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: Steve, Rosemary, & Ty Johnson
Ushers: Ryan & Jamie Bakken, Bill & Melba Penning
Pianist: Laura Rude
Call to Worship: Muriel Olin
Acolytes: Bailey Iverson, Ben Erickson
Next Sunday's Acolytes: Brady Nessen
Lay Reader: Chari Mills
Communion Assistants: Ruth Ostby, Dick Haugen
Van Driver: Galen Clow 681-2182
Nursery: Available, but not staffed

BROADCASTS TODAY are in memory of Harold Storhaug, husband & father, given by Durelle Storhaug, and the families of Mark & Bruce Storhaug and Janelle Storhaug.

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.

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

BUSY BAGS for preschoolers are available from an usher.

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.

PARISH NURSE: Parish Nurse hours are Mondays, 3-4:30 PM.

Building muscle mass with resistance training exercise may play a role in lowering the risk of Type 2 Diabetes. If you start an exercise and don't lose weight, you should not give up hope because your fat is getting converted to muscle. If you lose fat, you gain muscle. So even if the weight is the same, the balance shifts. Resistance exercise may also have a role in helping people with type 2 diabetes better use the insulin that they do produce. Ask your healthcare provider what you can safely do for resistance exercise training. If you have been diagnosed with prediabetes, consider resistance exercise.

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 August: In memory of Cody Lundgren, given by David & Karen Kirkeby

SUMMER WORSHIP SCHEDULE continues through Sunday, Sept. 4 (Labor Day Weekend) with 8:30 AM service at Zion and 10:00 AM at Silver Creek.

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.

NEXT GRIEF SUPPORT MEETING is Tuesday September 13, at 7 PM in the church lounge. Grief comes in all forms, death of a loved one, loss of a job, moving from a different part of the country to a new territory, divorce, empty nest. There is no time limit on grief. For more information call Deb Holtan at 449-4645 or Judy Melby at 681-7194.

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.

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 or **go to Zion's website** & click the Donate button.

WELCA Convention in TRF, Sept. 9 & 10 – our Northwestern Synod women will meet at Redeemer Lutheran Church. See bulletin insert for details. There is a grant scholarship available for a younger woman (age 18-25) to attend. If interested, please call Glenice Johnson at 681-4472. Registration deadline has been extended until August 26.

Physical Offerings requested for WELCA – disposable diapers, toilet paper, bar soap, toothpaste & toothbrush, feminine products, facial tissues are being collected for the WELCA convention. They will be distributed to area food shelves, homeless shelters and domestic violence centers. A collection box is located outside the church office. Thank you!

MINISTRY NEEDS

SUNDAY, Aug. 14 Attendance 144 Offering: $2,572.25 (includes Simply Giving)
3rd Qtr: Needed: $86,222; received & 2010 monthly carryover: $36,401.61.
2nd Qtr: Needed: $98,539; received & 2010 monthly carryover: $113,033.55.
1st Qtr: Needed: $90,328; received & 2010 monthly carryover: $83,329.84.

AUGUST IS FOOD SHELF MONTH here at Zion. Groceries can be left in the carts or checks can be made out to "TRF Area Food Shelf" and placed in the plate.

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

COMMUNITY/AREA EVENTS

FALLS DELIVERED MEALS will have a French toast breakfast at the Eagles on Sunday, Aug. 28 from 9 AM-1 PM. Freewill donation to benefit the program which provides healthy affordable meals to aged, ailing or handicapped persons, often a major factor in enabling them to remain in their own homes. Supplemental funds provided by Pennington-Red Lake County Chapter of Thrivent.

GROCERIES TO GO PROGRAM is for those age 60+ who need help with grocery shopping. Please call Glenice Johnson at 681-4472 for more information.

WALK TO END ALZHEIMER'S will take place Saturday, Sept. 17 at the Warroad Senior Living Center. The Walk is an all-ages and all-abilities event. You do not need to know someone with Alzheimer's to be part of the Walk. For more information, call Jill Wulff at 218-425-7401 or Paul Peterson at 218-463-2883 or go to www.alz.org/mnnd and go to the Warroad Walk.

ANGELS NEEDED… LSS Caregiver Support & Respite Program is looking for volunteers to provide short -term, non-medical care while caregivers get a break. 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.

SR. HIGH YOUTH GROUP:

Next one: Wednesday, August 24 from 6-9 PM. Meet at Sarah's house (618 Main Ave N). We'll grill burgers & play games.

"Renewing Strength"

Those who hope in the Lord will renew their strength; they will soar on wings like eagles. Isaiah 40:31

Women of the ELCA
NW MN Synodical Women's Organization
2011 Convention

Redeemer Lutheran Church
Thief River Falls, MN

Friday, September 9
Registration 3-5 PM
Banquet 5 PM
Special Music—Seed of Faith
Business Session 6:30 PM

Saturday, September 10
Early Bird Bible Study & Coffee 7:45-8:30 AM
Registration & Coffee 8 AM
Morning Worship 9 AM with Bishop Wohlrabe
Bible Study Leader Pastor Laurie Natwick
Keynote Speaker 10:45 AM Linda Post Bushkovsky
Workshops 1-2:30 PM (Choose two of the three)
Closing 2:30 PM

Pre-registration is required and due by *August 26*.
Dilene has registration forms available in the church office at Zion or on the table outside the office.

Opportunities for the Week

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

Monday, August 22
9:00 AM Bone Builders
3-4:30 PM Parish Nurse Hours

Tuesday, August 23
9:30 AM Staff Meeting
10:30 AM Coffee Time w/Staff
Noon Text Study

Wednesday, August 24
9:00 AM Bone Builders
Noon Bulletin Items Due
6-8 PM SHYG

Thursday, August 25
9:00 AM Bone Builders

Friday, August 26
9:00 AM Bone Builders
9:30 AM Coffee Time w/Staff

Sunday, August 28
8:30 AM Worship
Cable 3/KTRF Broadcasts
9:30 AM Coffee
10:00 AM Worship at Silver Creek