

Nola Ramstad Kjos peacefully passed away on Friday, April 3, surrounded by her loving family and under the compassionate care of hospice.

Nola was born on December 16, 1943, at St. Luke's Hospital in Fargo, North Dakota. She graduated from Tintah High School in 1962. During her high school years, she was involved in the class play, served on the annual staff, worked as a library attendant, and was selected as a homecoming candidate. Nola grew up riding horses and spending summers with her family at Floyd Lake.

Nola proudly served in the United States Air Force. After spending time in Galveston, Texas, she returned to Fargo, where-while working at Mr. Steak-she met the love of her life, Monte Kjos. The two were united in marriage on September 3, 1972, at Trinity Lutheran Church in Moorhead, Minnesota. Their wedding reception was held in the church basement, a place that remained especially meaningful to Nola throughout her life. Monte and Nola made their home in Fargo, near one too many rivers, where they raised their two children, Heidi and Scott.

Faith and service were central to Nola's life. She attended Bible study at Trinity Lutheran Church, taught Sunday School, and devoted countless hours to visiting congregation members who were ill in hospitals and nursing homes. Nola had a natural gift for making connections and later continued that calling by volunteering with hospice. She also greatly enjoyed her time with the Red Hat Ladies-waving from parade floats and traveling throughout North Dakota.

Nola had a deep love for travel. She cherished cruises with her daughter, trips with Concordia, family vacations, and the many memorable trips she and Monte took to Las Vegas and Washington, D.C.

A proud wife, mother, and grandmother, Nola is survived by her husband, Monte; children, Heidi (Tracy) Kjos-Schmidt of Fargo and Scott (Lynsey) Kjos of West Fargo; and her grandchildren, Landen Kjos, Aspyn Kjos, and Regan Schmidt.

Nola and Monte were strong supporters of local non-profits. Nola was especially passionate about Oak Grove, where her son and grandchildren attend school, and Sanford Health.

Nola was known for her charismatic conversations and her love of shopping and sharing thoughtful gifts to brighten someone's day. Giving to others was one of the many ways she expressed her love and kindness. Her generous spirit and caring heart will be remembered and deeply cherished by all who knew her.

Nola was preceded in death by her mother, Muriel Ramstad; her father, Allen Ramstad; and her brother, Larry Ramstad.

Memorials may be made in Nola's memory to Sanford Health Foundation or the Oak Grove Lutheran School Foundation.

In Loving Memory



Nola Kay Kjos

December 16, 1943 - April 3, 2026

Psalm 23

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures:
he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.

Yea, though I walk through the valley of the
shadow of death, I will fear no evil: for thou art
with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence
of mine enemies: thou anointest my head
with oil; my cup runneth over.

Surely goodness and mercy shall follow me
all the days of my life: and I will dwell in the
house of the Lord for ever.



**HANSON
RUNSVOLD**
Cremation • Burial

Funeral Service

Friday, April 24, 2026 - 11:00 AM
Trinity Lutheran Church - Moorhead, Minnesota

Officiant

Pastor Matt Peterson

Musicians

Andrew Steinberg, *Accompanist*
Anthony Angotti, *Violinist*
Members of the Oak Grove Lutheran Choir

Order of Service

Processional	"Beautiful Savior"
Invocation	
Prayer	
Scripture Readings	Psalm 23 Ecclesiastes 3:1-8
Sermon	
Special Music	"You Are Mine"
Apostles' Creed	
Prayers	
Lord's Prayer	
Blessing	"God Be With You 'Til We Meet Again"
Commendation	
Recessional	"Amazing Grace"

Military Honors

US Air Force Military Honors Team

Burial

Sunset Memorial Gardens - Fargo, North Dakota

All are invited to a luncheon following the service.