

To the Glory of God and In Loving Memory of

# Elizabeth M. Regstad

March 6, 1929 ~ December 27, 2023

## Rosary/Vigil Service

Wednesday, January 3, 2024 ▪ 7:00 PM

Parkway Funeral Service ▪ 2330 Tyler Parkway

Bismarck, North Dakota

## Mass of Christian Burial

Thursday, January 4, 2024 ▪ 10:00 AM

Church of St. Anne ▪ 1321 Braman Ave

Bismarck, North Dakota

## Interment

Holy Cross Cemetery

Velva, North Dakota

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## Scripture Readings

First Reading

Wisdom 3:1-6,9

Responsorial Psalm 27

*“The Lord is my light and my salvation.”*

Second Reading

2 Corinthians 4:14-5:1

Gospel

John 6:51-59

## Music

Processional

*“For All the Saints”*

PM #130

Offertory

*“Hail Mary: Gentle Woman”*

PM #147

Communion Meditation

*“I am the Bread of Life”*

PM#160

Song of Farewell

SMH #755

Recessional

*“On Eagle’s Wings”*

PM#220

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**Celebrant** Fr. Paul Gardner

**Musicians** Jakub Pasierb and Krista Goettle

**Reader** Matt Stayman

**Pallbearers** Jeff Lange, David Lange, Alex Regstad, Will Stayman,

Andrew Stayman and Landon Regstad

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Following Mass, the family invites you to join them for lunch and fellowship at the Church.

Elizabeth Regstad, 94, Bismarck, passed away on December 27, 2023.

Elizabeth M. (Heintz) Regstad was born on March 6, 1929 and passed into Eternal life with her Savior on December 27, 2023. Elizabeth, who was known as “Betty” to her family and friends, was born to John and Frances Heintz and raised in the Orrin area, north of Drake, ND. This was a Germans-from-Russia (Ukraine) community where German culture and language played a prominent role. Her education progressed from a one room schoolhouse to high school by correspondence and onto nursing training in Minot, ND where she was then employed at St. Joseph’s Hospital from 1950-51. Following that training and experience, Betty assisted Dr. B.Z. Hordinsky in establishing his medical practice in Drake.

In 1953, Betty married Rueben Regstad in Drake, ND and they moved to Velva where Rueben was employed at the William J. Neal Power Plant. Together, they raised their six children in Velva. Rueben passed away in 2001 and Betty stayed there until 2011 when she moved to Bismarck. After her children were grown, Betty was active in a number of civic organizations, including holding positions on the Velva Park Board and Souris Valley Care Center Board. Betty also displayed her care for community and country by involvement in her Republican party and serving as an election judge in the 7th District. She was a very committed prolife advocate and the chairperson for her local chapter of Right to Life for decades. Betty had many leadership roles in her parish, St. Cecilia’s Catholic Church, as well as several in the Fargo Diocese. She will be remembered for her compassion for the poor and vulnerable, supporting multiple ministries. Betty was a willing and patient listener who made time for others and helped them feel loved. She generously wrote notes of encouragement and comfort to those in need. Even strangers seemed drawn to her because of her empathy, wit, and ability to communicate. Betty enjoyed many things, including constant learning, listening to music, caring for plants, traveling, and hosting company. Her guests were blessed by her wonderful cooking and baking. Betty was a devoted wife, mother, grandmother, friend, and confidant of many. Most importantly, she was a lifelong disciple of Jesus Christ. She will be deeply missed.

Betty is survived by three daughters, Mona Rasmussen, Fayetteville, AR, Valerie (Jeff) Lange, Bismarck, Alison (Matt) Stayman, Grand Forks, three sons, Neil Regstad, Bismarck, Vaughn (Denise) Regstad, Hermantown, MN, Kurt (Tina) Regstad, Bismarck. Sisters, Mary Roerick Fix, Harvey, ND, Kathleen (Dennis) Marlowe, Clayton, IN, brother, Joe Heintz, Bismarck, sister-in-law Marlys Heintz, Cheyenne, WY. Surviving grandchildren are Brad (Jamie) Rasmussen, Monica (Ryan) Locey, Kristin (Mark) Lehner, Ryan Lange, Renae (Aaron) Lehman, David Lange, Luba Regstad (Anuruddha Das Utsa), Alex Regstad, Abby Regstad, Elise Stayman, Will Stayman, Andrew Stayman, Christine Stayman, Landon Regstad, as well as great grandchildren, Konrad Lehner and Madeline Locey. She is also survived by many nieces, nephews, and cousins. Betty was preceded in death by her parents, her husband Rueben, brother Alfred Heintz, son-in-law James Rasmussen, and a number of brothers-in-law and sisters-in-law, as well as a grandson, Samuel Regstad.

Memorials may be sent to John and Frances Heintz Memorial Scholarship Fund, c/o Diocese of Fargo, (address: 5201 Bishops Blvd. S., Suite A, Fargo, ND 58104-7605) and/or Holy Cross Cemetery (address: St. Cecilia Catholic Church, PO Box K, Velva, ND 58790).

IN LOVING  
*Memory*



*Elizabeth Regstad*

MARCH 6, 1929 ~ DECEMBER 27, 2023

*Remember Me*

*Remember me when flowers bloom  
Early in the spring  
Remember me on sunny days  
In the fun that summer brings.*

*Remember me in the fall  
As you walk through leaves of gold  
In the wintertime, remember me  
In the stories that are told.*

*But most of all...remember  
Each day, right from the start  
I will be forever near  
For I live within your heart.*

*You have searched me and you know me, Lord.*

*Where can I go from your Spirit?*

*From your presence where can I flee?*

*If I go up to the heavens, you are there.*

*If I take the wings of the dawn,  
if I settle at the farthest limits  
of the sea, even there your  
hand shall hold me fast.*

*If I say "Surely the darkness shall hide me  
and night shall be my light-*

*For you, darkness itself is  
not dark and night shines like day."*

PSALM 139: 7-12



Tribute Video