

WELCOME VISITORS! Zion's Lay Ministry/Evangelism Board says a special welcome to you this morning and may you be fed spiritually during this time of worship.

OUR THANKS to those assisting at worship this morning:

Greeters: Irma Castle, Arla Wiskow

Ushers: Ken & Ione Poole, Yvonne Pederson, Glen Peters

Organist: Phyllis Dalager

Call to Worship: Melba Penning & Marie Engen

Acolytes: Grace Thompson, Ryan Houske

Next Sunday's Acolytes: Bailey Iverson, Amanda Hawk

Lay Reader: Millie Reierson

Communion Assistants: Dick Haugen, June Swanson

Camera: Ginny Armstrong

Van Driver: Galen Clow 681-2182

Nursery: Available, but not staffed

BROADCASTS TODAY are given by Dorothy Jury.

FLOWERS are in celebration of John & Dorothy Hulteen's 70th wedding anniversary today, July 3, from Jim & Darlene and Mari and Jeremy Hulteen & families.

FLOWERS are from the funeral of Donald Lokken.

OUR SYMPATHY to the family of Hazel Stromsmoe on her death.

PLEASE REMEMBER our pastors and congregational leaders in your prayers.

LISTENING DEVICES & LARGE PRINT worship folders & bulletins are available on narthex table by guest book stand.

BUSY BAGS for preschoolers are available from an usher.

PREVIOUS SUNDAY BULLETINS are available outside the church office and Sunday announcements are also posted on our website.

COFFEE & FELLOWSHIP in the patio room after the service.

A REMINDER to those hospitalized to please notify Zion as the hospital does not do that anymore.

Ministers: Every Member of the Congregation

Office Phone: 681-3296 *Fax:* 681-3048

John Golv, *Senior Pastor* 683-5181 jcgolv@mncable.net

Alemayehu Tulu, *Associate Pastor* 681-1866 alezion@mncable.net

Sarah Harper, *Youth Director* ziontrfy@mncable.net 218-790-2467

Dilene Spielman, *Office Manager* ziontrf@mncable.net

Sandy Knutson, *Parish Nurse* parishnurse21@hotmail.com

Todd Sundby, *Custodian*

www.ziontrf.org July: Given by Dick & Jan Haugen in memory of loved ones.

PARISH NURSE: Parish Nurse hours are Mondays, from 3-4:30 PM. Closed, Monday, July 4.

Conquering Headaches with Relaxation

Because many headaches are triggered by stress, relaxation techniques can reduce the frequency of headaches and even thwart an oncoming attack.

Deep Breathing: Breathing from the diaphragm provides a better exchange of oxygen and carbon dioxide. Instead of the shoulders or chest rising with each breath inhaled, the abdomen rises. As you inhale through your nose, count to four slowly. Then pause and slowly exhale through your mouth, counting to four again as you feel tension being released. Repeat several times.

Muscle Relaxation: Sitting comfortably in a quiet place with your eyes closed and breathing from the diaphragm, tense the muscles in your feet, hold them tight for ten seconds, and then relax. Repeat one or two times until the muscles feel fully relaxed. Next move to your legs and repeat the process. Using this technique, work your way upward through your entire body, finishing with your shoulders, neck and head. The process should be done slowly and in a quiet place, free of distractions.

Guided Imagery: Close your eyes and practice deep breathing for a minute or two, then imagine yourself in an extremely pleasant and relaxed setting, like a warm Caribbean beach. Imaging your tensions ebbing away as you savor the peace and quiet of the imagined scene.

We thank the National Headache Foundation for this useful guide to headache relief. www.headaches.org. Another good resource is maintained by the American Council for Headache Education at www.achenet.org.

JOIN THE STAFF -Tuesdays, 10:30 AM & Fridays, 9:30 AM for coffee, tea, etc.

SUMMER OFFICE HOURS are 9-4 with a 12:30-1:30 lunch hour for Dilene.

BOARD ORIENTATION will be Tuesday, July 19 at 6 PM. Parish Planning Council will meet at 7 PM, after orientation.

WOMEN OF ZION will meet on Tuesday, July 12 for a noon luncheon and Bible study. Women of Silver Creek, Redeemer, Black River, & Trinity are also invited.

WHEN AWAY FROM ZION on Sundays, remember you can listen to the 8:30AM service. Go to ziontrf.org, click on Listen Online & follow the prompts.

DID YOU KNOW that Zion offers the option to give electronically? Contact the church office for more details or **go to Zion's website** and click on the Donate button.

A SPECIAL MESSAGE FOR SUMMER TRAVELERS If you're planning to miss services this summer due to travel or other family commitments, **Zion** would like you to consider committing to a recurring giving schedule. Your consistent support is very much appreciated, especially during the summer months. Contact the church office for more details.

MINISTRY NEEDS

SUNDAY, June 26 Attendance 141 Offering: \$2921.25 (includes Simply Giving)

2nd Qtr: Needed: \$98,539.00; received & 2010 monthly carryover: \$113,033.55.

1st Qtr: Needed: \$90,328; received & 2010 monthly carryover: \$83,329.84.

NATIONAL YOUTH GATHERING 2012: NEW ORLEANS! In July of 2012, our senior high youth will be traveling to New Orleans for the ELCA NYG. The estimated cost of this trip is \$1,500 per person. Sarah and the Youth/Christian Ed. Board are challenging you to help make this trip more affordable by donating \$1.00 every Sunday from now until the time we leave for the gathering. If you would prefer to make a larger donation by check, they can be made out to Zion Youth. There is a kettle in the narthex for your donation. We thank you for your support.

BROADCAST & WEBSITE LISTS are in the narthex. Broadcasts are \$100; \$50 for half. Website is \$15.

COMMUNITY/AREA EVENTS

AFTERNOON ADVENTURES Wednesdays from 12:30-3:30 PM here at Zion. Caregivers can bring their loved one and take a break, knowing they are safe. People using this service do not need to be members of Zion. Call Tammy Sykes at 1-218-945-6808 with questions or email her at tammy.sykes@lssmn.org.

CANCER SUPPORT GROUP meets first Wednesday of the month from 5:30-6:30PM at Sanford Medical Center in the Education Conference Room. Questions, call Alicia Haviland at 683-4380 or alicia.haviland@meritcare.com.

CAREGIVER SUPPORT GROUP meets the second Thursday of the month at 11AM at the Heritage Center.

YOUTH NEWS

NATIONAL YOUTH GATHERING 2012

Registration forms are available outside of Sarah's office. You will need to fill out the form and return it with your \$100 non-refundable deposit ASAP if you have not yet registered.

CAMP REGISTRATION

These are the weeks that Sarah or Pastor Ale will go to camp with the kids. Please know that there are other weeks for each of the age groups if this week doesn't work for you:

Half Pint Day (K-2) Tuesday, July 26 at Lake of the Woods

Elementary Mini (Grades 2 & 3): July 27-29, Wed.-Fri. at Lake of the Woods

Elementary Classic (Grades 4 & 5): July 10-15 at Lake of the Woods

You need to register with the grade you WILL be in next fall, not the grade you are completing now.

ZLCW has volunteered to pay 1/2 of the registration fee for each youth! Please register ASAP.

LOOKING AHEAD. . .

JR. HIGH YOUTH GROUP

Next one: Monday, July 18 from 6-8 PM

SR. HIGH YOUTH GROUP

Next one: Wednesday, July 20 from 6-8 PM

SHYG will not meet July 6 as was listed in newsletter.

Opportunities for the Week

Today

8:30 AM Worship/Holy Communion;
Cable 3/KTRF Broadcasts
9:30 AM Coffee
10:00 AM Worship at Silver Creek

Monday, July 4 Office Closed

Tuesday, July 5

9:30 AM Staff Meeting
10:30 AM Coffee Time w/Staff
Noon Text Study

BOARDS will meet Tuesday, July 19

Wednesday, July 6

9:00 AM Bone Builders
Noon Bulletin Items Due
3-4:30 PM Parish Nurse Hours

Thursday, July 7

9:00 AM Bone Builders

Friday, July 8

9:00 AM Bone Builders
9:30 AM Coffee Time w/Staff

Sunday, July 10

8:30 AM Worship;
Cable 3/KTRF Broadcasts
9:30 AM Coffee
10:00 AM Silver Creek