



## The Herald

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

### Zion Lutheran Church

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Thief River Falls, MN 56701-1996

Phone - 218-681-3296

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**No. 2**



I get nervous. Standing in front of the congregation and preaching, I feel the nerves rattling. Talking to Confirmation students causes me to worry about saying something in error that will make them run from the

sanctuary. Praying with those who are hurting and vulnerable gives me pause. Funerals, weddings, baptisms, confirmations, WELCA gatherings and all the rest will make this pastor's knees tremble. Be our gatherings formal or informal, I am nervous. This is a good thing.

It is good to be mindful of how my work and witness affect others and to share concern about the things I say and do. Pastors will often joke about "being just like everybody else". Yes, we sin. Yes, we make mistakes. We are human. You don't want your pastor to be perfect. You want a pastor to be in tune with the realities of this life. All of us walk into the future with the knowledge we are living in the grace of God. Yet I have been set apart.

You have called me to the ministry of Word and Sacrament. This is a holy thing. Sunday, February 5, I will be installed as your Pastor. I will be asked to commit myself this new trust and responsibility, in the confidence that it comes from God through the call of the church. I will accept you have called me to serve as your pastor with specific tasks: to preach and teach in accordance with the Holy Scriptures and the Confessions of the Lutheran Church; to love, serve, and pray for God's people; to nourish you with the Word and Holy Sacraments and to lead you by example in the use of the means of grace, in faithful service and holy living; to give faithful witness in the world, that God's love may be known.

The call to serve as your pastor isn't a job measured in hours although healthy boundaries between family and congregation are important. It is a call to preach, to share the Word of God and ensure the meal instituted by God is served. My work and the way I live has implications about the way you perceive the church and our relationship with Jesus Christ. My nerves tell me that I care about the way I communicate the Gospel for you. The butterflies and awkwardness I feel keep me humble and in tune with the awesome responsibility to which you have given me. I know what is at stake. Jesus said in Matthew 18: 6, "If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea." We don't have a sea in Thief River Falls but I wager there is a good deal of forgotten stuff by the dam. I don't want to join it!

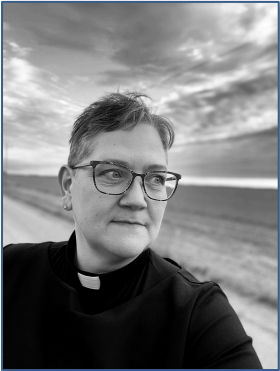
The Installation service understands the nature of the life and work of a pastor. You are also a part of the day. You will be asked to receive me as your pastor and to regard me as a messenger of Jesus Christ, sent by God to serve you and all God's people with the Gospel of hope and salvation. You are encouraged to regard me as a servant of Christ and a steward of the mysteries of God. You will be commended to pray for me, help and honor me for my work's sake, and in all things strive to live together in the peace and unity of Christ.

The work that we do together at Zion is mutual. I cannot function well as your pastor without your help and support. I need your prayers and encouragement through all the things we will face together in the time to come. You have need of a preacher and teacher of the Word of God that you might live in faith and faithfulness. I am humbled and honored to have been called to serve you and with you.

It is with joy that I will stand before you and promise to be faithful to you and this call. I will feel nervous because I understand the weight of this undertaking. The confidence I feel comes from the gift of God who has promised to be with us through all we face until that time we are called together in the Kingdom of God. I appreciate your prayers and good wishes.

Thank you,  
Pastor Kristin Ostercamp

## Pastor Kristin Ostercamp



Pastor Kristin Ostercamp comes to us from the Goodridge Area Lutheran Parish where she served for six years. Ordained as a Minister of Word and Sacrament in 2005, she has served as pastor for congregations in Webster, South Dakota and Roseau, MN. Pastor Kristin also served the church as a teacher in China with the Division for Global Mission of the Evangelical Lutheran Church in America. She has a background in communication studies and performance

from Moorhead State University and is a very proud graduate of Northland Community and Technical College right here in Thief River Falls, Pastor Kristin has two children, Zachary in grade 5 and Cori in grade 4.

- **February - SAIL** – Monday and Thursday at 9:00
- **February** –Fridays - Coffee With the Staff - 9:30
- **February – Quilting** – 1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 1:00
- **February 5** – Installation of Pastor Kristin at 9:00 worship service
- **February 2** – Prayer Shawls – 10:00
- **February 12** – Food and Fellowship – after worship service
- **February 20** – Buena Vista Ski Trip
- **February 22** – Ash Wednesday
- **February 28** – Photo sessions for church directory -2:00-8:30



## President's Message Laura Rude



Hello Zion Family-

As I'm writing this letter, we have not yet held our Annual Meeting. I am hopeful that it will have good discussion, and we all come away with a positive outlook for Zion's future. We have much to be thankful for and all hold responsibility for Zion's continued work in sharing God's Work with Our Hands.

A shout out to Marie Longo, who is our new organist. Her first Sunday was January 15<sup>th</sup>, and it was amazing to hear the organ again during the Worship Service. Fun fact, Marie is Pastor Kristin's sister! Please welcome her and thank her for sharing her talents.

For those who don't know, I have served as president of Zion for five years. I am entering my 6<sup>th</sup> and final year. With that said, we will need a new person to step up as president in February 2024. We all know time goes fast, and this year will be no exception. I pray that the Spirit is tapping someone on the shoulder, whispering in their ear that "you are the right person for this!" That's how it happened for me. I could not be more grateful for the opportunity for God to use me in this capacity of serving. Please pray that the right person will hear the calling.

February marks the beginning of the season of Lent with Ash Wednesday on February 22<sup>nd</sup>. I am hopeful that you take advantage of the many opportunities this brings to fellowship and worship together. Make sure you are staying informed of all the church activities either by the website, church bulletin or the by making note of events outlined in this Newsletter.

Thanks for all you do to spread the God's Love to others.

Humbly Serving~  
Laura Rude

## Faith Community Nurse

Greetings in the name of our Newborn King! Have you developed your New Year's resolution yet? It's not too late. Whether we write them out or just think about them, most of us can't help but consider the fresh beginning a new year brings. The making of resolutions brings with it thoughts of past failures and guarded hopes for the future. Jan Burg RN has written a poem on resolutions that is worth sharing.



### My

### Resolution

I won't look back; God knows the fruitless effects, The wasted hours, The sinning, The regrets; I'll leave them all with Him who blots the record, And mercifully forgives, and then forgets. I won't look forward. God sees all the future. The road that, short or long, will lead me home. And he will face with me it's every trial, And bear with me the burdens that come. But I'll look up-into the face of Jesus, For there my heart can rest, my fears are stilled; And there is joy and love, and light and darkness, And perfect peace, and every hope fulfilled.

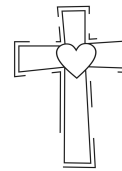
### How to Make Resolutions Failproof:

1. Keep goals realistic. Set goals you are confident you can reach.
2. Be specific about your goals. Instead of saying, "I'll lose weight," try "I will lose 2 lbs. every week until I reach my goal."
3. Develop a plan for how you will reach your goals. Think about your resources, limits, and reasons for past failures. Try to include resources such as prayer, bible studies, and working with others.
4. Find a partner. Moral support can be a big help in reaching your goals. Don't forget that Jesus makes an excellent support person!
5. Keep track of your progress. This helps to see your progress one day at a time.
6. Think of each day as a new beginning. You don't need to keep your resolutions for 365 days, but just one day at a time.

7. Do your best; the rest, leave to God. The Lord is your partner, and He will bless your efforts at the growth. Enjoy the knowledge that all things are in the hands of our loving Lord. May the Lord bless all of our good intentions in this New Year!

God's Blessings and Peace,  
Parish Health

## Food and Fellowship



Please join us for our next Food and Fellowship, which will be held on Sunday, February 12th. All donations will be sent to Andy Hart and his family to help cover expenses as he recovers from a heart transplant in Rochester.



## Home Communion

On behalf of the Evangelism/Lay Ministry Board, we would like to offer home communion to those who desire this service. We have been reaching out to members that are more home bound, but if we have missed you, please let us know. We will be offering this service once a month starting in February. We can either serve you communion in your home or bring you the communion cups, and you can participate during the worship service on TV. If we have missed you, and you would like to be served, please call the church office or Marijo Nabben at 218-684-1919.





**February WELCA Meeting-** Tuesday, February. 21, 10:00 a.m. *(note change of date to the third Tues)* Come for fellowship, refreshments, and Bible study with Pastor Kristin. Hostesses are Sarah circle. Board meets at 9:00 a.m.

**WELCA Changes & Updates:** All Zion women are invited to join in any or all of the WELCA activities, and there have been numerous changes over the past five years. Ladies may choose to participate in a number of ways - some enjoy only attending circle meetings, others prefer to come to the monthly WELCA meeting, others only like quilting or contributing to kids, and many choose all three. Whatever fits your interests and schedule.

- **Circles** - there are three active circle at Zion; as other circles disbanded, ladies are encouraged to participate in one of the current circles. They are Anna - meets 4th Wed. of each month, 10:00 a.m., in the Lounge; contact Glenice Johnson, 681-4472. Dorcas - meets quarterly the 4th Tuesday, 9:30 a.m.; contact Sharon Wagner, 681-2473. Sarah - meets 4th Wed. of each month, 1:30 p.m., in the Lounge; contact Patty Schob, 681-6937. Some circles have fellowship and continue Bible study from the WELCA meeting, some focus on assembling kits for Lutheran World Relief (LWR), some assist with Lenten meals.
- 
- **Monthly WELCA meeting** - changed to third Tuesday, Sept.-May, 10:00 a.m. Usually include fellowship, Bible study and refreshments with a circle or individuals as hostesses. Coordinate various activities through the year including sending holiday cards to shut-ins or elderly, Seder meal, Lenten supper, contributions to local and synod

charities, annual gifts to staff, LWR kits and quilting, participation in conference and synod WELCA gatherings, and managing upkeep and purchase of kitchen equipment and supplies.

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- **Quilting and Kits for LWR** - meets the first and third Thursday of each month at 1:00 p.m. to assemble and complete quilts or to prepare or pack baby care, personal care, or school kits. Flannel fabric or used flannel sheets are welcome donations to make diapers and receiving blankets. Watch future newsletters for detailed lists of items needed for each type of kit.

**Sharing Servants Booklet** - The Parish Fellowship Board is updating these booklets for greater accuracy of members and phone numbers. All active Zion members are assigned or choose a month in which they might be asked to help with greeting, ushering, or serving refreshments after a funeral. Current folks listed will remain in the same month as before; new names/families will be randomly assigned to a month. If you wish to change or select a specific month, please contact Glenice Johnson, 681-4472 or [glenice@mncable.net](mailto:glenice@mncable.net).



SMILE

**We need your smiling face  
in our new 2023 church  
directory.**

PLEASE go online and schedule your portrait sitting at [ucdir.com](http://ucdir.com) (Church code – mn321 and password – photos) or call Darlene at 689-8921 (anytime) or Koni at 681-1344 or 689-7746 after 6:00PM.



Pastor Kristin, Zachary, and Cori delivered Zion's collection of pop can tabs to the Ronald McDonald House at Gillette Children's Hospital in St. Paul. Keep those donations coming, Zion.

Saving pop tabs is easy and fun! Ronald McDonald House, Upper Midwest states: It may seem like a small act but collecting pop can tabs can make a big difference. In fact, since its founding, the Pop Tab program has raised more than \$800,000 for our chapter! These funds have helped cover program costs at our locations across the Twin Cities and Duluth and have a significant impact on the families we serve.

Thank you for your part in supporting Ronald McDonald House!



### **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



### **Zion Lutheran's Congregational Council Minutes January 17, 2023**

The Congregational Council Meeting was called to order by President Laura Rude at 5:31 pm.

In attendance were President Laura Rude, Pastor Kristin Ostercamp, Denny Minks, Renae Franke, Penni Nelson, Darlene Hulteen, Glenice Johnson, Marijo Nabben, Mike Spears, Laura Fay, Patty Schob and Deb Holtan.

Pastor Kristin led the council in devotions and prayer.

The Secretary's Report from December 20, 2022, was presented. A motion was made to accept the minutes as printed. The motion was seconded and carried.

The Treasurer's Report was discussed and filed for audit. A motion was made to amend the November 2022 minutes to add the October's 2022 Treasurer's report as the "filed for audit" was missed. The motion was seconded and carried.

The 2023 Proposed Budget was presented to the council. After discussion and changes, a motion was made by Marijo Nabben to present the proposed budget to the congregation for approval with the changes that were made. The motion was seconded by Glenice Johnson. The motion carried.

Pastor Kristin submitted her report which included what her "average" week will look like and upcoming dates that would include vacation and continuing education and other known dates that she will need to be gone for. Mention was made of this being the 250<sup>th</sup> Anniversary of the hymn "Amazing Grace" which will be the



bases for her sermons during Lent. When asked how she would like to be addressed, she said Pastor Kristin.

**Silver Creek:** Penni Nelson reported they will have a baptism on Sunday. They've held their annual meeting. There are new changes to their officers. Bill Stock is now President and Mike Torgerson is the Vice President and Trustee.

**Health Committee:** Patty Schob submitted the committee's report.

**Annual Meeting Agenda:** Laura Rude asked if there is anything else other than voting on the budget, new nominees for boards and the treasurer position that needs to be brought up at the annual meeting. The electronic sign update was suggested.

**Stewardship:** Discussion was held to remove this as one of the boards and possibly move it to be included with the duties of the council president. This was tabled for another meeting.

**Worship:** A report was submitted. Pastor Kristin will be installed on Sunday February 5th. Looking ahead, Ash Wednesday is February 22nd. The Holden Evening Service will be used once again during Lenten worship.

**Properties:** Mike Spears gave an update on the electronic sign. The Christmas trees were put away. Ballasts were replaced in some of the light fixtures in the Fellowship Hall.

**Evangelism and Lay Ministry:** Marijo Nabben reported that the board will be helping with calling families of children attending Sunday School here at Zion but whose parents are not currently members for the church directory. Calls have been made to the home bound asking if they would like to receive home communion. The board is working on ideas for adult education during the fellowship hour after the Sunday morning service.

**Christian Ed and Youth:** Laura Fay represented the board. The board is working on ideas for this next year. January's Noisy Offering is going to the Andy Hart family and February's Food and Fellowship breakfast will be for the Hart family. Andy had a heart transplant, and the family has just become new members here at Zion. Plans are in the works for freshening up the Sunday school rooms with fresh paint. Plans are being worked on for another Hotdish cook off in March. 1<sup>st</sup> Communion Classes will be Sunday March 26th and April 2nd for the 5th Graders. They will receive their first communion on Maundy Thursday which is April 6th. Fund raising will start for the National Youth Gathering. A motion was made to remove Berta Kalsnes as the signer on the youth account. The motion was seconded and carried.

**Parish Fellowship:** Glenice Johnson reported the board is working on the updates for the Sharing Servants booklet.

**WELCA:** Glenice Johnson reported that this group is changing their monthly meeting from the second Tuesday of the month to the third Tuesday. Lenten Suppers will be handled like last year with the different groups of the church preparing the suppers.

**Public Relations:** Darlene Hulteen reported that the directory sign up has started. The board will be set up before and after the Sunday service for the next two Sundays to help with scheduling. Darlene will be taking pictures of the different boards to submit for the directory next month at their meetings.

The meeting was adjourned at 7:24 pm after praying the Lord's Prayer.

Respectfully submitted by  
Deb Holtan, Council Secretary



# Confirmation

## February 1 -

Supper - 5:15 TBA  
Class - 6:00

## February 8 -

No Confirmation  
Enjoy Snofest Broomball!

## February 15 -

Supper - 5:15 TBA  
Class - 6:00

## February 22 -

Ash Wednesday Worship Service- NEED TO BE IN  
ATTENDANCE

Keep those sermon notes coming! And don't forget service  
opportunities! All of you are so appreciated!!

## SKI TRIP!

Annual ski trip to Buena Vista with  
Trinity  
Monday, February 20th!  
For all youth in grades 6-12.



Information sheets and sign-up are outside the youth door!

Questions- message Kami @ 218-689-3248

Every time I pick up my camera to take pictures at Zion, I think of my father-in-law and his distaste for “having his picture took.” This was his experience during his photo shoot for the 2006 directory. We promise that if you have your picture “took,” it will be painless.

## I'm Having My Picture Took

Here I sit silently waiting.  
Zion is making a picture book.  
I'm all dressed up in my wedding suit,  
'Cause I'm having my picture took.

With my white shirt tightly buttoned  
And my tie in a hangman's noose,  
I am now politely asked  
Which pose do I prefer to choose.

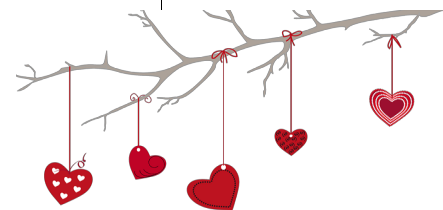
I sit in a glowing upright stance,  
My eyes set in a glassy stare.  
I try to smile, but my shirt's too right.  
I'm slowly dying – Who will care?

I'm waiting for a miracle  
As written in that wondrous book.  
Lord, remove me from this place;  
I never wanted my picture took.

I'm very disappointed  
As you can plainly see.  
In spite of all the touchups,  
My picture still looks just like me.

*John Hulteen*

# February 2023

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	No Faith Community Nurse Office hours in February  * available with pre-registration thru LSS	<b>1</b> 9:30 TRF Ministerial mtg 2 Silver Creek Quilting & Supper at 5 5:15 Confirmation supper 6 God’s Joy 6 Confirmation 7 Senior Choir	<b>2</b> 1 Silver Creek Quilting 9 SAIL Exercise 10 Prayer Shawl Ministry *12-4 LSS Respite Care in Lounge 1 Quilting/LWR workshop	<b>3</b>  9:30 Coffee with Staff	<b>4</b>
<b>5</b> <b>INSTALLATION OF PR KRISTIN</b> 9:00 Zion & Silver Creek-Worship Holy Communion 10:00 Sunday School 10 Coffee Fellowship 10 Blood Pressure Screening No service at Silver Creek	<b>6</b> 9 SAIL Exercise  6:30 Scouts	<b>7</b> 9:30 Staff Meeting Noon Pastors Text Study No Parish Health mtg <b>BOARD MEETINGS -</b> 5:30 ED & YOUTH BOARD NO WORSHIP BOARD NO PARISH HEALTH	<b>8</b>  No Confirmation 6 God’s Joy 7 Senior Choir	<b>9</b> 9 SAIL Exercise 10 LSS Caregivers Discussion Group *12-4 LSS Respite Care in Lounge	<b>10</b>  9:30 Coffee with Staff	<b>11</b>
<b>12</b> 9:00 Zion Worship; 10:00 Sunday School 10 <b>Food &amp; Fellowship</b> 10 March Sharing Servant Mtg 9:30 SC Congregational mtg. 10:30 Silver Creek Worship 1:30 Blue & Gold Banquet	<b>13</b> 9 SAIL Exercise	<b>14</b>  9:30 Staff Meeting Noon Pastors Text Study	<b>15</b>  5:15 Confirmation supper 6 God’s Joy 6 Confirmation 7 Senior Choir	<b>16</b> 9 SAIL Exercise *12-4 LSS Respite Care in Lounge 1 Quilting/LWR workshop  6:30 Zion/Silver Creek mtg.	<b>17</b>  No Coffee with staff today Pr Kristin at meetings	<b>18</b>  3-5 Cub Scouts
<b>19</b> 9:00 Zion Worship/Holy Communion 10:00 Sunday School 10 Coffee fellowship 10:30 Silver Creek -Holy communion Worship/ Council following worship	<b>20</b> Newsletter Items Due  9 SAIL Exercise  <b>Youth Ski Trip Grades 6-12</b>	<b>21</b> 9 WELCA Ex Board 9:30 Staff Meeting 10 WELCA meeting Noon Pastors Text Study <b>5:30 ZION COUNCIL</b>	<b>22 ASH WEDNESDAY</b>  6:30 Worship at Zion  7:15 Senior Choir	<b>23</b> 9 SAIL Exercise *12-4 LSS Respite Care in Lounge	<b>24</b>  9:30 Coffee with Staff	<b>25</b>
<b>26</b> 9:00 Zion Worship 10:00 Sunday School 10 Coffee fellowship 10:30 Silver Creek Worship	<b>27</b> 9 SAIL Exercise  6:30 Scouts	<b>28</b> 9:30 Staff Meeting 10:30 Bereavement Group Noon Pastors Text Study Communion at Care facilities 1:30 TRCC 2:30 Oakland Park	<div>* available with pre-registration thru LSS</div> <div>—CHURCH DIRECTORY PHOTOS WILL BE TAKEN— FEB. 28 - MARCH 4      ALSO MAY 11 - 13</div>			



## Silver Creek

We begin the month of February with hearts full of thanks for the blessings that God has given us and the favor with which He continues His blessings. Our church community continues its work in 2023 with anticipation for all that awaits in the year ahead and for our spiritual journey with Pastor Ostercamp.



### Annual Meeting

The annual meeting was held on January 15, with reports from various committees, an election of officers, and potluck dinner. The congregation is reminded that we will be working throughout this year towards our celebration of the 125<sup>th</sup> anniversary of Silver Creek Lutheran Church in 2024. Ideas, as well as willing hands, are welcome as we move forward.

We would like to especially thank Roger Rupprecht for his many years of service as president of the Silver Creek congregation. He has now retired from this position, but his lifelong love of this church and his commitment to service can never be replaced. His continuing counsel will always be appreciated.

### Elected officers for 2023:

**President:** Bill Stock

**Vice President:** Mike Torgerson

**Secretary:** Kristi Housey

**Treasurer:** Virginia Swanson

**Trustees:** Mark Swanson, Leland Nelson, Mike Torgerson

**Deacons:** Clark Nelson, Roger Nelson, Connie Stock

**Representative:** Penni Nelson

**Pathways Delegates:** Clark and Penni Nelson

### WELCA News:

The first meeting of the new year is Wednesday, February 1.

Quilting: 2:00 p.m.

Supper: 5:00 p.m., followed by a business meeting, Bible study, and program, "Think Before You Speak." The new Bible study is "Encouraging One Another" by Nicole Johnson.

Booklets for the year will be available to pick up at the church.

Quilting Continued: February 2, 1:00 p.m.

### Notice:

**Sunday, January 29: No Sunday service at Silver Creek.**

**Sunday, February 5: No Sunday service at Silver Creek as everyone is encouraged to attend the installation of Pastor Ostercamp during Zion's Sunday service.**

**Sunday, February 12, 9:30 a.m.: Short congregational meeting at Silver Creek before the service.**

Respectfully submitted, with thanks to Bev Rupprecht for her years of faithfully writing the previous Silver Creek newsletters.

Connie Stock



### Coffee With the Staff

Enjoy coffee, goodies, and fellowship  
with Pastor Kristin and Linda.

9:30 on Fridays