

What follows is my annual report, first printed in the annual report booklet. Not everyone was able to attend the annual meeting, and I do wish that more of you have a chance to see where I am at. Please do note especially the second part, about money.

***“I am the light of the world,” Jesus. (John 9:5)***

I started at Zion the first Sunday in October, 2010. What a wonderful welcome there was for Cathy and me. Cathy and I are happy to be part of the communities of Thief River Falls and Zion Lutheran Church.

I had hoped to know 100% of names by now. That unfortunately has not happened.

After the controversial “vote” it may seem to us that our time is unique in the history of the Christian church. It isn’t. So, like many generations before us, we need to hear that God has not abandoned his church. I list the following three quotations in order to help us remember that this is God’s church, not ours.

- “If this plan or this undertaking is of human origin, it will fail; if it is of God, you will not be able to overthrow [it].” (Gamaliel in Acts 5:38-39)
- “no strength of ours can match His might...” (Martin Luther)
- “...be of good courage; I have overcome the world.” (Jesus in John 16:33)

There is nothing odd at all about having to face serious turmoil in the church. We do. Our parents did. Our children will. As always, it is our faith that God will prevail.

It could not be more clear that the world needs saving. Christian people have every reason for good courage, because Jesus has overcome the world. Enough said. I need to change the subject to money.

In the coming year(s) we will continue to see that long-term financial commitments are no longer the norm for giving to the ministries of the congregation. In the recent past, pledging was the most common and most effective way to give.

Today, less than half our members give by way of the pledge card.

Though Zion will continue to receive pledges, as the years go by we will continue to see that pledges account for a smaller and smaller percentage of the congregation’s annual budget.

In order to meet this funding challenge, it will be necessary in the coming year(s) to add to the ways that Zion receives gifts from members. In the meantime, be assured that Zion is well-managed and has been operating on a “fat-free” budget.

It must also be said that the budget crisis we face currently is not on the expense side, but the income side.

My sincere thanks to President Connie Hamre and the Parish Planning Council for their leadership. It is clear to me that they are faithful, responsible, and effective stewards of the gifts of the congregation. It is clear that our leaders care deeply about the ministries and services that are offered by Zion Lutheran Church.

My sincere thanks to Pastor Tulu and all of the staff of Zion Lutheran Church. You may or may not know that you have every reason for confidence in Zion's staff. Each of them is a faithful Christian person, ably working regular hours, often working well past regular hours, all for you, all for our Lord. They well deserve our thanks and continued support.

Jesus is Lord. He is our best reason for full confidence in the future.

May God continue to bless Zion Lutheran Church.

Pastor John Golv



## LEISURE FELLOWSHIP

**Wednesday, March 2**  
**2:00 PM**

We took a break for January and February

because of the weather.

Come and fellowship with us as we look to spring.



**!!!! It 's Not Too Late !!!!**

**You May Submit Photos for the Directory**

- No charge
- Email full size photo to [dhulteen@mcable.net](mailto:dhulteen@mcable.net)
- Or send print photo to the church
- Must be professional quality
- Digitals must have a resolution of 300 ppi – pixels per inch
- Must be an original copy and not scanned from a professional photo
- **You must have written permission from the photographer to use the photo in the directory – for digitals and prints.**

If you email a digital photo, do not just assume that it will arrive. You must call Darlene to make sure the photo is not zooming around in cyberspace.

**QUESTIONS?**

Darlene Hulteen – 681-1047

Email – [dhulteen@mncable.net](mailto:dhulteen@mncable.net)

**!!!! It's Not Too Late !!!!**



**Zion Lutheran Church  
Parish Planning Council Minutes  
February 15, 2010**

The Parish Planning Council was called to order by President Connie Hamre at 7:00 P.M.

**In attendance:** Pastor John, Pastor Ale, President Hamre, Marijo Nabben, Ginny Armstrong, Sarah Harper, Chris Ueland, Lyle Paulson, Deb Howe, Deb Holtan, Ambe Holtan, Clark Nelson from Silver Creek and Karen Thygeson. Roll call was responded with our favorite line from the Wizard of Oz.

Devotions were led by Marijo Nabben and next month will be given by Ginny Armstrong.

Ginny Armstrong moved to accept the secretary's minutes as corrected, seconded and carried. Correction was made stating that Youth Director Sarah will be taking vacation in March and not in January as printed. Chris Ueland moved to accept the treasurer's report and the reviewed quarterly goal guidelines; seconded and carried.

Ways to increase the number of members using **Simply Giving** was discussed. Discussion held on how to report our giving's in the Sunday bulletin based on our quarterly goals.

**Properties Board:** Lyle Paulson stated the 50 inch TV and DVD for the patio room had been installed. The piano in the balcony had been sold and money to be put into the building fund.

**Evangelism/Lay Ministry:** Deb Holtan reported **new member** Sunday will be on April 10th. The bulletin board has been updated and members are encouraged to submit articles of interest as well as pictures to be displayed on the board.

**Public Relations Board:** Deb Howe reports progress on sign-ups for our new church directory. Reminded us of the Life Touch link on Zion's website. Only parts of our weekly church bulletin can be put on the website because of copyright laws.

**Worship Board:** Deb Howe reports that beginning on March 13th, announcements will be given during the time of offering instead of the beginning of our service.

**Youth Director:** Sarah Harper reports great participation from Junior High students. Reminds us of the ski trip this coming weekend for students. March 6th, Pathways will be with us to share Camp Week.

**Christian Education/Youth Board:** Amber Holtan reported Sunday School remains busy.

**Pastor Ale:** recapped his experiences on his recent trip to Ethiopia. He reports we are hosting the Gideon's on February 27th. Ginny Armstrong moved that two weeks of his trip be a mission trip and one week vacation time; seconded and carried.

**Pastor John:** Reviewed the **Lenten** service schedule. Discussed the **Adult Bible Study** that is underway and encouraged attendance even if you have missed the first two sessions. The format is a video presentation followed by discussion. There are seven sessions, each lasting no longer than an hour. The topic is "How Lutherans Interpret the Bible."

He reminded us that we can sign up for **AFT** on Zion's website. Gifts given this way are secure and can be modified at any time. Even if you have pledged, you are encouraged to consider AFT as your way of giving to the ministries of Zion.



President Hamre reminded us of **Boy Scout Sunday** on March 13th. She appointed Deb Holtan and Amber Holtan to head the nominating committee.

Deb Howe moved to adjourn the meeting at 8:35 P.M. followed by the Lord's Prayer.

Next Parish Council Meeting will be March 15th at 7:00 P.M.

Karen Thygeson, Secretary

## **Annual Meeting**

January 30, 2011

President Connie Hamre called the annual meeting to order at 9:30 A.M. Pastor John gave devotions and an opening prayer. Millie Reiersen moved to accept the secretary's minutes as printed; seconded and carried.

Ginny Armstrong presented the proposed budget and thanked Winton Forsberg for his assistance in the preparation. Discussion followed on money earmarked and sent into the Synod. Russel Rhen moved to accept the treasurer's report and the proposed budget as printed; seconded and carried.

Chet Camp moved to accept the annual report of Zion's Foundation Board as printed in the book of annual reports; seconded and carried.

President Hamre thanked all in attendance and welcomed them downstairs for coffee and a roll.

Bonnie Yost moved to adjourn the annual meeting at 9:45 A.M.; seconded and carried.

Pastor John led us in the Lord's Prayer.

Karen Thygeson, Secretary



## **President's Message**

**Connie Hamre**

For God so loved the world that he gave his only son." Now that is unconditional love, in it's purest form.

As we start this Lenten time with Ash Wednesday on March 9th, let us reflect on the many gifts we have received. I am looking forward to the weekly Wednesday services with a round robin of ministers from the other churches, in our area. We are blessed to live in a town with so

many churches, and a strong ministerial association. Speaking of lenten services, the ladies of our church will be busy with the suppers, just prior to the services. You are invited to join your fellow congregation members, to enjoy both food for the body, as well as for the soul.

Our Sundays will be filled with a lot a special people. The Gideons that have a mission of getting the word of God out to everyone. The Pathway group that have done, and continue to do, so much for our youth with the summer camps. The Boy Scout troupe that we sponsor, have their Sunday on March 13th. Plus, new member Sunday will be on April 10th. If you have anyone whom you think would like to join us, please invite them. "A candle loses nothing by lighting another candle"

Our financial situation continues to be an issue for the church. The comfort in this, is that most of the churches in our area, and throughout the country are also struggling. I invite your comments and suggestions, about getting us more solvent. As one of the board members mentioned, the fat of the budget is long gone, and now what? One of the other boards is challenging us, to join "Simply Giving". This would help us manage the income flow better. The Parish Planning Council, and the boards are challenging each other, to see if we can reach 100% of those members to join "Simply Giving". I encourage you to join this automatic giving.

In this season of Lent and Easter, I pray for world peace, and good will. There are so many countries that are hurting with strife and unrest. There is the danger of them losing their homes, families, and even their very lives.

Courage in Christ - Connie Hamre, President

## Health, Healing & Wholeness

*"When you care enough to give the very best!"* may have been intended as a catchy slogan to sell cards, but it may be truer than we realize. The Bible has many references to the heart – over 600, according to Vine's Expository Dictionary. God's acceptance of man is based on the whole heart (Ps. 9:1, Prov. 3:5), God knows the secrets of the heart (Ps. 44:20-21), and God's law must be in our heart (Ps. 37:27-31). Man is taught to keep his heart (Prov. 4:23), and to be pure of heart (Matt. 5:8, Tim. 2:22). Our very existence is meant to mirror the love that God has shown us through the life, death, and resurrection of His Son. When we care for ourselves and for those we love, we can give our *very best* in return to Him.

In addition to Valentine's Day, February is traditionally American Heart month. Just as we often associate a valentine with love, we sometimes automatically associate cardiovascular disease strictly with diseases of the heart. However, cardiovascular disease can affect just one blood vessel, a group of vessels, an organ [such as the heart], or the entire body. Oftentimes one problem will lead to another and another, becoming chronic and progressive, and can ultimately lead to heart attack, stroke, heart failure, or kidney failure. Congestive heart failure, peripheral artery disease, and venous thromboembolism, are three examples. Here is a brief description of each:



**Congestive Heart Failure** – a condition in which the heart can't pump enough blood to the body's other organs. The heart keeps working, but not as efficiently as it should. The individual becomes short of breath and tires easily.

**Peripheral Arterial Disease (PAD)** – in PAD, fatty deposits build up along artery walls and affect circulation, mainly the arteries leading to the legs and feet. In its early stages, a common symptom is cramping or fatigue in the legs and buttocks during activity.

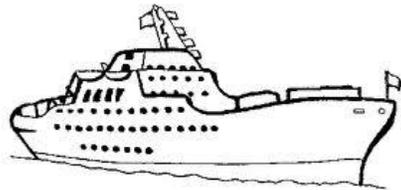
**Venous Thromboembolism (VTE)** – a blood clot that moves through the bloodstream until it lodges in a narrowed blood vessel and blocks circulation. Pulmonary embolism can occur when the clot breaks away, travels through the bloodstream, and lodges itself in a vessel in the lungs.

It is possible to reduce your risk of cardiovascular disease – by eliminating the risk factors you can control, and managing the risk factors you cannot control. These include:

- Eliminating all tobacco products,
- Controlling blood pressure and salt intake,
- Controlling weight,
- Controlling cholesterol,
- With your physician, developing a regular exercise program,
- If diabetic, controlling your blood sugar level, and finally,
- Committing your health and lifestyle choices to the Lord, and asking for His strength in making and keeping your healthy changes.

As we begin our Lenten journey, may we use this time to reflect upon and prepare our hearts ... to emotionally, physically, and spiritually ... in give our very best to Him.

Lenten blessings,  
Reproduced and shared by  
Debbie Best RN, BSW, MHA



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## Nurse's Notes

### Thinking about taking a cruise?

Here are four stay-healthy tips:

1. Wash your hands frequently. If soap and water are not readily available, use an alcohol based hand sanitizer with at least 60% alcohol.
2. Avoid eating or drinking anything you suspect may make you ill. Are meats properly prepared, and are cold foods served at appropriate temperatures?
3. Check out the sanitation scores of cruise ships before booking:

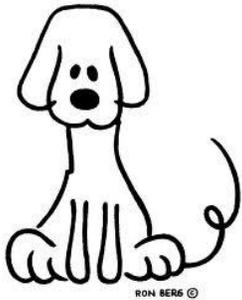
<http://www.cdc.gov/InspectionQueryTool/InspectionSearch.aspx>

## **Certain chronic diseases may make one more prone to developing hypothermia:**

- People with serious mental illnesses, developmental or cognitive disabilities who may not hear temperature or weather advisory warnings broadcast on TV or radio or may not fully recognize the significance of the cold weather warnings or who may wander are at serious risk of hypothermia and frostbite.
- Disorders of the body's hormone system such as low thyroid (hypothyroidism)
- Any condition that interferes with the normal flow of blood such as diabetes
- Skin problems, such as psoriasis, cause your body to lose more heat than normal. Visit your doctor regularly to help keep any illness under control, and try to stay away from cold places

## **If you lose heat, take measures to trap existing warm air, and safely stay warm until heat returns:**

- Insulate your home as much as possible. Hang blankets over windows and doorways and stay in a well-insulated room while power is out.
- Dress warmly. Wear hats, scarves, gloves, and layered clothing.
- If you have a working fireplace, use it for heat and light, but be sure to keep the damper open for ventilation.
- Open your faucets to a steady drip so pipes do not freeze.
- Eat. Food provides your body with needed energy to produce its own heat and drinking helps your body avoid dehydration.
- If the cold persists and your heat is not restored, call family, neighbors, or friends to see if you can stay with them.



## **Never let your dog off the leash on snow or ice, especially during a snowstorm,**

Dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.

## **Uff Da**

“Uff Da” is not in the dictionary, but for many Scandinavians, it is an all-purpose expression covering a variety of circumstances such as:

## Uff Da is:

- Looking in the mirror and discovering – you’re not getting better – you’re just getting older.
- Trying to dance the polka to rock and roll music.
- Losing your wad of gum in the chicken yard.
- Eating hot soup when you’ve got a runny nose.
- Waking yourself in church with your own snoring.
- Sneezing so hard that your false teeth end up in the bread plate.
- Walking way downtown and then trying to remember what you wanted.
- Getting swished in the tail with a cow’s tail.
- Trying to pour two buckets of manure into one bucket.
- Eating a delicious sandwich and discovering the spread is cat food.
- Arriving late at a lutefisk supper and getting served minced ham instead.
- When your two “steady” girl friends find out about each other.
- Looking in your rear view mirror and seeing flashing red lights.
- The same as Charlie Brown’s “Good grief.”
- Pushing the light switch and suddenly remembering you forgot to pay the electrical bill.
- Opening the latest real estate tax bill.