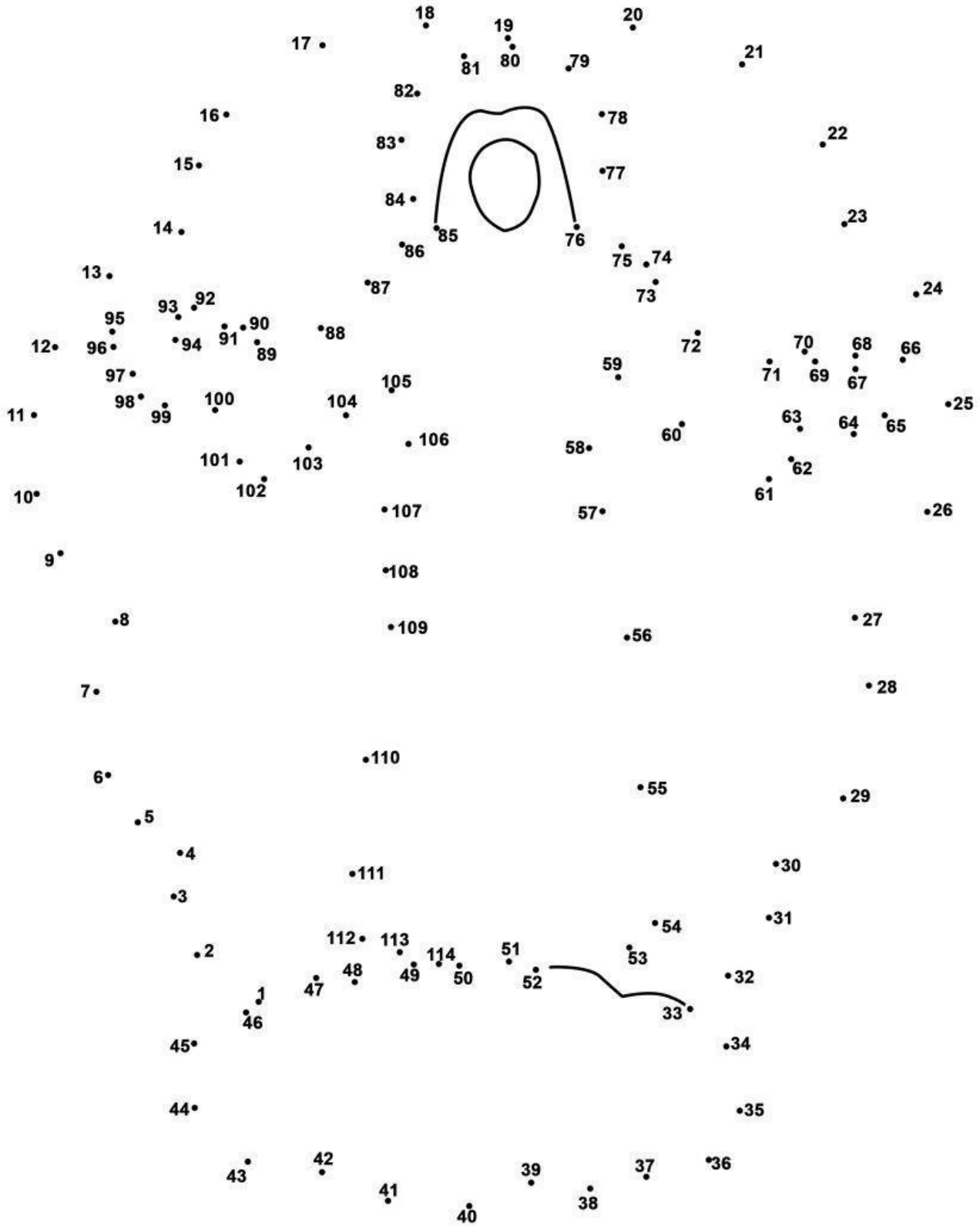
						1	2				
						6:30 am to 9 am Coffee at Clotho					
3	<b>10 Church Services</b> Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am & Brunch to Follow	4	<b>1 PM Music Jam at Clotho UMC</b>	5		6	Conversations on Facebook at 7 am Kali Christensen Page <b>2:30 pm Worship at CTCC</b> 1:30 pm Heritage Apartments	7	Lydia Circle 11 a.m.	8	9
10	<b>Church Services</b> Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am NO PUC Council Clarissa - 10:30 am Wrightstown - 10:30 am  <i>Happy Mother's Day</i>	11	<b>Ministerial Team 5:15 p.m., Buford's.</b>	12	Kali 11-1:15 p.m. Meetings at HRK.  <b>5:15 Food Shelf-Long Prairie</b>	13	Conversations on Facebook at 7 am Kali Christensen Page <b>9:45 am Worship at Long Prairie Nursing Home</b> <b>10:30 am Worship at Vitality Living in L.P.</b> <b>2:30 pm Worship at CTCCC</b> 1:30 pm Heritage Apartments	14		15	16
17	<b>Church Services</b> Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am PUC Council after Worship Clarissa - 10:30 am Wrightstown - 10:30 am	18	Noon - Kali praying at Centra Care L.P. Hospital <b>Administrative Council, Clarrisa 5 p.m.</b> <b>Community Circle</b> at Hilltop Regional Kitchen 5-6:30 p.m	19	<b>Soup and Sandwich Supper in Eagle Bend 4:30 to 6:30 PM</b>	20	Conversations on Facebook at 7 am Kali Christensen Page 1:30 pm Heritage Apartments	21		22	23
24	Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	 <b>HAPPY MEMORIAL DAY</b>		26	<b>5:15 Food Shelf-Long Prairie</b>	27	Conversations on Facebook at 7 am Kali Christensen Page. 1:30 pm Heritage Apartments	28		29	30

Looking ahead to June: The Five Church meeting... Wednesday, June 24<sup>th</sup>, 7 p.m.

Communities of Faith United Parish  
P.O. Box 158  
Clarissa, MN 56440

TO:

May 2026  
Pastor Kali Christensen  
Cell: 320-808-6301  
Email: [kali.christensen55@gmail.com](mailto:kali.christensen55@gmail.com)  
Facebook: Communities of Faith – Clarissa,  
Clotho, & Eagle Bend



# Memorial Day Word Search

AMBERLEY VETERANS

UNKNOWN SOLDIER

DECORATION DAY

MEMORIAL DAY

DESERT STORM

REMEMBRANCE

COMMEMORATE

ACKNOWLEDGE

WORLD WARS

OBSERVANCE

KOREAN WAR

GRATITUDE

CIVIL WAR

MONUMENT

MILITARY

CEREMONY

CEMETARY

TRIBUTE

SOLDIER

SERVICE

RESPECT

FREEDOM

FLOWERS

DIGNITY

COUNTRY

SALUTE

HEROES

MEDAL

HONOR

FLAG



M	O	I	M	L	U	X	Y	O	G	A	L	F	S	F	W	H	S	E	R	V	I	C	E
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B	E	I	Y	H	V	U	N	U	C	M	C	E	Z	Z	K	X	O	T	T	V	I	X	F
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