

Pentecost 8

August 4, 2019

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: Lora & Jake Rantanen

Greeters: Lucas Rantanen, Kendal Rantanen

Musician: Laura Rude **Reader:** Dave Morken

Communion assistants: Vivian Knutson, Millie Reiersen

OUR SYMPATHY to the family of Ferne Bruggeman whose funeral was held here last Friday.

BROADCASTS TODAY are sponsored by Zion memorials

ZION'S WEBSITE for August is sponsored by David & Karen Kirkeby in memory of their grandson, Cody Lundgren.

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*

Tiffany Sterry & David Lee, *Custodians*

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

PATIO FOUNTAIN— Coins that are tossed into the fountain will be collected for Zion youth.

WELCA Joint Meeting August 15

All ladies are invited to a joint gathering at Redeemer on Thursday, Aug. 15, 5:30 p.m.

We will enjoy supper, fellowship and Bible study together with women from
Trinity, Silver Creek, Redeemer and Zion.

PARISH NURSE HOURS Mondays 3:30—4:30 PM

Summertime is a great time to catch some rays and help your body naturally make Vitamin D. While outside the ultra-violet rays in sunlight stimulate your body to make vitamin D. Expose bare skin to the sun for only a few minutes a day outside. Sunscreen should be worn after a few minutes only of bare skin sun exposure. You can get this vitamin D from food too, and supplements. Buy vitamin fortified foods such as milk or cereal, and eat fatty fish like tuna or salmon. Vitamin D helps us absorb calcium from food and maintain a healthy immune and nervous system.

An Onsite Defibrillator (AED) for use on someone with Sudden Cardiac Arrest continues to be available if needed/ It is located in the elevator alcove on the wall in the narthex. There is signage visible in the hall. Please take note of the location.

LWR QUILTING Please come and join us for our Lutheran World Relief Workshop the 1st, 3rd, and 5th Thursdays of the month from 1- 4pm. Sewing quilts for Lutheran World Relief is our mission. Come when you can, choose what you do and leave when you must. For more info call Sharon Bergerson 681-5445, or Carol Waswick 681-5907. **Quilting will continue thru the summer**

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

STEWARDSHIP

Attendance Sunday, July 28: 55 Wed. July 31: 62
Weekly offering/Simply Giving for week of July 22-July 28: \$5,334.
Envelope/Simply Giving Income from January 1– July 28: \$197,633.

2019 Budget \$456,635. /\$8,781.needed per week to meet expenses
JAN-JUNE average is \$6,595. per week

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.

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

GIVEHUB KIOSK IS LOCATED BY THE STAIRS TO THE CHOIR LOFT For debit/credit card donations

VANCO electronic funds transfer 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 ZION'S WEBSITE.

WORSHIP CARDS are available in the pews. Use as needed to let the pastors or office know of any items/ concerns/ address /phone changes etc.. Please leave in the offering plate or the office drop box.

YOUTH NEWS

VACATION BIBLE SCHOOL

Zion & Redeemer are joining together again this year and we are inviting EVERYONE to come! Below is the link to register your child(ren).

https://docs.google.com/forms/d/1OxnKxdOXmvL23oYczw6JQUuulC2bl8iBGSrUL0AGgak/viewform?edit_requested=true

2019 ZION/REDEEMER PATHWAYS VBS

WHEN: August 5th, 6th, 7th & 8th

TIME: 9:00a.m.-3:00p.m.

WHERE: Redeemer Lutheran Church

COST:

Zion & Redeemer members - the churches will cover the cost for members.

*The fee for all others (non-members) will be \$40 per child, with a cap of \$80 per family. You may bring your check (made out to Redeemer) or cash to Redeemer's office on the first day of camp.

LUNCH:

We will be going to Lion's Park for FREE lunch daily.

TRANSPORTATION (IF CHILD ATTENDS LATCHKEY):

There is **not** transportation provided by the church to and from VBS however the below options are available *if you child attends Latchkey*.

- If already utilizing and have paid for the Latchkey transportation there is NOT an extra fee for the week of VBS.
- If you do not already utilize the Latchkey transportation but would like to for this week the cost is \$35 to get your child to and from VBS.
- If your child utilizes T.H.E Bus that is another option.
- Please contact Latchkey to set up transportation.

For any questions you may contact the Zion or Redeemer church office.

We cannot wait to see all the kids at VBS!

COMMUNITY/AREA EVENTS

“MORNING OUT” LSS CAREGIVER SUPPORT- DAY RESPITE at Zion Lutheran Church. **Every Thursday from 9:00 AM to 1:00 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 or to enroll contact Julie Praska-Moser at 218-686-6228

LSS CAREGIVERS SUPPORT - DISCUSSION is held at Zion the 2nd Thursday of each month at 10AM. Next meeting is August 8. For more information contact Julie at 218-686-6228

STAY ACTIVE AND INDEPENDENT FOR tired and Senior Volunteer Program (RSVP) This is a prove balance, feel stronger, remain independent, & class 2x per week. You can stand or sit, weights are required. Contact Tammy or Jennifer at RSVP or the



LIFE (SAIL) Offered by the Re-FREE class for seniors. You will im-have more energy. This is a 1 hour provided at no cost. Registration is RRV at 218-281-8289 to sign up.

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.

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.

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.

TRF Area Community Fund Memorial Gift Cards—These cards are offered free of charge to anyone who would like to make a memorial gift. They are available at various churches, the Chamber, and other locations around TRF. You may also contact Jan Strandlie at (218) 686-7740. They are available on the table in the narthex.

Opportunities for the Week

Sunday, August 4:

8:30 Zion Holy Communion Worship
Cable 3 Broadcasts;
9:30 Coffee Fellowship
10:00 Silver Creek worship

Monday, August 5:

9 SAIL Exercise Group
3-4 Parish Nurse Hours
9-3 Pathways Day Camp at Redeemer

Tuesday, August 6:

9-3 Pathways Day Camp at Redeemer
9:30 Staff meeting
10:30 Coffee with Staff
Noon Pastors Text study
BOARD MEETINGS

Wednesday, August 7:

9-3 Pathways Day Camp at Redeemer
9 EXERCISE GROUP
5:30 SUPPER
6:15 WEDNESDAY WORSHIP

Thursday, August 8:

9-3 Pathways Day Camp at Redeemer
9-1 LSS Group Respite Care
9 SAIL Exercise Group
10 Prayer Shawl ministry
10 LSS Caregivers discussion

Friday, August 9:

9 SAIL Exercise Group
9:30 Coffee with Staff

Sunday, August 11:

8:30 Zion Worship
Cable 3 Broadcasts;
9:30 Coffee Fellowship
10:00 Silver Creek Holy communion worship