

# THIRD SUNDAY IN LENT

March 4, 2018

## Announcements

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**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:

8:30 *Ushers*: Tom & Kaylynn Wold, Cathy Golv, Ginny Armstrong; *Greeters*: Joyce Swenson

*Reader*: Dan Bartsch

*Organist*: Phyllis Dalager; *Acolytes*: Brooklyn Breuer

10:30 *Ushers*: Corie Erickson, Bill Oliver

10:30 *Tech Director*: Brooklyn Breuer, *Smoothie Counter*: Ben Nelson

10:30 *Communion Assistants*: Chesnie Wojciechowski,

*Nursery*: Available, but not staffed

**OUR PRAYERS** to Joannie Minks, hospitalized at Sanford

**BROADCASTS TODAY** are provided by Zion Lutheran Church

**Zion's Website Sponsor for March is Wally Sparby, given in memory of Ione Sparby.**

**REMINDER** to those hospitalized to please notify Zion as the hospital does not inform 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.

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

**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.

**ZION WORSHIP SERVICE ONLINE** Sunday mornings you can listen to the 8:30AM service online. Go to: [www.ziontrf.org](http://www.ziontrf.org). in the black banner click Listen Online, Click on the RED link to KTRF.

**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](mailto:jcgolv@mncable.net)

Alemayehu Tulu, *Associate Pastor* 681-1866 [alezion@mncable.net](mailto:alezion@mncable.net)

Linda Hamrick, *Office Manager* [ziontrf@mncable.net](mailto:ziontrf@mncable.net)

Sandy Knutson, *Parish Nurse* [parishnurse21@hotmail.com](mailto:parishnurse21@hotmail.com)

Griffin Newland, *Custodian*

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

**PLEASE TURN OFF YOUR CELL PHONE DURING SERVICES—THANK YOU!**

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

- **People that practice mindfulness see a reduction in stress level.** What is mindfulness? It really is relaxing your mind, think about breathing and focus. It can be when you are driving home focusing on the moment, listening to sounds and looking around you, not being caught up in "what is next." It can be with 5-10 minutes of meditation or yoga or walking, but focusing on being in the moment and breathing. Try it, your body will appreciate it.
- **Flu Season** is upon us. Due to this we will not be sharing peace by handshaking during this time. Please share God's peace with a smile and genuine love, or an elbow bump. We will resume handshaking in April when the flu has lessened. Thank you for doing your part to decrease the spread of the flu and also keep members with compromised immune systems safe. *God's Peace and Smiles to all.*



**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.

**LWR WORKDAY** meet on the 1st, 3rd and 5th Thursdays from 1-4 PM. Anyone interested in lending a hand is welcome. We work on Quilts, School Kits, Personal Care Kits, and Baby Care Kits. Shipments are in November and May. Everyone is welcome and no special talent is required. For more info, call Carol Waswick 681-5907 or Sharon Bergerson, 681-5445.



**ATTENTION:** Again, during the Lenten season we will collect items for the Personal Care Kits. Items needed for the kits are: bath towels (may be used, but clean and in good condition), nail clippers, adult-size toothbrushes, sturdy combs, and two bath-size bars of soap. A container will be available for you to collect your items.

Also, we use flannel sheets to make diapers for the Baby Care Kits. Any used sheets you no longer use are greatly appreciated. The confirmands assist with assembling these kits and then the kits are sent to Lutheran World Relief in early May along with the quilts the ladies are making. For more info, call Sharon Wagner at 681-2473 or Sharon Jorde at 681-4739. Thank you for your donations!

This is the **10TH ANNUAL GOOD FRIDAY PRAYER VIGIL!** Good Friday is March 30th. The signup sheet is in the upper narthex. We would encourage you at any time during Lent to come into the sanctuary to sit and pray as well as coming on Good Friday. There are Lenten Prayer Booklets available to use. Please leave the booklets in the narthex when you are finished. For anyone that would have a prayer request, please put your request on the slip of paper provided and then place it in the slotted box. These will be prayed for the day of the vigil. Come and help us fill the sanctuary with continuous prayer!

**EASTER FLOWERS** If you wish to bring flowers for Easter Services in honor or in memory of someone, please let the church office know by Monday, March 26th to be included in the Easter bulletin.

**The Evangelism and Lay Ministry board is looking for volunteers** to form a group to pray for our ten youth that are going to the National Youth Gathering in Houston this June. Please call Deb Holtan at 449-4645 or 686-3758.

## MINISTRY NEEDS

Attendance Sunday, February 25: 151 Wed. Feb 21: 174  
Weekly offering/Simply Giving for week of Feb.19-25: \$5,358.  
Envelope/Simply Giving Income from January 1- Feb 25: \$50,568.  
2018 Budget \$422,168. (\$8,118 needed per week to meet expenses)



### **Direct Thrivent Choice Dollars®.**

Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars directions can make a profound impact.

**PLEASE PICK UP YOUR 2018 OFFERING ENVELOPES. PLEASE DO NOT USE ENVELOPES FROM A PREVIOUS YEAR, NUMBERS HAVE CHANGED.**

### **ELECTRONIC SIGN Current donations/Pledges: \$6,090.**

The approximate cost is \$37,000. The properties board and the PPC will proceed with the sign if 80% of the cost is raised before the project is started. Donations or pledges toward this project are appreciated. Any questions, contact Joel Rude at [joelrude@mncable.net](mailto:joelrude@mncable.net) or Tim Numedahl at [numedahl@mncable.net](mailto:numedahl@mncable.net). **Pledge cards** for the electronic sign are available on the desk outside the church office.



**GIVEHub Kiosk** is available in the narthex for credit/debit card donations. You can choose to set up an account with a log-in or choose a one-time donation. You are given the option to have a receipt emailed to you.

**VANCO** electronic withdrawal forms are available in the church office and on the desk outside the office, for those interested in automated giving.



## YOUTH NEWS

### March Noisy Offering:

#### Thief River Falls Food Shelf

Hunger has no face and no age limit and can impact anyone in our community. The Thief River Falls Area Food shelf is here to help the roughly 1 in 4 who experience hunger and food insecurity in our own community. Through the support of our community we continue to work together in the fight to end hunger. Serving clients in Pennington, Red Lake, Polk, Marshall, Kittson, Roseau, Clearwater, and Beltrami Counties.

## CONFIRMATION/LENT

### Wednesday March 7

Lenten Services 6:30

Supper at 5:30 - 7th grade clean up

6-12th grade youth group 7:30

### Wednesday March 14

Lenten Services 6:30

Supper at 5:30 - Gr 10-12 grade clean up

6-12th grade youth group 7:30

### Wednesday March 21

Lenten Services 6:30

Supper at 5:30 - Gr 9 grade clean up

6-12th grade youth group 7:30

### Thursday, March 29

Seder Meal for 5th Grade First

Communion students

Supper at 6 PM - Gr 8 grade clean up

7:30 Maundy Thursday worship

## First Communion Classes

for 5th Graders & Parents

9:30 AM Sundays

March 11, 18, 25

## The following youth of Zion will be attending the 2018 National Youth Gathering!

Rebeka Alemayehu  
Joshua Berzinski  
Dayle Dahlen  
Madelynn Dakken  
Tristan Hanson

Logan Hintz  
Zachary Hintz  
Jonah Kalsnes  
Trista Spears  
Jerica Turner



Chaperones: Roberta Kalsnes, Noah Peters

## Hugo's Coupon Books

Our National Youth Gathering youth are selling Hugo Coupon books for \$10. If you are not familiar with the coupon book, it pays for itself in just 3 coupons (\$5 off \$50 purchase, & two \$2.50 off \$25 purchase) plus many more deals!



## YOUTH GROUP

**ALL 6th-12th GRADERS** are welcome to join Kami for Youth Group every Wednesday during Lent for a featured movie and snacks! 7:30 PM

## Flap Jacks For Faith

March 18th @ 9:30.

A great way to support the youth going to National Youth Gathering!



## 2ND ANNUAL

## HOTDISH COOK-OFF

MARCH 25, 2018

4PM

Youth Rummage Sale coming in April

## COMMUNITY/AREA EVENTS

**ST BERNARD'S LENTEN FISH FRY** Every Friday thru March 23rd. \$13 for two fillets, \$11 for one. Serving from 5:30 to 7 PM. Carryout orders from 5-7PM. Delivery orders taken after 3PM. Call 681-3560. Menu includes: potato, gravy, vegetable, coleslaw and fresh bread.

**Hospice of the Red River Valley** offers a six-week grief support group open to any adult grieving the loss of a loved one through death. This group offers attendees a safe, supportive environment for sharing their grief and learning from others who have experienced a loss through death. This support group is free, but pre-registration is required one week prior to the first session.

*Please note: Participants must be able to attend the first session to participate in the series.*

To register, call (800) 237-4629 and ask for the bereavement department.

### **East Grand Forks, Minn.**

- Tuesdays, March 13, 20 and 27, and April 3, 10 and 17 from 3-4:30 p.m.
- Sacred Heart Catholic Church, 200 Third Street NW, East Grand Forks
- Pre-registration required by March 6

**RSVP HANDY MAN 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.

**STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)** Offered by the Retired and Senior Volunteer Program (RSVP) This is a FREE class for seniors. You will improve balance, feel stronger, remain independent, & have more energy. This is a 1 hour class 2x per week. You can stand or sit, weights are provided at no cost. Registration is required. Contact Tammy or Jennifer at RSVP or the RRV at 218-281-8289 to sign up.

**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.

**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 is located on the wall next to the office door. Cost is \$100 *for entire broadcast*; \$50 *for half*.

### **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.

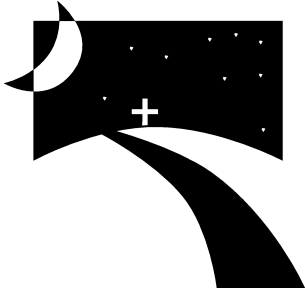
**Dementia/Alzheimer's:** Third Monday, 6:30PM at GrandStay Hotel meeting room. Kari 686-4487 FMI.

**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.



## Lent Schedule for 2018

**Worship at Zion is at 6:30 PM Wednesdays  
Suppers served at 5:30 PM**

### **"Women of the Bible"**

|           |                                |                   |
|-----------|--------------------------------|-------------------|
| March 7:  | <i>Tamar</i>                   | Pastor Gary Graff |
| March 14: | <i>Bathsheba, Uriah's wife</i> | Pastor Ale Tulu   |
| March 21: | <i>Rahab</i>                   | Ms. Christy Klemz |

### **Lenten Suppers**

The schedule for our 2018 Lenten suppers is as follows:

- Mar. 7 - Tater Tot hotdish Elizabeth Circle
- Mar. 14 - Beef Stew Rebekah Circle
- Mar. 21 - Chili Sarah Circle
- Mar. 28 - no supper or service
- Mar. 29 - Seder meal for 5th Grade 1st Communion Lydia Circle

**Please join us for food and fellowship before each Lenten service on Wednesday evenings.**

### **MARCH K-5 EVENT**

**Friday, March 9th 5:30 to 8PM in the Fellowship Hall**  
Little Lambs thru Grade 5 students & Parents are welcome to an evening of Board Games and Homemade Pizza making.

Volunteers are needed.

Please contact Becky 218-686-5563 or Davina 218-689-4965 if you can help or if you have questions.



## 2018 Summer Camp Dates!

- **Register by March 11th\*** and all you will have to pay is the \$100 deposit and the Christian Ed/Youth Board & ZLCW Ladies will pick up the rest!
- Brochures available on youth bulletin board

Half Pint Day K-2nd grade: *June 22nd*

Elementary Mini 2nd-3rd grad: *July 7th-10th*

Elementary Classic 4th & 5th Grade: *June 10th -15th*

Middle School Classic 6th & 7th Grade: *June 17th-22nd*

Junior High Classic 8th & 9th Grade: *June 24th-29th*

High School Classic 10th-12th grade: *July 7th-13th*

These are the dates that the church will be providing transportation to and from camp.

Other dates are available if these dates don't work for you and your youth.

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**Grubbersputz' POPCORN SALES for National Youth Gathering**  
Contact a NYG youth or see Kami or Amber to order.

**Individual bags are \$7 each order by March 22nd.**

Caramel 10oz. \_\_\_\_ Butterscotch 9oz.\_\_\_\_ Caramel/Cheddar mix 7.5 oz.\_\_\_\_

Cheddar 6.5oz. \_\_\_\_ Butter Sea Salt 5.5 oz. \_\_\_\_ Kettle Corn 5.5 oz.\_\_\_\_

White Cheddar 6.5oz \_\_\_\_

**3-Pack of Caramel, Cheddar & Kettle Corn \$20 \_\_\_\_\_**

Total amount \_\_\_\_\_ Checks payable to Zion Youth

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Opportunities for the Week

### **TODAY, March 4: Pathways Sunday**

8:30 Holy Communion Worship, Gideon's;  
Cable 3 Broadcasts  
9:30 Education Hour; Coffee fellowship,  
Blood pressure screening  
10 Silver Creek Worship  
10:30 New Traditions Worship

### **Monday, March 5:**

9 AM SAIL exercise  
3-4:30 Parish Nurse Hours  
6:30 Girl Scouts

### **Tuesday, March 6:**

10:30 Coffee with the staff  
11 Staff meeting  
Noon Pastors text study  
Parish Health committee  
BOARD MEETINGS

### **Wednesday, March 7:**

9 AM SAIL exercise  
5:30 Lenten supper  
6:30 Lenten Worship  
7:15 Senior Choir  
7:30 Youth Group

### **Thursday, March 8:**

9 AM SAIL exercise  
9:30 Pastors Conference  
10 Prayer Shawl ministry  
4 Parkingsons Meeting at Valley Home  
4:30 Falls Delivered Meals meeting

### **Friday, March 9:**

7 Men's Breakfast/ Biff's  
9 AM SAIL exercise  
9:30 Coffee with Staff  
5:30-8PM K-5 Event—  
Board Games & Pizza

### **Sunday, March 11:**

8:30 Worship, Gideon's; Cable 3 Broadcasts  
9:30 Education Hour; Coffee fellowship,  
**April Sharing Servants meet in lounge;**  
**1st Communion Classin Patio Room**  
10 Silver Creek Worship  
10:30 New Traditions Worship/ Baptism

## HOLY WEEK SCHEDULE

PALM SUNDAY March 25th

MAUNDY THURSDAY, Seder Meal, First Communion March 29

GOOD FRIDAY, Prayer Vigil March 30

EASTER SUNDAY April 1

Sunrise Service 6:30 AM

Easter Breakfast 7:15

Holy Communion Worship at 8:30 & 10:30

Silver Creek Worship at 10AM