



*Back: Lottie, Richard, Orvin, Stanley, Rolf and Alice  
Front: Helen and Maynard  
circa 1985*



*"Ma and her boys" circa 1982  
Back: Orvin, Rolf, Stanley and Maynard  
Front: Oline, Richard and Conrad*



***BE STILL AND KNOW***

*When the cares of the day overwhelm us  
And its tensions are hard to bear,  
There's a refuge that's sure, and a shelter secure,  
In the quiet communion of prayer.*

*For there in the hush of His presence  
We lose all our sense of despair,  
Our hopes spring anew, and His peace comes through  
On the quiet communion of prayer.*



Remembering . . .  
**Orvin M. Helseth**  
1923 ~ 2008