NINTEENTH SUNDAY AFTER PENTECOST

September 25, 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 worship assistants:
Ushers: Joppru family
Greeters:
Organist/Pianist: Phyllis Dalager, Laura Rude
Reader: Barry Hoffer
Acolyte: Ethan Larson
10:30: Tech Director: Dayle Dahlen, Smoothie Counter: Jaimee Nelson, Communion Assistant: Connor Swanson, Jaimee Nelson, Dayle Dahlen
Nursery: Available, but not staffed

BROADCASTS & FLOWERS TODAY are given in loving memory of Janeen Kalsnes by the Burstad family.

www.ziontrf.org for September is Ginny Armstrong in memory of Joe Armstrong.

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
Kelsey McGowan, *Youth Director* ziontrfy@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. Go to: www.ziontrf.org. in the black banner click Listen Online, Click on the RED link to KTRF.

PARISH NURSE: *Parish Nurse hours are Mondays from 3-4:30 PM.*
Move of the month: One leg balance—Working many leg muscles at once can help improve your balance. Ask the Parish Nurse for this exercise. It is an easy one.

BLOOD PRESSURE SCREENING There will be no blood pressure screening in September. The next one will be October 2nd. If you have a concern, please see Sandy during her nurses hours on Mondays.

PRAYER SHAWL MINISTRY meets on Thursday mornings at 10:00 in the Fellowship Hall. We are always looking for more crocheters and knitters! If you don't know how to knit or crochet, we will help you learn! For more information call Deb Holtan at 449-4645.

CHOIRS "Calling all Singers & Musicians! Are you looking for a way to get involved with the church in a fun group setting. Zion's choirs will start in September and we are looking for people that want to be a part of a fun musical church family. Starting in September the God's Joy choir (K-7th) will be rehearsing Wednesday's from 6:00-6:30 & the Senior Choir (ages- 8th grade – 100 yrs old) will be rehearsing on Wednesday's from 6:45-7:30. If you play an instrument and would like to get involved please let me know as we want to include as many as possible. Please contact Laura Rude 218-684-1072 if you are interested and have questions or simply just show up! God's Blessings always and remember to Make a Joyful Noise! Laura Rude"

JUBILATE CAMPANA Bell choir is looking for a few new ringers to join us. We have a wonderful group and would like to invite anyone interested to join us for all or part of the year. Please contact Missy Borgen 686-0227 for information.

CHURCH DIRECTORIES will be distributed to those who had portraits taken on Sunday, September 18, between services. **Note: There are not extra directories to sell**. If you have a picture in the directory, you will receive a directory. If you have not picked up your 8X10 photo, please pick that up at the same time.

ZLCW The Fall Gathering--Conference 2 (formerly- Cluster 2) is Saturday October 8, 2016 at Faith Lutheran Church, Goodridge, MN.

CIRCLES:
SARAH will meet Tuesday, Sept. 27th at 6:30 PM at Valley Home library. Vivian Knutson, hostess.
ELIZABETH will meet Wednesday, Sept. 28th at 9:30 AM at Claudette Forsberg's home.
ANNA will meet Wednesday, Sept. 28th at 9:30 AM at Sharon Jorde's home.
REBEKAH will meet Thursday, Sept. 29th at 9 AM at Valley Home. Eileen Rhen, hostess.

Zion's LWR Quilting Workshop will be meeting on Thursday, Sept. 29th from 1-4PM. Please consider joining us. We work on quilting and /or preparing the various kits to send overseas. You don't need to know how to sew, there's plenty more to do. If anyone would be interested in sewing tops at home, let us know as we have lots of fabric to share. We pause for coffee of course. Questions? Call Carol at 681-5907 or Sharon Bergerson at 681-5445.

MINISTRY NEEDS

Attendance Sunday, September 18: 231
Weekly offering/including Simply Giving September 18: $10,256.
Envelope/Simply Giving Income thru September 18: $226,674.
Budgeted income needed thru September 18: $319,960. ($8,420./week)
2016 Budget $437,864.

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!

ELCA WORLD HUNGER - Donations may be sent to:
ELCA World Hunger
P.O. Box 1809
Merrifield, VA 22116-8009

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

- **Confirmation Retreat** Sunday, September 25th 1-4 pm
- **Confirmation Kick-off meeting** (parents & students) Wednesday, September 28th **7:15 PM**
- **Confirmation Classes begin** Wednesday, October 5th. Light supper served at 5:30. ($3 for meal, $.50 for pop)
- Confirmation Pictures Wednesday October 26th at 5:45 pm.
- Confirmation Banquet Saturday October 29th supper starts at 5:30 pm.
- Confirmation Sunday October 30th
- **YOUTH RUMMAGE SALE** Saturday, November 12.

Junior High Youth Gathering is in Grand Forks at the Alerus Center! Dates are Friday, November 18th - Saturday, November 19th. Let Kelsey know if you are interested!
Contact Kelsey at ziontrfy@mncable.net

NOTICE—If you are new to our Sunday School or Youth Activities, please inform the church office of your children's names, grades, contact phone number and mailing address so we can keep you informed of upcoming events.
You can email information to ziontrf@mncable.net

COMMUNITY/AREA EVENTS

JORDAN GUSTAFSON BENEFIT Thursday, September 29th, 5-8 PM at the Eagles Club in Thief River Falls. Free-will donation meal of Scalloped Potatoes and Ham. Bake Sale and Silent Auction. Sponsored by the Plummer Lions Club. Jordan is the grandson of Norman & Darlene Blackstad.

SPAGHETTI BENEFIT DINNER Monday, October 3rd from 5-7 PM at Redeemer Lutheran Church. Free-will offering. Proceeds to Hospice of the Red River Valley.

GRIEVE ON: Final Journeys featuring Maggie Callanan, hospice nurse and author, on Thursday, October 6th 7-9PM at the Ramada in Grand Forks. Free and open to the community. No registration required. For more information visit www.hrrv.org/journeyinghome or call (800) 237-4629.

ANNUAL LUTEFISK SUPPER, Grygla Community Center Saturday, Oct 15, 4:00 - 7:30 pm. Menu: Lutefisk, lefse, Swedish meatballs, real mashed potatoes, dessert.
Cost: $15 (age 13-adult), $6 (age 5-12), preschool - free.

NORTHLAND COLLEGE ANNUAL RAKE-A-THON will be held during the week of October 17th (subject to change with weather) Student athletes from Northland will provide community service by raking for the elderly or those who are not capable, in Thief River Falls. There is no cost for the service. Requests for service can be made at 218-683-8696. Leave a name and address if no one is in the office.

JOURNEYING THROUGH GRIEF Wednesday, October 19th from 1-4PM at Mahnomen

Health Center. Presented by Hospice of RRV. Registration deadline is October 12th. Please call 1-800-237-4629 to reserve a space.

MARTIN LUTHER: ART AND THE REFORMATION, October 30, 2016 - January 15, 2017. Special exhibition at Minneapolis Institute of Art. The story of Martin Luther and the Reformation brought to life through astonishing artworks and historical objects, traveling outside Germany for the first time ever. Individual and group ticket packages are on sale now. Call 612-871-3000 or reserve tickets online at artsmia.org/luther. A special discounted rate has been arranged with the Hyatt Regency Mpls, at 1300 Nicollet Mall, (612-370-1234) for those wishing to stay nearby; ask for the Arts & Entertainment discount, or enter code 18712 if booking online (minneapolis.hyatt.com).

GRIEF DURING THE HOLIDAYS Thursday, November 10th from 1:30-3 PM at Sacred Heart Catholic Church in East Grand Forks. Presented by Hospice of RRV. Free and open to public but pre-registration is required. 1-800-237-4629.

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.

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.

"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.

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.

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, September 25:
8:30 Worship; Cable 3 Broadcasts, Blessing of Prayer Shawls, Teacher Installation
9:30 Education Hour, Coffee fellowship
10:00 Silver Creek Worship
10:30 New Traditions Worship, Teacher installation
1 PM 11th Grade Confirmation Retreat at Silver Creek

Monday, September 26:
9 SAIL exercise
3-4:30 Parish Nurse Hours

Tuesday, September 27:
9:30 AM Staff Meeting
10:30 Coffee with Staff
Noon Text Study/Zion
4:30 Kiwanis
6:30 Pack Mtg.
6:30 Sarah Circle at Valley Home

Wednesday, September 28:
9 AM SAIL exercise
9:30 Elizabeth Circle at Claudette Forsberg home
9:30 Anna Circle at Sharon Jorde home
4:30 Jubilate Campana
6– 6:30 PM God's Joy Choir
7:15 Confirmation Kick-Off Parents and Youth
6:45-7:30 Senior Choir

Thursday, September 29:
9 AM SAIL exercise
9 AM Rebecca Circle at Valley Home
10 Prayer Shawl Ministry
1 PM Quilting Workshop
2 PM Valley Home
3 PM Oakland Park

Friday, September 30:
7 AM Men's Breakfast at Biff's
9 AM SAIL exercise
9:30 Coffee with Staff
5:30 Wedding Rehearsal

Saturday, October 1:
4:30 Wedding Holtan/ Vandevelde

Sunday, October 2:
8:30 Holy Communion Worship; Cable 3 Broadcasts,
9:30 2nd Grade Bible class; Education Hour, Coffee fellowship
10:00 Silver Creek Worship
10:30 New Traditions Worship