



## The Herald

Published monthly, to provide both inspiration and information on the activities of the Zion Family

Zion Lutheran Church  
505 Main Ave. N.  
Thief River Falls, MN 56701-1996  
Phone - 218-681-3296

Vol. 22

February 2022

No. 2

### Epiphany

The season of Epiphany is long this year, only one Sunday shorter than the maximum possible. Epiphany means, “to make known.” As such, this season begins with the three Wise Men and continues through the Transfiguration. Epiphany is the season in which the themes tend to deal with the early reading in the Gospels about the first meeting people of all kinds have with Jesus and what they think about him. This year the entire month of February will be devoted to the Epiphany Season, so we will have a lot of time to deal with Epiphany themes. As such I thought that we should look a little more deeply into what the season of Epiphany means.

In western Christian tradition, January 6 is celebrated as Epiphany. The day of Epiphany is the climax of the Advent/Christmas Season and the Twelve Days of Christmas. As such the color for the day of Epiphany remains white. The season of Epiphany extends from January 6th until Ash Wednesday, which begins the penitential season of Lent which leads to the celebration of Christ’s resurrection at Easter. Depending on the timing of Easter, the season of Epiphany can have from four to nine Sundays, with the last Sunday after the Epiphany being celebrated as Transfiguration Sunday.

*From the  
Pastor's  
Desk*



As I mentioned earlier, the word *epiphany* means “to make known” or “to show” or even “to reveal.” It remembers the coming of the Wise Men bringing gifts to visit the Christ child, who by so doing “reveal” Jesus to the world as King of Kings and Lord of Lords.

The color of the Epiphany Season is green, until Transfiguration Sunday, the last Sunday before the beginning of Lent. The color for Transfiguration Sunday is again, white.

The traditional liturgical symbols of Epiphany are usually associated with the Magi. The symbols include either three crowns or a single crown, various portrayals of the Magi or Wise Men, three gifts, a five-pointed star, or a combination of a star and crown.

While not popular among Lutherans, during the Epiphany season the symbol +C+M+B+ with two numbers before and two numbers after (for example, 20+C+M+B+22) is sometimes seen written in chalk above the doorway of Christian homes. The letters are the initials of the traditional names of the Three Magi: Caspar, Melchior, and Balthazar. These letters also serve the double meaning of being the abbreviation of the Latin phrase *Christus mansionem benedicat*, “May Christ bless the house.” The beginning and ending numbers are the year, 2022 in the example above. The crosses represent Christ.

Happy Epiphany.

So, with Christ being made know to us anew, let us remember, in all that we say, in all that we do: to God alone be the glory.

Please pray for me as I pray for you. Pastor Mark Helgeland

20 ✠ C ✠ M ✠ B ✠ 17

*Christus Mansionem Benedicat*  
(May Christ bless this dwelling place)

*Caspar (Europe), Melchior (Asia), Balthazar (Africa)*

## President's Message Laura Rude

Dear Zion Family-



Welcome to February! We know January is a long month but to be honest it did seem to fly by. We had a lot of activity pick back up as we started the new year. We braved the cold weather and snow littered wind! WHEW! We are tough folks! Now on to February.

The Council has been discussing many topics lately. One topic that is top of everyone's mind is the physical health of the church. With so much sickness going around right now, we ask for patience, love, and respect for each other. Masks are not required but encouraged. If you are sick, stay home. Wash your hands and use hand sanitizer when applicable, etc. You get the point. All common-sense stuff, but if we all do our part, we will all feel better!

We are working towards the installation of an electronic sign this spring. As a church we have talked about this possibility for years. We have some funds that have been donated and/or pledged already so THANK YOU! Once we know the exact cost the council will determine what additional fundraising, if any, needs to be done. If you are interested in donating towards a sign, please contact the church office.

Please continue sharing your feedback with myself or someone on a Church Board or member of the Council. We like to hear your thoughts and ideas as we navigate different topics. If you are interested in getting involved on a board, committee or as a volunteer, please reach out and ask! As we recently were reminded, we are the Body of Christ and without the many talents from our church family we would not be able to share God's Love with Our Hand's.

In Christ's Love~  
Laura Rude

- **February 6** – Family Bingo and cookie decorating
- **February 8** – 10:00 – WELCA
- **February 20** - Food and Fellowship – after 9:00 worship service
- **March 2** - Ash Wednesday



## Parents

You will be receiving a letter if you have a graduate child and no more children in our youth program on where you would like the balance of your child's IFA account money to be disbursed: in our church/ General Youth Fund, Bible Camp, Sunday School rooms furniture, VBS, 2nd grade Bibles, Baptismal Bibles, any place in the education youth programs or any place in our church.



Please contact Judy Melby – 681-7194

## Call Committee



A prospective pastoral candidate has been invited to visit Zion and the Thief River Falls community. An in-person interview will be conducted at that time. We are awaiting his reply with possible dates. Please continue to keep our committee and the call process in your prayers.

## Lay Ministry/Evangelism

- Home communion is on hold for now because of COVID. We are encouraging family members to pick up communion from the office.
- Pastor Darrel Cory will be conducting an adult education class in February and March.



Deb Holtan/Marijo Nabben



WELCA invites all women of Zion to our monthly meeting. Join us on Tuesday, February 8, 10:00 a.m. for fellowship, refreshments and Bible study. We will also be addressing Valentines for our shut-in members. Rebekah circle is hosting this month. Board meeting at 9:00 a.m.

## Sharing Servants

Since people change addresses and/or phone numbers frequently, and as folks become Zion members or leave our community, the Sharing Servants booklets will now be updated every two years. Please pick up your booklet at the church; they will not be mailed out this year. Thank you to Deb Holtan and Sharon Wagner for volunteering to serve as the leaders for the month of February.



## Masks in Church



We are currently seeing increased cases of Covid. Pennington County Intercounty Nursing reports that in the next couple of weeks Covid cases may escalate. Because of this, Zion's health committee and church council are STRONGLY recommending that we wear masks in church. Please help minimize transmission of the Covid virus.

Hopefully we will soon see a decline in the Covid spread. There is a light at the end of the tunnel, and we will get through this and enjoy the activities that we love. Let's use the tools we have to keep everyone safe while sharing God's love.

## Listening for God

**What?** *Listening for God, Volume One*

**Where?** Fellowship Hall

**When?** Coffee hour after worship beginning in February

**Who?** Led by Darrel Corry

Where do you listen for God? Join Pastor Darrel Cory's discussion of the book *Listening for God, Volume One*, published by Augsburg Fortress Press.

The book is intended to help people investigate how life and faith merge in surprising ways and places and challenges us to pay attention everywhere.

To sign up for the class or for more information, talk to Darrel during coffee hour in the Fellowship Hall.

This is a contemporary read, so a special invitation goes out to our junior and senior high school students.

## Silver Creek

Greetings from the frozen tundra! As we sit in our nice warm houses eating comfort food and watching our favorite tv show, it surely is a time to reflect on our many blessings. It is very difficult to comprehend what the homeless are experiencing right now. Prayers go out to anyone having to live in those conditions.



Silver Creek conducted its annual meeting on January 16, followed by a potluck. Copies of the annual report are available on back table of the church for anyone not able to attend. The officers were re-elected to continue their positions for the coming year: President Roger Rupprecht, Vice President Mike Torgerson, Secretary Kristi Housey, Treasurer Virginia Swanson, Deacons, Clark Nelson, Roger Nelson, Connie Stock, Trustees, Mark Swanson, Leland Nelson, Bill Stock. Thanks for your willingness to serve our congregation with your leadership.

The officers of WELCA plan to meet and get program booklets ready by March. Will announce details as soon as we have information compiled.

We are so fortunate to have members who take pride in our church building and are willing to offer their time and talents for upkeep. Our new floor and fixtures in the men's bathroom looks great. Thanks Mark, Leland, and Ann. Also, the snow removal is greatly appreciated, Mike and all who grab a shovel for the sidewalk cleaning.

Bev Rupprecht



I never thought I'd be putting a want ad in the newsletter.

As you all know our youth director resigned in August. This left the youth board scrambling to put together programs for your children. We are a board of six. I am the only one unemployed, and there is no way I can do this alone. Like they say, it takes a village to raise a child, and I'm a mere hut. It

takes planning, getting supplies, setting up, cleaning up. **WE NEED PARENTS HELP DESPERATELY.** If we can't get parents' help, these events cannot take place. We have expanded activities to include the whole family. Our first and foremost goal is Christian education with a bonus of fun things for all. The congregation can also come; we are a FAMILY, AND ALL ARE WELCOME.

David Lee graciously gives of his time to make our monthly breakfasts. He cannot cook, set up, clean up by himself. If there is no help, there will be no breakfasts. Please do not let all we have planned cease. Remember our theme: **HELPING HANDS HELPING OTHERS**

We are especially in need of people to help plan VBS. Whether we collaborate with Redeemer and Trinity or not, help is needed. This will take place in August

Christian Education/Youth Board  
Judy Melby, Chairman



## Zion Lutheran's Congregational Council Minutes January 19, 2022

The Congregational Council Meeting was called to order by President Laura Rude at 7:57 pm. In attendance were Laura Rude, Pastor Mark Helgeland, Tim Numedahl, Denny Minks, Barbara Overbye, Penni Nelson, Mike Spears, Glenice Johnson, Judy Melby, Marijo Nabben, Deb Fulton, Darlene Hulteen and Deb Holtan.

Pastor Mark led the council with devotions and prayer.

The Secretary's report from December 20, 2021, was presented. A motion was made to accept the minutes as printed and was seconded. The motion carried.

The Treasurer's Report was filed for audit.

The 2022 Proposed Budget was presented. Discussion was held on any changes that were made with the proposed budget. A motion was made to approve the Proposed Budget for presentation at the Annual Meeting. The motion was seconded and carried.

Pastor Mark reported that things are going smoothly.

Penni Nelson reported for Sliver Creek stating that they held their annual meeting. Penni requested a copy of the original contract between Zion and Silver Creek before setting a date to sign the renewing contract.

The Health Committee was discussed. Darlene Wiseth is interested in taking the training for the certification for the Parish Nurse position. This will be presented at the Annual Meeting and a vote will be taken to approve Darlene for the position of Parish Nurse.

Sandy Knutson has graciously offered to help Darlene with the transition of the position and duties of a Parish Nurse.

**Stewardship:** Nothing to report.....

**Worship Board:** Sharing of the Peace was brought up. It is Zion's usual position that this is flu season and there would not be the Sharing of the Peace. Also due to the Covid case, the Council feels this is very unwise. The use of masks was also discussed. The Council has decided that there will be an announcement in the bulletin that the use of masks will be highly encouraged. Millie will be asked to highlight this during the Sunday morning announcements and disposable masks will be made available as people come into the church for those that want.

**Properties:** Mike Spears reported that the Christmas trees have been taken down. Discussion was held on the cooler air temperatures in the sanctuary on Sunday mornings. The Council decided to have the thermostat in the sanctuary turned up to on Friday afternoons and then after the service on Sunday morning, will be turned back down again. The church van was brought up. Discussion was held due to lack of use, should it be advertised as being for sale? Mike said he wanted to talk to one particular organization to see if they are interested in purchasing the van before it is officially advertised. The electronic sign was also discussed. The board feels that the quotes are on the high side. There are \$9,260.00 in pledges and donations for the new electronic sign. As Mike stated they have enough carpenters and talented board members that can build the base and facet for the sign, helping to keep the cost down.

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

*Romans 15:1*

**Evangelism and Lay Ministry:** Marijo Nabben reported that Darrel Corry will be conducting an adult education class starting some time in February. The title of the class is “Listening to God.” The cost of the book that accompanies the class has a cost of \$15.00. Thirteen people have already signed up for the class. Time and place is yet to be determined. Discussion on offering a class on the Lutheran Doctrine and becoming a member was held. Pastor Mark will lead this class and will be held closer to Spring.

**Christian Ed and Youth:** Judy Melby reported they are looking for help and volunteer(s) to help lead VBS. They are hoping to work together again with Redeemer. Judy has contacted Pathways on prices/dates/info for Bible Camp. January’s family sledding event had just a few people attend, but fun was had by all. February’s fun event for the youth will be Bingo and cookie decorating. An account holding \$2,433.17 from years ago for a Junior High Homecoming Party is being split between six churches that were to participate in this party. A check for \$405.52 each will be mailed to each of the six churches.

**Parish Fellowship:** Glenice Johnson reported that the Sharing Servant booklets have been completed and are now available but will NOT be mailed out. Copies are available at the church. The month of December still needs leaders.

**WELCA:** Glenice Johnson reported that the ladies have placed tables and coat hooks in the newly remodeled downstairs restrooms. They will be purchasing stools for the younger children to stand on, so they are able to reach the sinks, etc. February’s meeting will be delivered to local Zion members along with Valentine cards.

Zion’s Foundation info: Glenice Johnson stated that she has tried to contact members of the foundation. As of this meeting she hasn’t heard back from anyone. Their by-laws will not be voted on at this year’s annual meeting.

Call Committee members Glenice Johnson and Tim Numedahl reported the committee will be conducting an in-person interview with a potential candidate.

Tim Numedahl stated he is officially done as of the Annual Meeting. This leaves the First Vice President position open. Discussion was held on this matter. A motion was made to move Denny Minks to the first vice president’s position. The motion was seconded and carried. This will leave a vacancy for the second vice president, which will be addressed at the annual meeting on Sunday January 30, 2022.

The meeting was adjourned after praying the Lord’s Prayer at 9:14 pm.

Respectfully submitted by Deb Holtan  
Secretary for the Congregation Council

### **Worship Together in the Sanctuary**

Zion – 9:00 - Silver Creek – 10:30  
Zion Sunday School – 10:00

### **Worship Online**

If you choose to worship from home, take advantage of the alternatives to in-house worship.

- KTRF radio – 1230 AM at 9:00
- Cable TV – Channel 3 – KTRF – 9:00
- Garden Valley – Channel 37 – 12:00 Noon
- Log in to Zion’s webpage – [ziontrf.org](http://ziontrf.org) and listen to the service over the internet.
- Facebook Live – 9:00 on Zion’s Facebook Page





## February Youth Activities

- **February 6** – 2:00 – **Bingo and cookie decorating** in Fellowship Hall
- **February 20** – Food and Fellowship after worship service
- **Sign-up for Bible camp** began January 15. There is a \$20 discount if you sign up by April 1. There is also a 100% refund in you cannot attend due to Covid. Call Judy Melby for more information – 681-7194.
- **Newly confirmed class.** We are starting something new beginning in February. The Sunday Psalms will be read by students from the balcony. Pastor Mark would like to see as many of you take part in this, also helping distribute communion.

## Lenten Services

- Kami Spears will have a sign-up sheet for help during Lenten suppers.
- Sermon notes on Wednesday nights are a requirement.
- Check in with your leaders if you sit as a group. Attendance will be taken.
- Check on acolyte requirements.

## Lenten Service Meal Clean-Up Help

Every year we ask students to help with the clean-up after the Lenten meals. Here is the schedule with the corresponding grades for each night.

Please be at church by 5:30 on your clean-up night.

\*Parental help is needed for elementary nights

- March 2 - 9th Grade
- March 9 - 7th and 8th Grade
- March 16 - 10th Grade
- March 23 - 5th and 6th Grade
- March 30 - 3rd-4th Grade and 11th Grade
- April 6 - K-2nd and 12th Grade

## Confirmation Schedule



- February 2 - Lesson night
  - Supper- Lasagna
- February 9 - NO CONFIRMATION
- February 16th- Lesson night
  - Supper- Spaghetti and meatballs
- February 23 - Worship study
  - Supper- Tatertot hotdish

**Parents-** Please remember to encourage your student to keep up with their sermon notes, acolyting, and service opportunities! Remember to sign up for Remind.

# February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sunday Broadcasts:</i>	9:00 AM KTRF Radio 9:00 AM Cable Ch. 3 12 noon Cable Ch. 37	<b>1</b> 9:30 Staff Meeting Noon Pastors Text Study BOARD MEETINGS	<b>2</b> 5:15 Confirmation supper 6 God's Joy 6 Confirmation 7 Senior Choir	<b>3</b> 9 SAIL Exercise 12-4 LSS Respite Care in Lounge 1 Quilting/LWR workshop 7 Troop 59	<b>4</b> 7 Men's Breakfast/Biff's	<b>5</b>
<b>6</b> 9:00 Worship/Holy Communion 10:00 Sunday School/Ed. Hour; coffee fellowship 10:30 Silver Creek Worship 2 Valentine party -Bingo & Cookie decorating	<b>7</b> 9 SAIL Exercise  6 Cub Scouts 7 Troop 59	<b>8</b>  9 WELCA Executive Board 9:30 Staff Meeting 10 WELCA meeting Noon Pastors Text Study	<b>9</b>  No Confirmation 6 God's Joy 7 Senior Choir	<b>10</b> 9 SAIL Exercise 10 LSS Caregivers Discussion Group 12-4 LSS Respite Care in Lounge	<b>11</b> 7 Men's Breakfast/Biff's	<b>12</b>
<b>13</b> 9:00 Worship; 10:00 Sunday School/Ed. Hour/coffee fellowship 10 March Sharing Servants 10:30 Silver Creek Worship	<b>14</b> 9 SAIL Exercise  7 Troop 59	<b>15</b>  9:30 Staff Meeting No Bereavement Group Noon Pastors Text Study 5:30 Zion Council	<b>16</b>  5:15 Confirmation supper 6 God's Joy 6 Confirmation 7 Senior Choir	<b>17</b> 9 SAIL Exercise 12-4 LSS Respite Care in Lounge 1 Quilting/LWR workshop	<b>18</b> 7 Men's Breakfast/Biff's	<b>19</b>  3-5 Cub Scouts
<b>20 Newsletter Items Due</b> 9:00 Worship/Holy Communion 10:00 Sunday School/Ed. Hour; 10 Food & Fellowship 10:30 Silver Creek Holy communion Worship	<b>21</b> 9 SAIL Exercise  6 Cub Scouts 7 Troop 59	<b>22</b>  9:30 Staff Meeting Noon Pastors Text Study	<b>23</b>  5:15 Confirmation supper 6 God's Joy 6 Confirmation 7 Senior Choir	<b>24</b> 9 SAIL Exercise 12-4 LSS Respite Care in Lounge	<b>25</b> 7 Men's Breakfast/Biff's	<b>26</b>
<b>27</b> 9:00 Worship; 10:00 Sunday School/Ed. Hour; coffee fellowship 10:30 Silver Creek Worship  3-5 Cub Scouts	<b>28</b> 9 SAIL Exercise 7 Troop 59					