THIRD SUNDAY AFTER EPIPHANY

January 31, 2016 Announcements

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:
Ushers: 8:30 Chris & Nicky Ellison, Ginny Armstrong, Steve Fellman
10:30 Jan Breiland, Carol Waswick
Greeters: Art & Darlene Hinrichs
Acolytes: 8:30 Gunnar Fellman, Ethan Larson
Organist/ Pianist: Phyllis Dalager 8:30; Laura Rude 10:30
Reader: Dan Bartsch
Communion Assistants: 10:30 Kylee Hoffard, Ethan Larson
Smoothie Counter: Cadin Brekkestran *Tech Director:* Brandon Bruggeman
Nursery: Available, but not staffed

TODAY WE WELCOME THROUGH THE SACRAMENT OF HOLY BAPTISM:
✞ Everly Lynn Brateng, daughter of Kelly & Kelsey Brateng.
Everly's sponsors are Jayson & Melissa Sletten, and Mark & Kristine Oslund

OUR PRAYERS TO Lysle & Donna Martinson who were hospitalized at Sanford Fargo.

OUR SYMPATHY TO the family of Galen Clow on the death of his mother, Elsie Clow, and to the family of Harold Dupree whose funeral will be held Monday at 10:30 at Zion.

BROADCASTS TODAY are sponsored in memory of Elaine Kayser by her family.

www.ziontrf.org for January is given by Gladys Hallstrom, in honor of her great-grandson Tyler John Dinallo on his first birthday.

REMINDER to those hospitalized to please notify Zion as the hospital does not alert us.

BUSY BAGS for preschoolers are available from an usher at the back of the sanctuary.

LISTENING DEVICES & LARGE PRINT worship folders & bulletins are available from an usher.

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

PLEASE REMEMBER our staff and congregational leaders in your prayers.
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
Linda Hamrick, *Office Manager* ziontrf@mncable.net
Sandy Knutson, *Parish Nurse* parishnurse21@hotmail.com
Griffin Newland, *Custodian*

THE HERALD is available online at Zion's site or by mail. Please contact the church office if you would like to receive it by mail. Extra copies are available on tables in the narthex or by the church office.

JOIN THE STAFF -Tuesdays at 10:30 AM & Fridays at 9:30 AM for coffee fellowship.

ZION WORSHIP SERVICE ONLINE—Sunday mornings you can listen to the 8:30AM service online. The link has been updated for easier access. 1. Go to: www.ziontrf.org. 2. In the black banner click Listen Online. 3. Click on the RED link to KTRF.

PARISH NURSE: *Parish Nurse hours are Mondays from 3-4:30 PM.*
Give someone a squeeze. A ten-second hug lowers blood pressure by increasing the feel-good hormone oxytocin and lowering the stress chemical cortisol.

NO HANDSHAKING We have members of our church and community that have compromised immune systems, which will increase their risk for complications from the flu. Once again Zion will start the ***"No Handshaking" time of year*** and do our part to limit the flu transmission. Remember a friendly warm smile goes a long way.

ANNUAL MEETING TODAY JANUARY 31, 2016 9:30 AM
Annual Reports are available in the Narthex.
One per family, please.

STEWARDSHIP COMMITTEE is accepting items for the Personal Care Kits during our Lenten season. On Ash Wednesday we are asking for bath towels. Dark colors preferred. New or used. Other items in each kit are: sturdy comb, adult-size toothbrushes, nail clippers, & 2 bath-size soaps. Monetary donations will also be accepted.

ASH WEDNESDAY is February 10th. There will be supper at 5:30 PM served by the Anna Circle. Menu: Hotdish. Grades 5 & 6 are scheduled for clean-up. The full Supper Schedule, Menus and Clean-up schedule can be found on the February newsletter calendar which will also be on the website.

MINISTRY NEEDS

Attendance Sunday, January 24: 118
Weekly offering/including Simply Giving Jan. 24: $ 3,377.
Envelope/Simply Giving Income Jan.1-24: $ 19,365.

SIMPLY GIVING If you would like a convenient way to make regular offerings, we encourage you to check out our electronic giving options. As the pace of life speeds up, you may find electronic giving is the way to go. It takes just a few minutes to setup a recurring giving plan. Visit the church website, **www.ziontrf.org** and locate the donation link or complete a paper authorization form & return it to the church office.

Donate from your smart phone! Zion Lutheran Church now offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's Quick Response (QR) code reader!

SUNDAY SERVICE RIDES Call/text Sarah Villanueva at 701-212-2637.

TAB COLLECTION Leave tabs for the Ronald McDonald House in Fargo on the table outside the church office. Thank you for sharing.

*****BROADCAST SPONSORSHIP SIGN UP LIST FOR 2016 IS LOCATED ON THE WALL BY THE OFFICE DOOR. ****** Cost is $100 *for entire broadcast;* $50 *for half.*

YOUTH NEWS

- **JUNIOR HIGH YOUTH GROUP** meets Wednesdays from 3-5 PM with Kami.
- **CONFIRMATION SUPPERS** are served from 5:30 to 6 PM each Wednesday. Cost is $2.00 for meal and .50 for pop.
- **Noisy Offering for January:** Little Brother, Little Sister
- **KIDS SABBATH**—February 21st French Toast will be served before and after 10:30 service
- **YOUTH**—Check out online newsletter for details.
- **2016 Wall CALENDARS available for $8, Pocket $6.** See Amber to sell.
- **CONFIRMATION PHOTOS Please pick up:** Collin Smith and Matt Opdahl
- **YOUTH SKI TRIP** February 12-13, 2016

Thanks to our MUFFIN MAKERS:

Jan. 31: Brandon & Suzanne Nelson, Brent & Becky Smith, Brian & Becky Fredrickson, Brian & Terri Peterson

Feb. 7: Bryan & Jamie Cleven, Bryan & Mary Berzinski, Cainan & Shayla Langlie, Carl & Kim Kostrzewski

JANUARY NOISY OFFERING - LITTLE BROTHER / LITTLE SISTER of Pennington County. LBLS is a youth mentoring program that focuses on the needs of children ages 4-18. The mission of LBLS is to build a relationship between a child and adult mentor who will be an advisor and friend on the journey to adulthood. Mentoring relationships have proven to prevent crime, increase school success, and decrease juvenile depression. Our children are our future and it's never too late to invest in them. **Little Brother Little Sister of Pennington County need mentors.** Please think of a time a mentor has helped you. My goal for this month is small but it's doable. Let's shoot for 5 new mentors by the end of the month. Sign up yourself, it's only 4 hours a month. Know someone that has something great to share? Refer them. Join us in this endeavor to help change the life of a Little in our community.

Noisy Offering for February will go Pathways Bible Camp (Camp Emmaus)
Camp Emmaus is located just outside of Menahga, MN. Emmaus offers year-round retreat and conference facilities for groups of all types in a peaceful and pristine setting. Camp Emmaus is ideal for retreats, family reunions, banquets, and meetings. The Challenge Course at Camp Emmaus also opens up possibilities for team building retreats.

COMMUNITY/AREA EVENTS

ST BERNARD' LENTEN FISH FRY'S beginning February 12th. Price is $12 for 2 fillets, $10 for 1 fillet. Serving 5-7PM. Carry out and Deliver available 681-3560. Meals include potato and vegetable. Desserts also available. Every Friday February 12 thru March 18th.

AMERICORPS is seeking volunteers age 17 and older to serve as respite volunteers. Volunteer work involves providing safety and companionship for persons age 60+ with a chronic health condition so family caregivers can take a break. Contact Tara Giese at 1-800-488-4146 or taragiese@lssmn.org.

GROCERIES TO GO Do you need help getting your groceries? Let RSVP know. Call RSVP at 218-281-8288 or 218-281-8289 to discuss your needs. If you are willing to volunteer to work with the "Groceries to Go" program you may also call RSVP at the same numbers above to help people with this need.

HOSPICE OF THE RED RIVER VALLEY is seeking individuals to join its volunteer team as companionship volunteers. Hospice provides a flexible schedule. To apply, go to www.hrrv.org/volunteer or contact Nikki Dukart at 701-740-0370 or ndukart@hrrv.org.

"Morning Out" LSS Caregiver Support/ Day Respite Program at Trinity Lutheran Church. Every 1st and 3rd Monday from 10:00 AM to 2:00 PM. This service provides a safe enjoyable environment for your loved one (age 60+) so you are able to rest, shop, take care of health needs, or run errands. Participants will enjoy activities in a safe surrounding. For more information contact Loretta Drevlow at 218-681-7454. Please bring a sack lunch. Coffee and water provided.

RSVP Handyman Service Trained volunteers enable seniors to maintain their independence and safety by providing minor home maintenance repairs such as replace batteries, lightbulbs, install grab bars or smoke detectors, weatherization projects, etc. with no charge. Materials or supplies are paid for by the client, scholarships are available for those in need. Call RSVP at 218-281-8288.

HERITAGE COMMUNITY CENTER first Monday of the Month fundraiser supper, 5-6 PM. Minimum donation $7; proceeds to running the Center. Open to all ages.

LSS RESPITE SERVICES is for families caring for individuals 60+ with chronic health conditions. They provide a volunteer to come into the home to assist a loved one while the Caregiver can run errands, attend appointments or just get some needed time away. Call coordinator Brandi Halland at 218-280-3773 for more info.

SUPPORT GROUPS IN THIEF RIVER FALLS
Brain Injury: Third Thursday, 7 PM at United Methodist.
Cancer: First Wednesday, 5:30-6:30 PM at Sanford Medical. Alicia at 683-4380 FMI.
Caregiver: Second Thursday, 10 AM at Heritage Center. Lori at 218-945-6808 FMI.
Dementia/Alzheimer's: Third Monday, 6:30PM at GrandStay Hotel meeting room. Kari 686-4487 FMI.
Gamblers Anonymous: Mary at 218-684-0813 FMI.
Grief: First Tuesday, 1-2:30 PM, Hospice of the RRV. Jennifer at 888-237-4629 FMI.
Overeater's Anonymous: Mondays, 6:30 PM at United Methodist.
Parkinsons: Second Thursday 4PM at Valley Home Board Room. Joannie at 681-2914 or Judy 681-6631. FMI

Opportunities for the Week

Sunday, January 31:
8:30 Worship, Cable3/KTRF BC
9:30 Education Hour
9:30 Zion Annual Meeting
10:00 Silver Creek Worship
10:30 New Traditions Worship

Monday, February 1:
Falls Delivered Meals Week
9AM Bone Builders
10:30 AM Harold Dupree funeral
3-4:30 PM Parish Nurse hours

Tuesday, February 2:
9:30 AM Staff Meeting
10:30 Coffee with Staff
Noon Text Study/Redeemer
4 Parish Health Committee
BOARD MEETINGS

Wednesday, February 3:
9 AM Bone Builders exercise
3-5 Jr Hi youth group
4:30 Jubilate Campana
5:30 Confirmation supper
6-7:30 Confirmation Classes
6 God's Joy Choir
7:30-9:30 Sr Hi youth group

Thursday, February 4:
9 AM Bone Builders exercise
10 Prayer Shawl ministry
1 PM Quilting/ LWR Workshop

Friday, February 5:
7 AM Men's Breakfast/ Biff's
9 AM Bone Builders exercise
9:30 Coffee with Staff

Sunday, February 7:
8:30 Worship HC, Cable3/KTRF BC
9:30 Education Hour;
9:30 Blood Pressure Screening
10:00 Silver Creek Worship
10:30 New Traditions Worship