



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

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No. 6

President's Message Laura Rude

Hello Zion Church Family,



I hope this letter finds you enjoying the sunshine and warmer weather. Summer is almost here and with that brings us different opportunities to worship and share God's Love with others.

Congratulations to all our graduating seniors from Zion and the entire class of 2022. We have amazing young people that need our prayers, support and understanding. It's confusing enough being an adult in this world at time but taking the next step for these young people may not be easy one. My prayer is that they continue to show their Light in this world and lean on their faith and church family in times of trouble.

I'm happy to announce that we will have June Wednesday night worship services. Kristin Ostercamp has agreed to lead the services in the month of June starting June 8th. David Lee has again agreed to

cater a light supper before. So grateful to both for their time and talents. More details will be shared at a later date regarding the continuation of the services in July and August.

Pulpit Supply is being worked on for the summer. We may have several different pastors over the summer months but as they say, variety is the spice of life! I still trust that God has a plan for Zion, and we need to be patient and wait for it to unfold. The Call Committee continues to work diligently to fulfill our Pastoral need. Appreciate all your prayers and support for them and the church as a whole.

Wishing you a beautiful start to the summer and thank you for your faithfulness to Zion and sharing God's Love in broken world. The Hope that is yours needs also to be shared with others!

God's Work. Our Hands.

Peace~

Laura Rude



June 5 - 9:00 AM - Worship – Pastor Mark – Holy Communion

June 8 - 6:15 - Wednesday Worship – Pastor Kristen Ostercamp, 5:30 – Supper

June 15 - 6:15- Wednesday Worship – Pastor Kristen Ostercamp, 5:30 - Supper

June 22 - 6:15 - Wednesday Worship – Pastor Kristen Ostercamp, 5:30 – Supper

June 29 - 6:15 - Wednesday Worship – Pastor Kristen Ostercamp, 5:30 – Supper

Summer Office Hours

8:00 - 3:00

Closed on Fridays

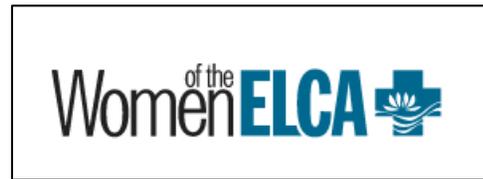
Call Committee Update



The committee recently received the name and Rostered Minister Profile for another prospective pastoral candidate. A "meet and greet" session was held with the candidate via Zoom last week. The call committee is working with the synod on the next steps in the call process. Please continue to keep the call committee and the process in your prayers.

WELCA

The following items were delivered to Grand Forks for the spring shipment: 16 quilts, 25 baby care kits, and 117 personal care kits. Thank you to all who contributed kit items, donated financially, helped make quilts, assisted in assembling kits, or provided transportation to Grand Forks. Special thanks to the confirmation students who helped pack the personal care kits.



Lay Ministry/Evangelism

- If you would like home communion during the summer, please contact the church office – 681-3296.
- If you would like a home visit, have an emergency, or need someone to talk to, please call the church office. The Lay Ministry



Deb Holtan/Marijo Nabben, Lay Ministry/Evangelism Board

Silver Creek

Silver Creek council will meet on June 5th at 9:30 before our church service. Guess the joint service scheduled for June 12th has been put on hold until we know more about our pastoral situation. We will let you know when we have more concrete plans.



Well, the grass is green and church yard will need to be mowed. If you can help with this task, please sign up on the sheet on bulletin board in dining room.

Summer months are busy times but try to keep church services included in your schedule.

A big shout out to all who spent many hours fighting the water problem at church. We will need to be looking at ways to help eliminate this problem in the future. Seems inevitable that we will be looking at some major expenses. Thanks to the volunteers at Silver Creek who are totally committed to keeping the church alive.

Bev Rupprecht

Watch for something exciting happening August 30 at Zion.

Zion Youth Board





PARISH HEALTH

I am very excited with this opportunity to become Zion's future parish nurse. I grew up in this church, was confirmed and married here so it has a special place in my heart.

When I rejoined a few years ago, I was so impressed with how busy the church is with so many activities for all ages. I was inspired with how good people are to volunteer their talents and that was going to be one of my goals.

I have spent 40+ years working in acute care retiring (almost) in 2020 to be more available for family needs.

My mother's death, Sandy Knutson's retirement from this position, her gentle encouragement, my need to volunteer and prayer for the Lord's guidance made my decision easy. God works things out perfectly!

The office hours are Tuesday's 9AM—12 noon, but I can be available by appointment also. My phone number is 218-686-3629. I'd like to get to know the congregation better so stop by anytime.

If you have any ideas on things I could do or should be done, I am open to suggestion and would appreciate your input.

Thank you.

God's Blessing & Peace.

Darlene Wiseth, RN, Parish Health

BLOOD PRESSURE SCREENINGS are on hold until Fall 2022. October 2nd will be the next scheduled screening. If you have a concern, you can contact Darlene in the office on Tuesdays from 9-12 noon or call her at Zion at 681-3296 or email zionph@mncable.net.

FROM PARISH HEALTH

Did you know 1 in 6 of us will experience a stroke in our lifetime and an estimated 17 million strokes occur worldwide? It is the No. 2 cause of death in the world and a leading cause of serious disability. 80% of strokes can be prevented.

When symptoms develop "FAST" action is necessary to prevent damage. FAST is an acronym for symptoms suspicious for a stroke, not always recognized by the person experiencing them.

F - FACE, drooping on one side when smiling

A - ARM, one arm drifts down when both are raised

S - Speech, Speech is slurred or strange

T - Time, If any or all of the above are observed— call 911 and seek medical assistance.

When presenting to the emergency room whether by ambulance or with family help, a stroke alert is called, and a team comes immediately for prompt evaluation & care. Take care of yourself and your loved ones.



Darlene Wiseth RN, parish health



Zion Lutheran's Congregational Council Minutes Tuesday May 17, 2022

The Congregational Council Meeting was called to order by President Laura Rude at 7:00 pm.

In attendance were Laura Rude, Pastor Mark Helgeland, Denny Minks, Renae Franke as Interim Treasurer, Penni Nelson, Glenice Johnson, Marijo Nabben, Darlene Hulteen, Deb Fulton, Mike Spears, Kami Spears, Patty Schob as a guest, and Deb Holtan

Pastor Mark led the council with devotions and prayer.

The Secretary's Report for April 24, 2022 was presented. A motion was made to accept the minutes as printed. The motion was seconded and approved.

The Treasurer's Report was presented. Renae reported the proceeds from the sale of the church van went towards the new sign. Laura will reach out to the insurance company to cancel the policy on the van. The CDs at Northern State Bank renewed at .45% interest on April 19th. Funds for the new AED will come out of undersigned, dedicated funds. A fee of \$150.00 was made to the City Planning Commission; this is for advertising a public meeting due to a variance for the sign. No down payment will be made to the sign company until the Planning Commission gives the okay, just in case there is an issue with the placement of the sign. The Treasurer's Report was filed for audit.

Pastor Mark reported that again he has been very busy with three baptisms, two funerals and seven counseling sessions, also the two Lutheran Doctrine classes that were held in April. Pastor Mark has

agreed to conducting the church services the first Sunday of the month throughout the summer so that the congregation is able to receive communion.

Silver Creek: Penni Nelson said that they will also have communion that first Sunday of the month, thanking Pastor Mark for that. She asked for communication on what the pulpit supply will be for the rest of the Sundays. Also a reminder of the Joint Service, which as of now is June 12th.

Health Committee: Patty Schob reported that Darlene Wiseth's office hours are on Tuesdays 9am to Noon. Darlene's email address is zionph@mncable.net Patty stated the Committee will not meet over the summer months.

Worship Board: Deb Fulton reported that Kristen Ostercamp has offered to conduct Wednesday evening services starting the second week in June and one week into July. David Lee has offered to prepare a light supper with a free will offering to help cover the cost of the meal, with the difference being reimbursed to David.

Properties Board: Mike Spears reported that the board put all new light bulbs in the sanctuary. Brodins has started the replacement of the air conditioning unit. Brodins are also installing a "set back" thermostat This will have a presetting for Sunday mornings to regulate the temperature in the church.

Evangelism and Lay Ministry: Marijo Nabben reported that the board talked about being able to "share the peace" verbally on Sunday mornings. Many feel it's long overdue and very much missed! The board will not meet the months of June and July this summer. A group is meeting to send out another batch of "Thinking of You" cards again this coming week to the home bound and in nursing homes. New Member Recognition Sunday will be looked at again for the Fall.

Christian Ed and Youth Board: Kami Spears reported for the board that Confirmation Classes are now done for the year. The reception and recognition for this years high school seniors was held. The board is constantly trying to come up with new ways to get the kids more involved with the church. The involvement has gotten better and it gives the kids more of a reason to be here in church on Sunday mornings, not just Wednesday nights. The board has a “big” event planned for the end of August! Kami also stated that Amber Holtan has been in touch with Pathways to keep on top of the camp dates etc. Sadly Kami reported that their board has one less member, so now are down to just three people. The board is looking for more members.

Parish Fellowship: Glenice Johnson was wondering about the summer services. Also the joint service with Silver Creek, Parish Fellowship helps with the potluck set up and clean up.

WELCA: Glenice Johnson reported that there were six ladies from Zion that went to the Synod Spring Gathering at Grygla. They had a Prayer Breakfast at their May meeting with a program put on by Carol Narverud and Della Burstad. WELCA will not meet over the summer months. There were 16 quilts, 25 baby care kits and 117 personal care kits sent out through Lutheran World Relief. There were no school kits this time of year, but there will be kits put together in the fall. There were 15 seniors that a fleece blanket was made for. A group of ladies gathered and made some of the blankets for the seniors with the rest being made personally by family members or a friend of a graduate.

Public Relations: Darlene asked if we are putting together summer newsletters like last year. It was decided as of now a June newsletter will go out. July and August will be determined as those months approach. Darlene mentioned that wedding information should be posted on the church website. Darlene also mentioned that it’s time to put out a new directory, but it’s the consensus that this be put on hold pending the arrival of a new pastor.

Call Committee: Glenice Johnson reported that the committee has received another name for a potential pastor. The committee will be conducting an interview via zoom.

The meeting was adjourned at 8:29 pm after praying the Lord’s Prayer.

Respectfully submitted by
Deb Holtan, Council Secretary

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 and listen to the service over the internet.
- Facebook Live – 9:00 on Zion’s Facebook Page



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUMMER OFFICE HOURS 8:00 AM - 3:00 PM SUNDAY BROADCASTS 9 AM CABLE 3/KTRF BROADCASTS 12 NOON CABLE 37	Pathways Bible Camp Dates: June 12-13th Pints Plus grades 1st- 3rd June 19-23rd Jr High Classic grades 8-9th June 26-28th Elementary Mini 2nd&3rd grade June 26-July 1st Highschool Classic 10-12th grade		1	2 9 SAIL Exercise 12-4 LSS Group Respite Zion/Lounge	3 No Men's breakfast— <i>resume after Labor day</i> Office closed	4
5 HOLY COMMUNION 9:00 Zion Worship 10:00 Coffee Fellowship 10:30 Silver Creek Worship	6 9 SAIL Exercise 7 Troop 59	7 9:30 Staff Meeting 9-12 Parish Health office hours BOARD MEETINGS	8 <u>Wednesday Worship Begins</u> 5:30 Supper 6:15 Wednesday Worship	9 9 SAIL Exercise 10 LSS Caregivers discussion group 12-4 LSS Group Respite Zion/Lounge 7 Troop 59	10 Office closed	11
12 9:00 Zion Worship 10:00 Coffee Fellowship 10:00 July Sharing Servants meet 10:30 Silver Creek Worship	13 9 SAIL Exercise 7 Troop 59	14 9:30 Staff Meeting 9-12 Parish Health office hours	15 5:30 Supper 6:15 Wednesday Worship	16 9 SAIL Exercise 12-4 LSS Group Respite Zion/Lounge	17 Office closed	18 1-3 PM Bridal Shower in fellowship hall
19 FATHER'S DAY 9:00 Zion Worship 10:00 Coffee Fellowship 10:30 Silver Creek worship	20 9 SAIL Exercise	21 9:30 Staff Meeting 9-12 Parish Health office hours 11-1 RSVP meeting 5:30 ZION COUNCIL	22 5:30 Supper 6:15 Wednesday Worship	23 9 SAIL Exercise 12-4 LSS Group Respite Zion/Lounge	24 Office closed	25
26 9:00 Zion Worship 10:00 Coffee Fellowship 10:30 Silver Creek worship	27 9 SAIL Exercise	28 9:30 Staff Meeting 9-12 Parish Health office hours	29 5:30 Supper 6:15 Wednesday Worship	30 9 SAIL Exercise 12-4 LSS Group Respite Zion/Lounge		