



Parish Visitor

Belfield Lutheran Church · Daglum Lutheran Church · Medora Lutheran Church

Mental Health and God by Sonja Mattison

Exodus 23:25

“And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.”

Now, mental illness is common, but it still needs to be completely free of stigma and omit the ink blotting of individuals diagnosed with mental illness. For centuries, mental illnesses have been frowned upon. They also have been deemed to be obscure-like an esoteric secret or taboo, and because of this, those who suffer with mental illness feel ashamed, internally scarred, and feel as if it is necessary to wear masks to hide the pain. Several decades ago, those who were undergoing mental illness were disregarded in society and greatly institutionalized as a form of treatment due to limited knowledge about this subject; they were simply defined as persons with a “sick mind.” And as so, these same people were shunned, isolated, and barred from expression without a chance to exhibit their “beautiful minds.”

The negative history of mental illness has allowed stigma to persist. Some of the stigma has improved with medical advancement for treatment such as medication, therapy, and mindful thinking exercises. Thanks to this medical advancement, persons that have bipolar depression, schizophrenia, anxiety, etc., have a better quality of life compared to the history of mental illness treatment. But with stigma, life can still be difficult. Labeling one's image with negative connotations due to having mental health conditions is a great stressor.

Society often categorizes illnesses, and because behavior plays a role, and society sets standards for behavior, at times defining what is normal to abnormal, mental illness can lean closer to the latter, so this may portray a false and negative image for some with conditions while be unfairly judged as being *different*.

But what the world fails is to see the beauty within individuals in this area. Without treatment, every person who has mental illness is a human, and with treatment they can be shining lights to this world. Sharing their experiences can enlighten all by advocating for better to eradicate stigma while build resilience and give credit to those who have overcome the hurdles of the struggles. As examples, such strong-minded people can contribute much to others who are suffering with mental illness. They can be the rainbow at times when it feels that the rain has poured down too many worries and troubles and an umbrella does not help, and the only thing left is to hear a voice of support that says, “you can do anything; love thy image and soul.”

It must be remembered that this illness can affect anyone at any time and while it can be overcome, it is not easy, so for more help, Jesus can also be a source to lean on. Also, with professional help, He can be a gateway to wellness, and thereafter help establish beautiful minds. Despite what mental health conditions many may face, standing firm in life will bring joy with possibility, and joy to rejoice in the morning until the next morning, and so forth. Because this illness is only being human, anyone cannot rise above it alone; it requires a team or support from others, and what helps most is calling on the Divine who lets us know that through His creation, He overshadows his love and makes a pathway for all who suffer and assures that anyone suffering from mental illness should not be blamed nor be a reflection of their this illness. *Jesus knows.*

He is righteous and can heal internal scars AND remove the external mask to cover the pain of shame and replace it with self-love by allowing his light to extract and shine through. Instead of putting mental illness in the dark, it should be embraced for those who have it and deem them to be a beautiful part of humanity. As stated before, the illness does not limit anyone, but those who suffer and accept Jesus into their soul will be able to stand in complexity with strength to promote mental wellness. Jesus is the Savior who takes imperfection and turns into perfection “as is.”

SPECIAL POINTS OF INTEREST

- Pancake Breakfast
- Sunday School Medora
- Confirmation Classes Start
- Badlands Ministries Fall Event
- Women's Retreat
- Walk to Prevent Suicide

“My faith impacts everything I do because I do believe that, through God, all things are possible.” - Dolly Parton

**Daglum Fall
Supper
September
27th, 2026
after
Worship**

Between imperfection and mental illness, he can be trusted with the whole process to guide lives into having healthy and happy lifestyles, which is also a favor from the Almighty. Seizing opportunity to stay on the road to mental wellness brings true blessings for all. Having a mind of clarity transcends into a meaningful life. And seeking Jesus first will harmonize an array of "beautiful minds" that lead to innumerable "beautiful lives."

Sonja Mattison currently resides in Georgia. She is an inspirational writer and the author of Thoughts of Matti40. She earned her Bachelor of Arts at Norfolk State University in Norfolk, Virginia. Article Source: <http://www.faithwriters.com>

**WALK
WITH US
TO PREVENT SUICIDE**

Join the Dickinson Walk

September 19th, 2026

Check In: 9:00 a.m.

Start: 10:00 a.m.

**Henry Biesiot Center,
Dickinson ND 58601**

Why Walk? Suicide is the 11th leading cause of death in the United States.
To prevent suicide, we need to understand it first.

[2026 Dickinson OOTD Community Walk Event Guide | PDF to Flipbook](#)

[American Foundation for Suicide Prevention \(AFSP\)](#)

*"Do not grieve, for the joy of the Lord is your strength." Joy is a source of power and resilience."
Nehemiah 8:10*



**BDM Pavilion
Meal Fundraiser
at the Belfield
Pavilion**

A huge thank you to all who contributed salads and bars and purchased groceries, prepped the meal, served and cleanup up at the Pavilion meal on Wednesday, August, 26th, 2026. We had an awesome crew and served over 130 people! Also, a special thank you to Terry Dwelle for providing mush. What a great addition!





BDM Confirmation **2026-2027**

Classes will be starting soon!

All 7th grade or older are welcome!
Wednesdays at 5:30 p.m.-7:00 p.m. at BLC

Confirmation classes will be starting September 16th, 2026

**There will be a parent/student meeting on
September 9th, 2026 at Belfield Lutheran Church at 6:00 PM**

Please contact Carmen Waldo if you need to register.
Church Office: 701-575-4703



*"Rejoice in the Lord always. I will say it again: Rejoice!" A call to constant joy in Him.
Philippians 4:4*

2026 WOMEN'S RETREAT

Enjoy a Bible Study,
Music, Crafts, Good
Food, Fun and
Fellowship

Registration, coffee
and rolls 9:00 a.m.

Lunch will be provided.
The retreat will run till
about 3:15 pm

**SEPTEMBER 19TH
BELFIELD LUTHERAN CHURCH**

Contact Jean Franklin for more information and to RSVP.
The Cost is \$20.00 per person

*"She is clothed with strength and dignity, and she laughs
without fear of the future." Proverbs 31:25*

In Loving Memory



Barbara Newton,
82, of Belfield, died
Wednesday,
August 19, 2026,
surrounded by
family at Sanford

Medical Center in Bismarck.
Barbara's Funeral Service was
held Thursday, August 27, 2026
at Belfield Lutheran Church,
Belfield with Deacon Cheryl
Lantz as officiant. Interment
followed at Belfield Lutheran
Cemetery.

*Eternal rest grant unto her, O Lord,
and let Your perpetual light shine
upon her. May her soul and the
souls of all the faithful departed rest
in peace.*

Belfield Lutheran Altar Guild

Thank you to Jean Franklin for Serving in July
Thank you to Jenna and Lillian Beck and
Julie Newton for serving in August
Serving in September Carmen Waldo and Anna Ross
Anyone Can Join the Altar Guild! See Jean Franklin for details.



Your voice is needed @ BLC!

Do you have 1-2 hours to give a month?

We are looking for someone who has a heart for service, collaboration, & prayerful decision making. Have you ever looked around our church and thought, "I wish we could try this," or "How can we better support our community?" Is God calling you to share your time and gifts?

Why it matters:

- **Direct Impact:** Guide our church's vision and decisions.
- **Community Focus:** Help allocate resources to meaningful ministries.
- **Personal Growth:** Serve God while developing leadership skills.
- **Diverse Perspectives:** We need your unique background and ideas.

What it takes:

- A heart for our church family.
- Willingness to attend monthly meetings.
- A collaborative spirit.

You don't need a degree in theology or decades of experience. You just need a willing heart to help our church thrive.

Due to a recent member resignation on the church council, we have an opening to fill their remaining term. Please reach out to Darnyl with any questions you may have about this opportunity.

*"I have told you this so that my joy may be in you and that your joy may be complete."
Christ's joy is meant to be fully yours." John 15:11*



SAVE THE DATE
BLC Welca Fall
Supper
October 4th, 2026
St. Bernard's
Parish Center

BADLANDS MINISTRIES

46TH ANNUAL Fall Event

JOIN US FOR THE 46TH ANNUAL FALL EVENT
SEPTEMBER 20TH, 2026

WORSHIP: 11AM
JOIN US FOR WORSHIP ON THE PORCH

LUNCH: 12PM
DON'T MISS OUT ON THE DELICIOUS CHICKEN DINNER PREPARED BY FIRST LUTHERAN CHURCH IN BEACH, ND

LIVE AUCTION: 1PM - 3:30PM
BIDDERS MAY BID ONLINE OR IN PERSON. ITEMS WILL BE AVAILABLE TO VIEW ONLINE PRIOR TO THE AUCTIONS. ITEMS THAT ARE PURCHASED ONLINE WILL NEED TO BE SHIPPED TO THE BIDDER, PICKED UP AT THE CAMP, OR PICKED UP FROM AN AREA CHURCH CONVENIENT TO THE BIDDER.

SILENT AUCTION: ONLINE SEPTEMBER 13TH-20TH
THE SILENT AUCTION WILL BE ON OUR FACEBOOK PAGE AND WILL START SEPTEMBER 13TH. FOLKS MAY ALSO BID IN PERSON THE DAY OF THE EVENT. THE ONLINE PORTION WILL END AT NOON ON THE 20TH AND THOSE IN PERSON AT THE EVENT CAN BID UNTIL 2PM. WINNING BIDDERS WILL BE NOTIFIED OR MAY PICK UP THEIR BASKETS AT THE EVENT.

Lefse

Chicken Dinner

Worship

Live and Silent Auction

3892 Bible Camp Rd ~ PO Box 305 ~ Medora, ND 58601

An Act of Community Kindness

A group of 12 individuals from Minnetonka, MN came to the area for a service trip in July. The group ranged from as young as 2nd grade to adults. While in Belfield, the group stayed at the parsonage and did some volunteer work. Some of the things they did while they were in Belfield included volunteering with the food pantry, painting bedrooms in the parsonage, yard work, and making birthday bags to distribute with people in the community. They appreciated the incredible hospitality from Belfield Lutheran Church, Medora Lutheran, and everyone they encountered during their stay.

Chelsea Maher
Family Minister Coordinator
All Saints Lutheran Church



thank
you!

*"You will keep in perfect peace those whose minds are steadfast, because they trust in you."
Trust in God brings lasting peace. Isaiah 26:3*

In our ongoing prayers...

Remembering those in our prayers: The Family of Barb Newton, The Family of Bruce Northrop, The Family of Douglas Jensen, The Family of Shirley Olson, Milo Thompson, Doris Urban, Darianne Johnson, Nathan Nichols, Sandy Frenzel, Danielle O'Brien, Lynn Peterson, Barbara Hurt, Joey Berger, Harold Hugelen, Denise Tibbs, Donald Suomala, JoAnne Suomala, Kevin Kuntz, Kris Hastings, Diedra Hlibichuk, Sherri O'Brien, Rick Baxter, Bonnie Streitz, Robin Sandaker, Sandy Simnioniw, Tom Adams, Rick Wolfgram, Randy Wolfgram, Emma Hlibichuk, Christine Perrin, Mary Knotts, Dolores Roy, Cord Kessel, Halle Blain, Marilyn Oyhus, Craig McLaughlin, Lincoln Lee Johnson, Mindy O'Brien, Josephine Shypkoski-Thompson, those who have lost jobs, those seeking Sobriety, those struggling with infertility, all troops, their families, and those working for peace in our world.

Please help us keep this prayer list active.

To add a loved one to the prayer list for next month's issue, please fill out a prayer request slip during worship, making sure to indicate your desire to have the request published in the newsletter, and place it in the offering basket or email us at newsletter@belfieldlutheran.org



September

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00 pm - AA Meeting @ Belfield Lutheran	2 3:30 pm - Wednesday School @ Medora Lutheran	3 7:00 pm - Bible Study @ Belfield Lutheran	4	5
6 Worship 8:30 am - Medora 10:00 am - Belfield 11:45 am - Daglum	7	8 8:00 pm - AA Meeting @ Belfield Lutheran	9 3:30 pm - Wednesday School @ Medora Lutheran 6:30 pm - Confirmation Parents Meeting @ Belfield Lutheran 7:00 - Choir Practice @ Belfield Lutheran	10 7:00 pm - Bible Study @ Belfield Lutheran	11	12
13 Worship 8:30 am - Medora 10:00 am - Belfield	14	15 8:00 pm - AA Meeting @ Belfield Lutheran	16 3:30 pm - Wednesday School @ Medora Lutheran 5:30 pm - Confirmation @ Belfield Lutheran 7:00 - Choir Practice @ Belfield Lutheran	17 7:00 pm - Bible Study @ Belfield Lutheran	18	19 9:00 am - Women' s Retreat @ Belfield Lutheran
20 Worship 8:30 am - Medora 10:00 am - Belfield 11:00 am - Badlands Ministries Fall Event	21 6:30 pm - Belfield Council Meeting @ Belfield Lutheran	22 8:00 pm - AA Meeting @ Belfield Lutheran	23 3:30 pm - Wednesday School @ Medora Lutheran 5:30 pm - Confirmation @ Belfield Lutheran 7:00 - Choir Practice @ Belfield Lutheran	24 7:00 pm - Bible Study @ Belfield Lutheran	25	26
27 Worship 8:30 am - Medora 10:00 am - Belfield 11:45 am—Daglum Wor- ship Daglum Fall Supper	28	29 8:00 pm - AA Meeting @ Belfield Lutheran	30 3:30 pm - Wednesday School @ Medora Lutheran 5:30 pm - Confirmation @ Belfield Lutheran 7:00 - Choir Practice @ Belfield Lutheran	Thank you to all of those who purchased groceries, prepped food, flipped pancakes, served food and greeted our guests and cleaned up at the Belfield Pancake Breakfast on Saturday, August 22nd, 2026. We served 34 Adults and 10 Kids. Thank you to our guests for coming to support BLC! We appreciate all of you.		

We're
FLOATING

back to

Wednesday School!

Games. Bible Lessons.
Friends. Snacks.

Wednesdays after
school until
5 PM!



We're saving you a Root Beer Float!
Join us on September 2nd, 2026!



Belfield Lutheran Church
www.belfieldlutheran.org
Medora Lutheran Church
www.medoralutheranchurch.org
Dalum Lutheran Church

PO Box 416
Belfield ND 58622-0416
Phone: 701-575-4703
Email: office@belfieldlutheran.org
Email: newsletter@belfieldlutheran.org

Address Service Requested

Non Profit Org.
US Postage
PAID
Permit #4
Belfield



Parish Visitor

September 2026

TO:

September 2026 Worship Schedule

6	8:30 a.m.	Medora Worship
	10:00 a.m.	Belfield Worship
	11:45 a.m.	Dalum Worship
13	8:30 a.m.	Medora Worship
	10:00 a.m.	Belfield Worship
20	8:30 a.m.	Medora Worship
	10:00 a.m.	Belfield Worship
	11:00 a.m.	Badland's Ministries Fall Event
27	8:30 a.m.	Medora Worship
	10:00 a.m.	Belfield Worship
	11:45 a.m.	Dalum Worship

Thank you to
*Linda Weiss and
Carol Thompson*
for sponsoring this edition of the
Parish Visitor

.....
Newsletter sponsorship gifts of any size
are welcome and help lower our
publishing fee. Printing and mailing fees
are around \$350 per issue.

Please send your newsletter sponsorship
Contribution to:

Parish Visitor—Box 416, Belfield, ND 58622

You can also donate online:

[support | belfield-lutheran](mailto:support@belfield-lutheran) (belfieldlutheran.org)

Thank you for your generosity!