

THIRD SUNDAY OF EASTER

April 15, 2018

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:

8:30 Ushers: Wayne & Margy Smith, Jim & Joyce Carlson

Greeters: Maryann Lofberg, Kay Tishler

Reader: Laura Stengrim; *Acolytes:* Austin Tabatt, Daniella Neibuhr

Organist: Phyllis Dalager

10:30 Ushers: Dean & Dayna Bruggeman; *Tech Director:* Dylan Hahn

Communion Assistants: Ben Nelson, Janae Erickson, Andrew Selvig

Smoothie Counter: Alex Von Holtum; *Nursery:* Available, but not staffed

OUR SYMPATHY TO the Leon Johnson & family on the death of Karen Johnson.

OUR PRAYERS TO Loretta Sourdif hospitalized in Fargo.

BROADCASTS TODAY given in memory of Ione Sparby by Wally Sparby.

ZION'S WEBSITE SPONSOR for April is Gladys Hallstrom, given in honor of her great-grandchildren, Evan, Annaleigh, Charlotte, Lilly, Elyse, Ellsa, Tyler, Alex, Harald, Corie & Audette .

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. 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

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*

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

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

- **What is the relationship between sodium and blood pressure?** Sodium helps regulate fluids and blood pressure. Too much sodium makes your body retain water, which puts an extra burden on your heart and blood vessels. The American Heart Association recommends no more than 1500 mg of sodium per day. On average Americans are getting more than 3400 mg daily.

NEW MEMBER Sunday has been postponed to a later date.

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.

****NOMINATING COMMITTEE** According to Zion's Constitution, we need at least four (4) lay members to help on a nominating committee. We need to fill President, Treasurer, 2nd/3rd Vice President positions in June. Please let Millie Reiersen know if you can help.**

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.

WELCA Conference 2 Spring Gathering, April 28 Women of the ELCA will hold the spring gathering on Saturday, April 28, at Our Savior's Lutheran Church, rural Middle River. Featured speakers include Pastor Rufus Kudee, Roosevelt, who was born in Phebe Hospital in Liberia where the solar project was installed and Roxanne Goulet, Roosevelt, who was in the WELCA group that visited Liberia. Tammy and Lew Wallace, Honker Flats, will discuss some delightful spring flowers with us, and special music will also be provided. Registration at 8:30, program at 9 and luncheon at 11:30. Registration fee: \$10. Meet in Zion parking lot at 7:45 a.m. to car pool.

Mission Sunday April 22 Zion will welcome a very special speaker, Rev. Dan Kolander, as our guest pastor at this year's Mission Sunday, April 22. Rev. Kolander works on "Water to Thrive" which has provided more than 750 wells in Ethiopia, Tanzania, Sierra Leone, and Uganda. In many rural African countries, the source of water for drinking, cooking, or bathing either comes from a contaminated local river or traveling long distances to a safe water source, carrying the water home. Diseases from unsafe river water kill more people every year than all forms of violence, including war. The average new well costs \$5,000 and provides at least 500 people with clean, safe water for 20 years. Clean water reduces poverty, improves health, increases access to education, and saves lives. Our goal at Zion is to start a well-building campaign, ultimately funding a well for one village.

CIRCLES

Dorcas Circle will meet Tues., Apr 24 @ 9:30 @ Sharon Wagner's.

Rebekah Circle will meet Thursday, April 26 at 9:00 a.m. at Phyllis Dalager's Summer Field apartment # 108.

MINISTRY NEEDS

Attendance Sunday, April 8: 153

Weekly offering/Simply Giving for week of April 2 - April 8: \$5,867.

Envelope/Simply Giving Income from January 1– April 8: \$96,533.

2018 Budget \$422,168. (\$8,118 needed per week to meet expenses)



GIVEHub Kiosk is available in the narthex for credit/debit card donations. You can set up an account with a log-in or choose a one-time donation without creating an account. A receipt will be emailed to you, if you provide an address.

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 or Tim Numedahl at numedahl@mncable.net. **Pledge cards** for the electronic sign are available on the desk outside the church office.

VANCO electronic withdrawal forms are available in the church office and on the desk outside the office, for those interested in automated giving. **SIGN UP IS ALSO AVAILABLE THRU THE LINK ON ZIONS WEBSITE.**

OFFERING ENVELOPES can be picked up on the table outside the church office.

Worship Cards are available in the pews. Please use as needed to let the pastors or office know of any items/ concerns listed on the back. These may be placed in the offering plate or the office drop box.

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

Zion is in need of city garbage bags. If anyone has extra bags and would like to donate them, please bring to the church.



YOUTH NEWS

April Noisy Offering:
Water To Thrive

CONFIRMATION CLASSES

WEDNESDAYS

5:30 SUPPER; 6:00 CLASSES

Flap Jacks For Faith

TODAY @ 9:30.

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



**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!



Pathways Bible Camp

information is posted on the
Youth Bulletin Board in the hallway.

COMMUNITY/AREA EVENTS

VALLEY HOME WELCOMES VOLUNTEERS of all ages. There are many opportunities to contribute such as: playing an instrument, singing, quilting, sewing, knitting, crocheting, gardening, reading, playing games, cards, pool, exercise, baking, visiting. If interested in volunteering, please contact Mary Klockmann at 681-3286.

HOSPICE OF THE RED RIVER VALLEY welcomes 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.

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.

GROCERIES TO GO **Do you need help getting your groceries?** Call RSVP at 218-281-8288 or 800-862-6466 to discuss your needs or to volunteer to help people with this need.

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.

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.

Opportunities for the Week

Sunday, April 15:

8:30 Holy Communion Worship, Cable 3
Broadcasts
9:30 Education Hour; Flapjacks for Faith
10 Silver Creek Worship
10:30 New Traditions Worship

Monday, April 16:

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

Tuesday, April 17:

Pastors Continuing Ed/ Fargo

Wednesday, April 18:

9 AM SAIL exercise
5:30 Confirmation Supper
6 Confirmation Classes
6 God's Joy Choir
6:45 Senior Choir

Thursday, April 19:

9 AM SAIL exercise
9:30 Ministerial Meeting
10 Prayer Shawl ministry

Friday, April 20: Newsletter Deadline

7 Men's Breakfast/ Biff's
9 AM SAIL exercise
9:30 Coffee with Staff
Holy Communion at
2 Valley Home
3:15 Oakland Park
3:30 TRCC

Sunday, April 22: Mission Sunday

8:30 Worship, Cable 3 Broadcasts
9:30 Education Hour;
10 Silver Creek Worship
10:30 New Traditions Worship
6-9 Voice rehearsals