



The Herald

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

Zion Lutheran Church
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President's Message Laura Rude

Dear Zion Church Family,



Change is in the air! Not only from a weather perspective but we are also experiencing a new season in our church. Change is all around us. Some good. Some not so good. Either way, we should prepare our hearts and minds and prayerfully contemplate our everchanging world. I take great comfort in knowing that with everything changing around us, our God is constant. Never changing and always loving. He is the same yesterday, today, and tomorrow. What a great promise!

Our church is active almost every day with different activities. I'm proud our beautiful church can be used by a variety of groups and for many different events. We are very blessed and should take great joy in what God has given to us. Praying that we are good stewards of this blessing.

We are fortunate to have many talents amongst our congregation and if you see a need, fill the need! We need folks to step up and take part

in helping our church THRIVE, from Sunday school teachers, board members, decorating, extra cleaning, fixing, choir members, communion assistants, ushers, readers, counters, and so on. Many hands make light work, and the bottom line, right now is we need more hands to take part! Please contact me, the office, the pastor, a board member, etc. how you could get involved and help out. Don't be shy and THANK YOU in advance! 😊

As we look forward to another class of Confirmands confirming their faith on October 30th, please keep these young people in your prayers. Their faith is tested daily, and we hope that their church family is always a safe place for them to land and feel safe. Thank you to all the leaders and volunteers that keep our confirmation classes going. A special shout out to Kami Spears for so selflessly putting in many volunteer hours to ensure our confirmation students are fed both physically and spiritually.

Looking forward to seeing Zion continue to do God's Work with Our Hands.

Blessings and Peace,
Laura Rude



- **October 6** – 10:00 – Prayer Shawl Ministry
- **October 6** – 7:00 - New member orientation – 7:00
- **October 6** – 1:00 - Quilting
- **October 8** – 8:30 - WELCA Conference 2 Fall Gathering - Warren
- **October 9** – New Member Recognition Sunday
- **October 9** – 10:00 – Food and Fellowship breakfast
- **October 11** – 9:00 - WELCA board, 10:00 meeting
- **October 20** – 1:00 – Quilting
- **October 30** – 9:00 – Confirmation
- **November 5** – 8:00 am – LWR pickup

The call committee and church council are working with a candidate on the steps leading to final approval of a new pastor. These steps include compensation and benefits package, synod background check, and finally, setting the special congregational meeting with required advance notice, for their vote of approval. Please continue to keep the call committee and the call process in your prayers.



Kaylynn Wold, Jarrod Kalsnes, Sally Mumm, Shawna Spears, Glenice Johnson, Tim Numedahl, Bill Stock



You probably know that high blood pressure isn't healthy. But since it doesn't usually impact how you feel, it's easy to put off taking it seriously. It is a serious illness. That's why it is called the "silent killer". Left unattended, it can damage

your blood vessels, as well as many organs over time. This can lead to problems such as heart attacks, stroke, atrial fibrillation, heart failure, aneurysm, kidney disease or kidney failure, vision loss and cognitive difficulties. The higher the blood pressure and the longer it goes untreated the greater the risk that it will cause damage. —the good news: you can easily get tested for high blood pressure and there are effective treatments and lifestyle changes you can take to keep things under control. It is usually accomplished through a combination of lifestyle changes and medication. The steps may include choosing healthy foods, watching your salt, getting up and moving, and limiting alcohol and cutting out tobacco— Regular exercise often can decrease blood pressure and eliminate or decrease the medication dosage. Blood Pressure screenings will begin after worship starting October 2nd. Guidelines recommend that you reduce your BP to less than 130/80. Come by and have it checked!

God's Blessing & Peace—Parish Health

Silver Creek

We have many blessings for which we are thankful. Our little country church and the members whom we have grown to love are just a few blessings we treasure. In order to keep our congregation running, it takes all of our members to prayerfully support Silver Creek.



All members should have received raffle tickets for our annual quilt raffle. Please turn in all tickets, even unsold ones by October 9. The drawing will be held before services on October 16. This is our only fundraiser, and we really appreciate the work that goes into this project.



Our annual fall turkey dinner for members will be following our service on October 16. Turkey, potatoes, stuffing, and lefsa will be provided, so please bring a dish to compliment this menu. This is such a great opportunity for fellowship with neighbors and friends. A free will offering will be taken for our local food shelf.

Council will meet on October 9 before our services at 9:30.

WELCA was finally able to meet, and after a program, "Thinking Outside The Box," some future plans for the coming year were made. We will be meeting the first Wednesday of the month at 5:30 with a light supper. If we are quilting that month, we will start quilting around 2:30. Our October 5 meeting will begin with quilting at 2:30. Our Bible study will be lesson 2 in our study book, "End Times." After a long break, it is nice to gather together to study and get working on some projects.

A prayer chain is available for anyone who is sick, or in trouble, in need, or in sorrow. WE CARE. If you have a prayer request call Bev RUPPRECHT at 681-3103, and she will start the chain. Just want members to be aware that this is a possible resource that hasn't been used much lately but can be comforting to have more prayers going up in time of need.

Bev Rupprecht



Zion Lutheran's Congregational Council Minutes Tuesday, September 20, 2022

The Congregational Council Meeting was called to order by President Laura Rude at 6:59 pm. In attendance were President Laura Rude, Denny Minks, Renae Franke, Penni Nelson, Sharon Jorde, Mike Spears, Glenice Johnson, Deb Holtan and Amber Holtan as a guest.

Madam President led the council in prayer.

The minutes from the August 16, 2022, council meeting were presented. A motion was made to accept the minutes as printed. There was a second to the motion. The motion carried.

The Treasurer's Report was presented. Renae reported that another generous donation from Reaume and Delores Laliberte's Trust was made in the amount of \$16,000.00 to Zion. The Treasurer's Report was filed for audit.

Pastor Mark's report was submitted. Three baptisms have been performed so far in the month of September and one funeral.

Silver Creek: Penni Nelson reported that their ladies have made another beautiful quilt to raffle off. Ladies from Silver Creek will be here this Sunday the 25th selling raffle tickets. Laura asked Penni to bring back to Silver Creek that with Pastor Mark back as interim pastor, normal monthly payments start with September.

Health Committee: A report was submitted. Darlene has registered for the Parish Nurse class scheduled in Fargo October 3-7th. The Meal in a Box program has been revised and updated. The new defibrillator is still on backorder. Once it is available, there will be a demonstration on how to use it along with a quick review on CPR.

Call Committee: Glenice Johnson gave an update. The Special Meeting of the Council that met on Sunday September 11, 2022, was the next step in the call process. There are still more steps that need to be completed.

Worship: Sharon Jorde representing the board stated that the summer worship both Sundays and Wednesday evenings went well. The board discussed using Setting Two for worship. A side note to Sharon's report; working with Halls Floral the poinsettias for Christmas and the lilies for Easter will all be supplied by the florist with an order sheet available for families that want to buy flowers in honor or memory of loved ones. Halls will take care of the delivery to the church for the families.

Properties: Mike Spears reported the roof is fixed. Someone is interested in the old pews from the overflow. An electrician will be contacted to get the prep done for the electronic sign. Mike is going to take a look at the carpet shampooer to see if it is fixable.

Christian Ed and Youth: Amber Holtan represented the board as well as giving an update on the Sunday School. Zion put on a half day VBS, which was the first time this has been tried. There were 26 kids. Most of the families of the 26 kids stayed for the supper and games that evening after VBS. There are 10 new students in the Sunday School program bring the count along with the registered 120 students to 130. Cornerstone Kids is the "name" of the sixth and seventh graders program. This age group was left hanging with no Sunday School program for them. They will also be a singing or choir group called Cornerstone Singers. They will meet the second half of the Sunday School hour during the music time. October 2nd and 9th are class times for the 2nd Graders receiving their bibles. They will receive their bibles on Sunday October 16th. Shawna Spears will be teaching the class.

There are several upcoming events for the youth of Zion! Trinity Lutheran has reached out asking to be involved with these events. The Christian Ed and Youth board need lots of help in order to succeed with these events. There's a sign-up sheet in the hallway across from the Sunday School Superintendent office for these events. The board is hoping the congregation will step up and volunteer. The Food and Fellowship freewill will go to one of four organizations of the hosting family's choice, which include Operation Christmas Child (will be rotated out with another organization or group), Prowler Pantry, Human Society or given back to Zion.

Ideas of fun things to participate in during the coffee hour (Sunday School time) for the adults are being worked on.

Parish Fellowship: Glenice Johnson reported that the Annual Pie and Desert Auction will be held on Sunday November 20th after the worship service. They will be working on updating the Sharing Servants booklets as they realize there are people missing from the list. There are two months where there is not a leader for that particular group/month.

WELCA: Glenice Johnson reported this group meet for their first meeting after the summer break in September with 13/14 ladies in attendance. There are three circles that are still meeting. No one from Zion when to the Fall WELCA Conference held last weekend in Fergus Falls, MN. The Fall Cluster Gathering will be held in Warren, MN on Saturday October 8th. Lutheran World Missions will have a pickup date at a site in TRF November 5th. Quilters have not started up this fall. Sharon Bergerson has been the lead organizer and has been having some health issues.

Evangelism and Lay Ministry: Approximately 45 cards were sent out to nursing home residents, homebound and other church members. Recognition Sunday for new members is tentatively set for October 9th. At this time there are no names. Discussion was held on how to do something similar to the Good Friday Prayer Vigil, but for Thanksgiving. Pastor Mark and Darlene Wiseth will work together on going to the nursing homes to administer home communion.

Vice President: Denny Minks highly suggested that now with the cold weather around the corner to have the ushers walk the hall where the coats hang and suggesting that people don't leave valuables in their coat pockets, namely car keys.

Special Council Meeting Minutes: A motion was made to accept the minutes from the Special Council Meeting Minutes as written. The motion was seconded and carried.

The meeting was adjourned at 8:15 pm after praying the Lord's Prayer.

Respectfully submitted by
Deb Holtan, Council Secretary



Special Congregational Council Meeting Sunday, September 11, 2022

Present were Laura Rude, Denny Minks, Mike Spears, Glenice Johnson, Renae Franke, Darlene Hulteen, Deb Holtan, and Patty Schob and Pastor Mark.

Members present from the Call Committee were Kaylynn Wold, Glenice Johnson, Tim Numedahl, Sally Mumm, and Shawna Spears.

The meeting was called to order at 10:11 am.

Kaylynn Wold read a "Summary of the Pastoral Candidate". Discussion was held after the summary was read asking questions of the Call Committee.

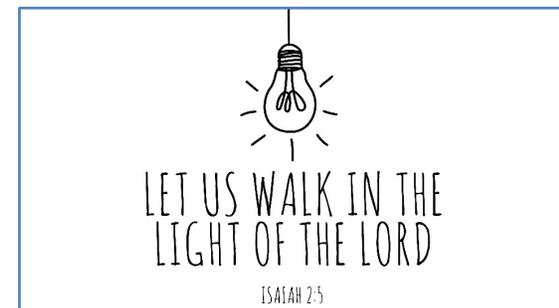
Several of the council members thanked the Call Committee for their hard work and effort put into this endeavor.

At this time the candidate's identity will remain anonymous.

A motion was made by Denny Minks to go forward with the call to this candidate. The motion was seconded and approved.

The meeting was adjourned at 10:37 am.

Respectfully submitted by
Deb Holtan, Council Secretary





Prayer Shawl Ministry will be meeting on the first Thursday of the month. The next meeting is on October 6th at 10:00 in the Fellowship Hall. Any questions call Deb Holtan 218-449-4645 or 218-686-3758. Anyone is welcome, and feel free to bring a friend!

Quilting Starts in October

Come join in the fun of making quilts for Lutheran World Relief. You don't need to have experience in sewing or quilting; there are many other parts to making a quilt -- putting layers together, measuring and cutting, pinning edges, or tying with yarn. The quilting group meets the first and third Thursday of each month at 1:00 p.m. Please join us on October 6 and 20.



at 7:00 in the church lounge

New Member Recognition

Sunday is October 9th during the worship service. Anyone interested in becoming a member of Zion should contact Linda at the church office 218-681-3296. Orientation will be Thursday evening, October 6,



Fall Gathering

October 8, in Warren

gathering will be held at First Lutheran Church, Warren, MN, on Saturday, October 8. Registration and coffee 8:30-9:00. Registration is \$10 per person, including coffee, program, and lunch. The speaker will be Suzie Novak Boelter, executive director of North Country Food Bank, EGF. We will carpool from Zion's parking lot at 8:00 a.m.

Zion WELCA Meeting

October 11 – 10:00

Executive Board – 9:00

All women of Zion are invited to the monthly WELCA meeting on Tuesday, October 11, at 10:00 a.m. in the Fellowship Hall. Join us in refreshments, fellowship, and Bible study. October hostesses are Vivian Knutson and Patty Schob. Executive board meets at 9:00.

Lutheran World Relief "Pick up

November 5 – 8:00 am

The truck will be in Thief River Falls on Saturday, November 5, from 8:00 a.m. - noon. Any group, circle or individuals with quilts, baby care kits, personal care kits or school kits for missions can bring them to Zion the week before to be packed into shipping cartons.

Welcome Back to Confirmation!!

October 5 - 1st day of class

- Supper at 5:15
- Tatertot Hotdish

October 12 - Class - 6:00

- Supper at 5:15
- Spaghetti and Meatballs

October 19 - NO CLASS- MEA

October 26 – Class - 6:00

- Supper at 5:15
- BBQ's and fries



Change of Date - Food and Fellowship

We have moved Food and Fellowship to October 9th. This is also new member Sunday! What a great way to welcome them to Zion!!

Confirmation

October 26 – Time TBA – Confirmation pictures

October 29 – 6:00 pm – Confirmation banquet

October 30 – 9:00 am – Confirmation service

Please hold our confirmands in your prayers.

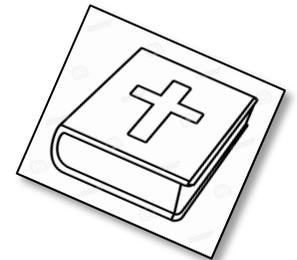
Mya Breiger, Tiera Bugge, Jace Erickson, Layla Forsberg, Keaton Hoverson, Braydin Lund, Julia Rude, Olivia Tougas.



Welcome Back to Sunday School K-5!!! – 10:00 AM Church Service - 9:00AM

Parents are welcome to stay for fellowship
with coffee and muffins in the fellowship hall.

- **6th and 7th Grade Cornerstone Kids** meet upstairs at 10:00 for Sunday school.
- **2nd Grade Bible classes** for parents and youth meet October 2 and 9 during Sunday school at 10:00.



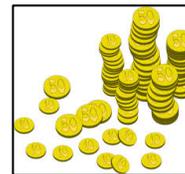
- **Presentation of Bibles** – Sunday, October 16th during 9:00 church service.

- **Sunday school sings Call to Worship**
– October 16 – 9:00



- **Sunday school and Cornerstone Kids Christmas program** – December 18

- **Noisy Offering for October** – Operation Christmas Child – an international relief organization. We ship gifts outside the US to children affected by war, poverty, natural disaster, famine, and disease – and to children living on Native American reservations in the US.





It's that time of year again! **Operation Christmas Child** is in full swing! I would like to encourage everyone to help fill at least one box! Or if you would like to donate items you can do that also! There are drop off boxes throughout the church for your items. Monetary donations are also welcomed to help with shipping cost, or we can use the money to buy items to fill more boxes. A small shoebox

can have a big impact. What goes into the box is fun, but what comes out of it is eternal. Be a part of changing lives through the power of a simple gift.

Gift Suggestions:

TOYS or a "WOW" item: Include items that children will immediately embrace such as dolls, toy cars, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries), etc.

SCHOOL SUPPLIES: pens, pencils and sharpeners, crayons, markers, notebooks, paper, solar calculators, coloring, and picture books, etc.

PERSONAL CARE ITEMS: toothbrushes, bar soap, combs, washcloths, adhesive bandages (Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.), Reusable plastic containers: cup, water bottle, plate, bowl, (Consider filling an empty container with non-liquid items such as hair bows, bracelets, sunglasses, or washcloths to maximize the space.) blanket, non-liquid lip balm, nail clipper and file, etc.

CLOTHING & ACCESSORIES: t-shirts, socks, hats, sunglasses, hair clips, jewelry, watches, flashlights (with extra batteries), etc.

CRAFTS & ACTIVITIES: Puzzles, Binoculars, Compass, Chalkboard, and chalk, Sewing kit, fabric (1-2 yards), and ribbon,

Laminated decorative pictures with looped ribbon attached as a picture hanger, Gardening kit with gloves and trowel hand tool (Do not include gardening seeds.), Playing cards, Skipping rope/Jump rope

A PERSONAL NOTE: You may enclose a note to the child and a photo of yourself or your family. If you include your name and address, the child may be able to write back.

DO NOT INCLUDE: Candy; toothpaste; gum; used or damaged items; war-related items such as toy guns, knives, or military figures; chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.

Shoe boxes will be available starting the week of October 9th. We will also have totes for you to drop off your donations. We ask that all shoe boxes be turned back into the church by Wednesday November 9th.

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

A dark teal rectangular box with the words "worship" in a lowercase, sans-serif font and "ONLINE" in a larger, all-caps, sans-serif font below it.