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Pastor Jason Ritz  
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**New Life Lutheran Church**  
Pastor Randy Whitehead  
Worship Times:  
Little Bethany: 8:45 a.m.  
New Life: 9:00 a.m. - Sunday School  
10:00 a.m. - Worship

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**ROTHSAY AREA CHURCH NOTES**

All area churches are welcome to submit their church notes to be published in the Rothsay Regional Report. Please email to newsrecordreview@bvillemn.net or they may mailed to the Rothsay Regional Report, PO Box 203, Rothsay, MN 56579

**ROTHSAY BAPTIST CHURCH**  
Rothsay, Minnesota  
Pastor Jason Ritz  
Church: 218 867-2268  
website: rothsaybaptist.com  
Sunday School, 9:00 a.m.  
Worship, 10:00 a.m.

**LITTLE BETHANY LUTHERAN CHURCH**  
Parish Office 218 867-6557  
8 Miles SE of Barnesville  
Sunday, March 5 - Worship, 8:45 a.m.  
Sunday, March 12 - Worship, 8:45 a.m.  
Sunday, March 19 - Worship, 8:45 a.m.

**LAKES AREA WORD FELLOWSHIP**  
Vergas, Minnesota  
Spirit-filled Family Church  
Pastors Larry and Terry Yosika  
Telephone: 218 847-8499  
Church: 218 342-2620  
Sunday School at 9:45 a.m.  
Worship service at 10:30 a.m.  
Wednesdays - Midweek services, 7 p.m.  
Remember a church that's alive is worth the drive.

**NEW LIFE LUTHERAN CHURCH**  
Parish Office 218 867-6557  
Pastor Randy Whitehead  
Wednesday, March 1 - Lenten Supper, 5:30 p.m. Worship, 6:45 p.m.  
Thursday, March 2 - Tai Ji Quan, 9:00 a.m. Bible Study, 12:00 p.m. Communion in Pelican Rapids, 3:00 p.m.

Sunday, March 5 - Coffee Hour and Sunday School, 9:00 a.m. Worship, 10:00 a.m.  
Monday, March 6 - Tai Ji Quan, 9:00 a.m.  
Wednesday, March 8 - Lenten Meal, 5:30 p.m. Worship, 6:45 p.m.  
Thursday, March 9 - Tai Ji Quan, 9:00 a.m. American Legion Auxiliary, 10:30 a.m. Bible Study, 12:00 p.m.  
Friday, March 10 - WELCA "Love Days", 10:00 a.m.  
Saturday, March 11 - WELCA "Love Days", 10:00 a.m.  
Sunday, March 12 - Coffee Hour and Sunday School, 9:00 a.m. Worship, 10:00 a.m.  
Monday, March 13 - Tai Ji Quan, 9:00 a.m.  
Wednesday, March 15 - Lenten Supper, 5:30 p.m. Worship, 6:45 p.m.  
Thursday, March 16 - Tai Ji Quan, 9:00 a.m. Bible Study, 12:00 p.m.  
Sunday, March 19 - Coffee Hour and Sunday School, 9:00 a.m. Worship, 10:00 a.m. Lions Club Meeting, 12:30 p.m.  
Monday, March 20 - Tai Ji Quan, 9:00 a.m.

**SOUTH IMMANUEL LUTHERAN CHURCH**  
Mailing Address: PO Box 93  
Pelican Rapids, MN 56572  
Location Address:  
38041 Cty Hwy 21  
Rothsay, MN  
Pastor Phil Tobin  
Telephone: 218 731-4353  
Church Secretary: 218 863-4085  
Sunday, March 5 - Sunday School with Holy Communion, 9:00 a.m. Coffee Fellowship.  
Sunday, March 12 - Council Meeting, 8:15 a.m. Sunday School, 8:15 a.m. Worship with Holy Communion, 9:00 a.m. Coffee Fellowship.  
Sunday, March 19 - Worship, 9:00 a.m. Coffee Fellowship & Sunday School.

**NORTH IMMANUEL LUTHERAN CHURCH (LCMC)**  
Pastor Isaiah Bai  
12713 County Road 30,  
Pelican Rapids, MN  
Office: 218 863-5447  
Wednesday, March 1 - Bible Study, 9:30 a.m. Soup & Bread, 5:30 p.m. Lenten Service, 6:30 p.m.  
Friday, March 3 - Common Hope Quilting, 9:00 a.m.  
Saturday, March 4 - Common Hope Quilting, 9:00 a.m.  
Sunday, February 5 - Worship with Holy Communion, 9:00 a.m. Sunday School and Coffee Fellowship, 10:00 a.m.  
Wednesday, March 8 - Bible Study, 9:30 a.m. Soup & Bread, 5:30 p.m. Council Meeting after Lenten Service.  
Sunday, March 12 - Worship, 9:00 a.m. Sunday School & Fellowship, 10:00 a.m.  
Wednesday, March 15 - Bible Study, 9:30 a.m. Soup & Bread, 5:30 p.m. Lenten Service, 6:30 p.m.  
Sunday, March 19 - Worship with Holy Communion, 9:00 a.m. Sunday School & Coffee Fellowship, 10:00 a.m.

Monday, March 20 - Deadline for April S&F and Calendar.  
North Immanuel will also broadcast the service on our Facebook page and Youtube.

*The New You*



When we receive God's Holy Spirit, a new life begins.

Life no longer turns on rules imposed on us.

Our inner self governs, bringing goodness and integrity.

We live from inside out, not outside in.

This week in church, join others who are born anew.

**You must be born from above.** John 3:1-17

Genesis 12:1-4a Romans 4:1-5, 13-17 Psalm 121  
Revised Common Lectionary © 1992 by the Consultation on Common Texts for  
Sunday, March 5, 2023  
Second Sunday in Lent

**Swedish Meatballs made by Norwegians**  
Supper and Bake Sale  
Swedish meatballs and real mashed potatoes served with gravy, lufse, corn, dinner rolls, and fruit dessert.  
The NLLC Ladies will be raffling a handmade quilt - don't miss out!  
Saturday, March 25, 2023 from 5:00-8:00 p.m.  
New Life Lutheran Church, Rothsay  
Free will donation for supper

**PARTNERS**  
PEOPLE AROUND ROTHSAY THAT NEED EXTRA ROUTINE SERVICES  
By: Pamela Iverson, Program Director  
Why do we asked, "will March come in like a lion and go out like a lamb?"

Either way, spring will arrive on Monday, March 20. I know I am looking forward to spring and with spring arriving PARTNERS will host their annual Tour of Tables fundraiser on Saturday, April 15 at New Life Church in Rothsay. Our theme is "Back Roads". We all have been on one, traveling at a slower speed while taking the scenic route. We take the back roads to get to some of our favorite's spots.

What is your favorite destination? Now take your inspiration and use it as a backdrop for a luncheon table, add dishes, glassware, linens and a centerpiece all centered around your inspiration as you course the "back roads" invite some friends and you are hosting a table for our fundraiser! It is as easy as that, just let me know if you are interested in hosting or attending. We also have a delicious luncheon planned, entertainment, our quilt raffle with a quilt designed/quilted by Renae Froslic, machine quilted by Kathy Bilden, and our silent auction.

The Foot Clinic will be held on Tuesday, March 7th in Foxhome and on Tuesday, March 21 in Rothsay, please note we will only have two days a month for a while. The home health agency we are using is experiencing a nursing shortage and by cutting down to two days a month instead of three, PARTNERS hopes to ease their workload. Nurse Shirley will still be the one taking care of this service for us. We will go every other month to Elizabeth and Foxhome and the third Tuesday of every month in Rothsay. Call to make your appointment at 218-867-1234.

We have been having fun with Bingocize twice a week, and it is hard to believe we only have a few weeks left. We play a game of Bingo, do Bingocize as we learn about fall prevention in and outside our homes, and play more Bingo, ending with blackout Bingo. Bingocize will be offered again in the fall. Thank you to the Rothsay Baptist Church for letting us, use your church.

Tai Ji Quan is Monday and Thursdays starting at 9:00 a.m. at New Life Church. Mondays is the day for coffee and cards at the Westrom Apartments from 2:30 to 5:30 p.m.

- Mondays & Thursdays - 9:00 a.m. Tai Ji Quan at New Life Church
- Mondays & Thursdays - 10:30 a.m. Bingocize at the Rothsay Baptist Church
- Mondays from 2:30-5:30 p.m. Coffee & Cards at Westrom Apartments
- Tuesdays, March 7 - Foxhome & March 21 Foot Care - PARTNERS in Rothsay
- Thursday, March 30 10:00 a.m. Book Club at PARTNERS

Remember to stop in and shop The Attic to see what is new, the merchandise changes consistency. Thank you to Cheryl, Shirley and our wonderful volunteers for all they do to make it a welcoming fun place to shop. Hopefully this will be the last time this season I will need to say "if Rothsay Public School is closed, so is PARTNERS".

In answer to the question lion versus lamb: "While the saying most likely started as a reference to astronomy, referencing the position of the constellations Leo (a lion) and Aries (a ram, or lamb) in the night sky - it quickly evolved into a succinct summation of March's changing weather as the seasons change from winter to spring in the Northern Hemisphere."

This is why March comes in like a lion and goes out like a lamb (usually) - Boston News, Weather, Sports | WHDH 7News

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218 354-2606

**54th Annual Hawley Art Show And Sale**  
The 54th Annual Hawley Art Show will be held April 20-23 at the Hawley Community Center, Hawley, MN.  
All artists are welcome to enter their artwork to be displayed and judged. Entries will be judged in four classes: professional, amateur, student (grades 7-12) and student (pre-K-6 grade). Entries are limited to original artwork only: paintings, drawings, printmaking and collages. Entry days for the event are April 15 and 16 from 1-5 p.m.  
For more show info, call or text: Sandy Maydole at 218.329.9168, Jill Swanson at 218.790.1403 or Kat Glad at 701.388.0510

**Food Pantry Available For Those In Need**



The Barnesville Area Food Pantry is open and staffed with volunteers each Monday from 5:00-7:00 p.m.

These hours are subject to change to match school closings, snow closures and federal holidays.

The Food Pantry serves residents for Barnesville, Rothsay, Baker, Rollag and surrounding rural areas. Located just north of the library on Front Street (look for the green building).

Persons who may be in need of food and other household necessities, are invited to come in for assistance during regular hours. For emergency assistance or more information, please call 218-493-4397.

**REGIONAL REPORT**  
Rothsay, Minn.  
February 2023 Edition PAGE 2

**ROTHSAY REGIONAL REPORT**  
The Rothsay Regional Report is a monthly publication printed by Papermaker, Inc., a Minnesota corporation with the main office in Barnesville, MN. The Rothsay Regional Report is mailed monthly from the Rothsay, MN Post Office at regular third-class postal rates.  
The publication is issued free of charge to those in the trade area or may be purchased for \$16.00 per year by those living outside the trade area.  
To order a subscription or if you have any questions about advertising rates, please contact us at PO Box 203, Rothsay, MN or you may call us at our office in Barnesville at 218 354-2606.  
**Rothsay Regional Report**  
Eugene A. Prim  
Editor-Publisher

**Manage Heart Health For Stronger Brain Health**

The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia. The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.  
Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.  
According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.  
Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show maintaining good vascular health is associated with healthy aging and retained cognitive function.  
Optimal brain health includes the ability to perform tasks like



movement, perception, learning and memory, communication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- Don't smoke; avoid secondhand smoke.
  - Reach and maintain a healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.
  - Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.
  - Get your blood pressure checked regularly and work with your health care team to manage it if it's high.
  - Have regular medical checkups and take your medicine as directed.
  - Decrease your stress level and seek emotional support when needed.
- Learn more about the relationship between heart health and brain health at heart.org.

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