



## 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. 23**

**April 2023**

**No. 4**

*They shall build up the ancient ruins;  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations. Isaiah 61:4*

Traveling down first street in Thief River Falls the last weeks has been an exercise in patience. Cars have been slowing down as we all watch the old hospital come down piece by piece. Some of you have mentioned your children and grandchildren's birth in that old building. Others recall parents and grandparents tenderly cared for in the CNC. Still other speak of working in what is now a ruin.

It is always a bit sad to see structures that have come to have meaning in our lives fall into disuse, disrepair, or neglect. Our hearts are nudged by memories of so many people and moments shared. At the same time, we know that all things come to an end. Buildings in this place have a season, they can be repurposed, reconfigured, and even, as is the case of the hospital, torn down to make way for something new.

The people of God at the time of Isaiah were living as exiles hoping to return home and restore the glory of Israel. They were surrounded by ruins: a conquered kingdom, a captive people, broken families, pagan worship, and so much more. The words from the Prophet Isaiah to the people declared the incredible loss suffered by God's people would give way to a time of healing, a time when the kingdom and its glory would be restored.

I ponder the ruins that have devastated God's people for generations. We might think of ruins like alcoholism and drug addiction, racism, and

sexism. In Romans 8 St. Paul writes of the spirit of the flesh and the devastation of sin in our lives. We know that we don't live perfectly ordered lives, we experience sin and death each day.

Sin isn't something that we talk about. To be sure we confess our sins and turn to God for forgiveness. Yet so often these confessions are abstract we don't like to look deep within ourselves to ponder how we might be called to change. I have heard some wonder why the hospital had to come down. From the outside, it looked as though it still had life. For so many of us, we live life like that old building- a little scarred on the outside with very little hint of how things truly are on the inside.

Looking at the consequences of sin honestly is to see the ruins on full display. It is painful and heartbreaking. It may cause us to feel shame. As far as change, the call to rebuild can be overwhelming. How is it that these ruins will be rebuilt, restored, and renewed?

We have a master craftsman, Christ Jesus our Savior and Lord. Jesus doesn't see with the same eyes we do. Jesus sees the sin, yes, but he sees it as his own. He takes our sin and carries it for us. He takes on all of it. For every sin on him was laid. The Son of God becomes a ruin on the cross, a devastation for the iniquities of every generation.

Yet in the death of Christ, the power of sin, death, and the devil were beaten. The ruins in our lives that bind our hearts and minds have no power over us. The hymn "In Christ Alone" explains is beautifully with these words: Then bursting forth in glorious day, up from the grave He rose again, and as He stands in victory, sin's curse has lost its grip on me, for I am His and He is mine, bought with the precious blood of Christ.

The cross of Christ is enough to set us free from every burden. We are entering the Easter Season, a time of resurrection, rebirth, and hope. The ancient ruins that bind us have been set aside and God in Christ Jesus is doing a new thing. What will be raised from the ashes of our past as we live into the future and beloved children of God?

Pastor Kristin

*Hallelujah*

- **April 2** – Kids’ craft project in Fellowship Hall – during Sunday school hour – 10:00
- **April 5** – First Communion– bake communion bread and eat pizza
- **April 6** - Maundy Thursday worship - 7:00, Meal for first communicants and families – 5:45
- **April 6** – Prayer Shawl Ministry – 10:00
- **April 7** – Prayer Vigil - noon
- **April 7** – Good Friday worship – 6:30
- **April 9 – Easter**  
Sunrise Service – 7:00AM  
Breakfast after Sunrise Service  
Easter Worship – 9:00AM
- **April 20** – Quilting – 1:00
- **April 11** – Gathering of church council and all boards – 5:30
- **April 18** - WELCA at 10:00, Board at 9:00
- **April 22** – WELCA Spring Gathering – Nazareth at Holt
- **Fridays** – 8:00 Men’s Breakfast – Biff’s
- **April 14 & 28 - Fridays** – 9:30 - Coffee With the Staff
- **May 7** – New member recognition Sunday



## Home Communion

Home communion is now being served to members that were interested. If we can serve you in this way by either giving you communion on a monthly basis or bringing you communion cups for the month, please let either the office know or call Marijo Nabben at 218-684-1919.



## Kids’ Craft Project

Parents, come and enjoy a small craft project with your child/children on April 2nd in the fellowship hall following the church service. You will be able to take the project home that day.

## New Member Recognition

New Member Recognition Sunday is going to be held on Sunday May 7th. If you were interested in joining, please contact the church office.



We celebrate with those taking First Communion on Maundy Thursday, April 6. We keep them in our prayers as they share in this faith milestone: Zachary Ostercamp, Jaxen Larson, Addison Olson, Ava Fredrickson, Jack Niebuhr, Quinn Harris, Farryn Fain, Nora Fay, Erin Kinzler, Anna Kinzler, Bryton Kofstad, Micah Tougas, Conner Hart, Ella Hart, Danika Hart, Caleb Wilson, Averie Walseth, Owen Ranum, Tucker Norris, Kindra Durham, Joey Michalke, and Miley Bruggeman.

## Watch for It!!! Coming in the Fall!!!

An adult education class entitled - *Bright Shining as the Sun*, based on the hymn *Amazing Grace*



## President's Message Laura Rude

Hello Zion Family-

“The day the Lord created hope, was probably the same day he created Spring.” Bern Williams

God is our Strength! God is our Hope! Spring will come!

The Easter season is a beautiful time to be amongst your fellow brothers and sisters in Christ to worship, reflect and fellowship. Please take advantage of the many opportunities during Holy Week and throughout the month to do just that.

Please continue to pray for Pastor Kristin and all the church staff and leaders. We ask you to pray for wisdom, patience, and guidance for everyone. There are many opportunities for us as a Church body to try some new things and strengthen other existing programs and aspects of our church. Zion serves and blesses our community in many various ways. Zion, in turn, continues to be blessed by our Creator. The opportunities are great to continue to show God's Love with Our hands.

Thank you to this congregation for all your energy, time, support, and feedback. I feel very blessed to be part of this of wonderful Church family.

Humbly Serving~  
Laura Rude

### 5th Annual Hot Dish Cook-Off Winner

**Congratulations  
Amanda Hawk**



## PRAYER VIGIL

### *Zion's 14th Annual Good Friday Prayer Vigil Friday, April 7 at Noon*

All are invited to Zion's 14<sup>th</sup> Annual Good Friday Prayer Vigil on April 7th starting at Noon. There will be a sign-up sheet in the narthex. If you aren't able to sign up, come when it's convenient for you.

The Vigil will start at Noon breaking for the evening service and continuing after the service. I guarantee you will leave with a different outlook then when you came. Please bring a friend to join you in this amazing experience.

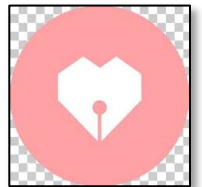
Booklets will be provided for you to use during the vigil. There will also be slips of paper for prayer requests. These requests will be prayed for during the vigil and then hung on a cross. This is a time of meditation, prayer, and silence.

This year is the 250<sup>th</sup> Anniversary of the hymn, “Amazing Grace.” Let that be our anthem and an incentive to participate in this year's prayer vigil. I think each of us can relate that we have all at some point received that wonderful “Amazing Grace”.

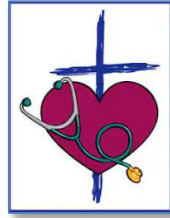
If you have questions, call Deb Holtan at 449-4645 or text 686-3758.

### Advanced Care Planning

Date and time to be announced  
Facilitator Jennifer Johnson – Sanford Health



## Faith Community Nurse



Mental Health has become a growing crisis in our country and much improvement is needed especially for the youth. America's youth deserve appropriate well-informed and effective behavior health crisis services. All too often children and youth who experience a behavioral health crisis face hospitalization or justice system involvement; instead of receiving the home-based care and community-based services that are in many circumstances best for de-escalating and stabilizing a crisis.

Between 2016-2020, the number of children aged 3-17 years diagnosed with anxiety grew by 29% and those with depression by 27% according to data from Health and Human Services. In 2020, suicide was the second leading cause of death for youth ages 10-14 and 25-34 and among the top leading cause of death for youth 10-16 years of age according to a report by HHS Center for Disease Control and Prevention.

New National Guidelines for Child and Youth Behavior Health Crisis Care has been developed. It recommends the least restrictive setting possible and if safe, at home and in the community. The goal is to partner with schools, family and peer support community organizations, child welfare and foster care, juvenile justice, pediatricians, and other primary providers along with law enforcement when appropriate.

St Paul, MN has recently opened our state's first youth 22 bed inpatient mental health hospital called Children's Minnesota. There is a great need for more of these facilities.

Anyone seeking treatment for mental health or substance use issues should call the SAMHSA National Helpline at 800-662-HELP (4357) or visit [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov) If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org) May God protect and guide our youth during these difficult years of their lives.

God's Blessings and Peace be with you.

Parish Health



## WELCA Meets April 18

All women of Zion are invited for fellowship, refreshments and Bible study on Tuesday, April 18, 10:00 a.m. We have enjoyed seeing attendance grow each month, so please join us. April hostesses are Eileen Rhen & Lana Christenson. Board meets at 9:00 a.m.

## WELCA Spring Gathering - April 22

The Conference 2 Spring Gathering will be held on Saturday, April 22, at Nazareth Lutheran Church in Holt, MN. Registration begins at 8:30 a.m. Program, speaker, and other details coming soon.

## Lutheran World Relief Projects

Each year, Zion's WELCA group prepares and sends a variety of kits and quilts that are distributed world-wide and to disaster sites in the USA. Last month the "Personal Care Kits" materials were described, and Zion members have been generous with donations being collected during Lent. The box for donations will continue to be near the narthex steps until after Easter.

This month we are featuring the "Baby Care Kits" and throughout the year we collect or purchase the following items: lightweight cotton T-shirts, long or short-sleeved gowns or sleepers (without feet), receiving blankets (cotton, flannel or crocheted/knitted with light-weight yarn), cloth diapers, jackets or sweaters or sweatshirts with a hood or a cap, socks, hand towel (dark color preferred), bath-size bars of gentle soap, and diaper or large safety pins. The diapers can be purchased cotton diapers OR made by our WELCA members. We welcome donations of flannel fabric, used flannel sheets (any color or prints) or adult-sized T-shirts (can be any color, may have imprints on them, and primarily of cotton fabric).

Thank you for the generous donations of items for any of the LWR kits, fabric for diapers or for quilts, monetary gifts used to purchase kit items, and Thrivent cards from members, used for additional purchases.

## Silver Creek

Storms, wind, road closures, and unpredictable weather have made life challenging these past weeks. Yet, here we are, welcoming April with the hope of spring.



Ever hopeful, we are an Easter people. We know that the storm-filled, dark days have been conquered and that Christ is indeed risen. What a joy to know that we serve a risen Savior!

### Easter Service

April 9 - 11:00 a.m. Easter Sunday service

10:30 a.m. Fellowship

\*We are serving coffee and goodies every Sunday at 10:30 a.m. before the 11:00 service. If anyone would like to participate in providing the goodies, please sign up on the sheet available in the church.

### WELCA

April 5 - Wednesday

2:00 p.m. Quilting

5:00 p.m. Potluck Supper  
Meeting

Bible Study: Chapter 2 The Word Encourages

### Church Council

April 16 - Sunday after service, 12:00 p.m.

### Congregational Spring Cleaning

April 19 - Wednesday, 5:00 p.m.

Please note the change of date.

Even though the cleaning is fun all on its own, don't forget the **potluck supper!** This is a great evening of fellowship and community.

**April 30 - Sunday, 9:00 a.m.**

On this 5<sup>th</sup> Sunday of the month, Silver Creek will NOT hold services and will be joining Zion's service at 9:00 a.m.

Submitted by Connie Stock



## Zion Lutheran's Congregational Council Minutes March 21, 2023

The Congregational Council Meeting was called to order by President Laura Rude at 5:33 p.m. In attendance were President Laura Rude, Pastor Kristin Ostercamp, Denny Minks, Diane Lee, Renae Franke, Clark Nelson, Mike Spears, Mike Flaagan, Glenice Johnson, Darlene Hulteen, Deb Fulton, Patty Schob, Deb Holtan and guest Darlene Wiseth.

Pastor Kristin led the council in devotion and prayer.

Zion's Faith Community Nurse, Darlene Wiseth demonstrated the new AED to the council.

The Secretary's Report from February 21, 2023 was presented. A motion to accept the minutes as printed with the correction made to the spelling of Mike Flaagan's last name was made. The motion was seconded and carried.

The Treasurer's Report was presented. The last payment to the sign company was made. The amount of \$20,112.74 was taken out of savings. Pastor Kristin questioned the dollar amounts in the remaining budget listed under continuing education. Looking at the report there were a couple more dollar amounts in the remaining budget that didn't print correctly. Renae will make the corrections to the report and present to the council at the next meeting. The Treasurer's Report was filed for audit.

Pastor Kristin presented a written report. Highlights pointed out were as follows: April 11th all Boards will meet to review their roles according to our constitution; calendar planning for 2023-2024; start working on a mission statement for Zion. There will be a June/July newsletter with another one in August. Pastor Kristin asked that all the boards have their meeting in August so that everything will be in place for when activities, etc. get started again in September. The Synod strongly suggests that each congregation form a Mutual Ministry Committee. There is a need to address a Stewardship Board. There are 21 students in the First Communion class. Pastor Kristin has been invited to lead a breakout session during the Pennington County "Towards Zero Deaths" presentation on Wednesday, April 26. March 18th is the Great Synod Get Together in Bemidji, MN.



**Silver Creek:** Clark Nelson represented Silver Creek and had nothing new to report.

**Parish Health:** Patty Schob presented a written report. Patty reported that sometime in April, Jennifer Johnson from Sanford Health will be a facilitator on Advanced Care Planning education. The public will be invited to attend with an announcement to be in The Times once a date is confirmed. Also, Johnson's Funeral Home has agreed to do a short presentation on pre-paid funeral arrangements and information related to their services. A tentative date is for mid-May.

**Worship Board:** Deb Fulton presented a written report. The board has discussed a new baptismal banner. The cost and size that would accommodate two names if needed was shared with the council. A motion was made to purchase the new baptismal banner using memorial funds. The motion was seconded and carried. Pathways Camp Sunday is March 26th. Palm Sunday is April 2nd. The service will be "The Cry of the Congregation". Maundy Thursday service is at 7:00 with communion and will also be first communion for 21 students. Good Friday service is at 6:30.

**Properties Board:** Mike Spears reported on the outdoor sign. The wait now is for spring for the electrical hook up. There was a nasty water leak in the old office, possibly due to the way the snow blew into a vent on the roof after the last big snowstorm.

**Evangelism and Lay Ministry:** Deb Holtan report for the board. Home communion is being offered to those members unable to attend church. The adult education series "Bright Shining as the Sun" has been moved to the fall due to a full spring schedule. On Palm Sunday the board is inviting the Sunday School children as well as their parents to take part in a small craft project in the fellowship hall following the church service. They will be able to take the project home with them that day. The 14th Annual Good Friday Prayer Vigil will on April 7th. New Member Recognition Sunday will be May 7th with an orientation on Thursday May 4th.

**Christian Ed and Youth:** Mike Flaagan reported the board has been discussing the confirmation program. The Hotdish Cook Off is Sunday March 26th. Money raised will go to updating the Youth Room. The 10th Graders will be doing the Sunrise Service at 7:00 Easter Sunday. The 6-8th Graders will be serving the breakfast that morning following the Sunrise Service.

**Parish Fellowship:** Glenice Johnson reported that the board did not meet.

**WELCA:** Glenice Johnson reported that the group met earlier today with an attendance of 21 ladies. The Lenten Suppers are well attended. There is no word

yet if there will be a Spring Conference. Zion is part of Conference 2. A decision was made to raise the fees for funerals by \$1.00 on each "menu" offered. A meeting will be held with Johnson's Funeral Home to revise the prices to reflect the change in the fees. Glenice stated that there are already 120 family members that will be attending the supper with the First Communion students on Maundy Thursday.

**Public Relations:** Darlene Hulteen reported that the first round of directory pictures went very well. The company has opened up more time slots for the May session.

After the board reports Pastor Kristin reported that the funds collected during the Food and Fellowship breakfast on the 19th is missing. Discussion was held on who should be responsible for seeing that the funds are secured.

\*The following Resolution Regarding Spring Flowers during the Easter Season was made and reads as such:

*Whereas members and guests of Zion Lutheran experiences seasonal allergies and*

*Whereas many spring flowers are known allergens,*

*Be it resolved that members wishing to bring flowers for display of the Easter season be encouraged to bring Tulips, Azaleas, Orchids and Daffodils to adorn the sanctuary. These may be dropped off during the week between Palm Sunday and Easter Sunday.*

*Be it further resolved, those planning to bring lilies may bring them on Easter Sunday morning before worship. They must be taken home immediately following the service. Any lilies brought prior to Easter Sunday morning or remaining after worship will be discarded.*

*Be it further resolved that flowers will only be placed in the chancel area.*


*Be it further resolved a third station for communion will be placed in the rear of the sanctuary for those who will wish to avoid the front of the sanctuary due to allergies.*

A motion was made by Diane Lee to accept this resolution and was seconded by Renae Franke. The motion carried.

The meeting adjourned at 7:03 pm after praying the Lord's Prayer.

Respectfully submitted,  
Deb Holtan, Council Secretary

# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SUNDAY BROADCASTS</b> <b>9:00 AM KTRF Radio</b> <b>9:00 AM Cable Ch. 3</b> <b>12 Noon Cable ch. 37</b>				*available with pre-registration thru LSS		<b>1</b>
<b>2 PALM SUNDAY</b> 9 Zion Holy Communion Worship 10 Sunday School 10 Coffee fellowship 10 BLOOD PRESSURE SCREENING/ LOUNGE 11 Silver Creek Worship	<b>3</b> 9 SAIL Exercise  6:30 Den meetings	<b>4</b> 9-12 FC Nurse Hours 9:30 Staff Meeting Noon Pastors Text Study 1:30 Parish Health Cmt. BOARD MEETINGS	<b>5</b> <b>5:00 1ST COMMUNION CLASS</b>  No Confirmation 7:15 Senior Choir	<b>6 MAUNDY THURSDAY</b> 9 SAIL Exercise 10 Prayer Shawl Ministry 12:30-4:30 LSS respite care* <b>5:45 First Communion Meal</b> <b>7:00 MAUNDY THURSDAY-WORSHIP/First Communion</b>	<b>7 GOOD FRIDAY</b> 8 Men's Breakfast/Biff's  <b>Prayer Vigil begins at Noon</b>  6:30 Worship	<b>8</b> 
<b>9 EASTER SUNDAY</b> 7 Sunrise Service 8 Easter Breakfast 9 Zion Holy Communion Worship No Sunday School 11 Silver Creek Holy Communion Worship	<b>10 EASTER MONDAY -</b>  Church offices Closed	<b>11</b> 9-12 FC Nurse Hours 9:30 Staff Meeting Noon Pastors Text Study <b>5:30 All Boards Meeting</b>	<b>12</b>  5:15 Confirmation Supper <b>6:00 Confirmation Class</b> 6 God's Joy 7 Senior Choir	<b>13</b> 9 SAIL Exercise 12:30-4:30 LSS respite care*  Homemakers Spring Fling	<b>14</b>  8 Men's Breakfast/Biff's 9:30 Coffee with Staff	<b>15</b>
<b>16</b> 9 Zion Holy Communion Worship/ Baptism 10 Sunday School 10 MAY SHARING SERVANTS MTG 10 Food & Fellowship 11 Silver Creek Holy Communion-Worship / Gideon's speaker 12 Silver Creek Council	<b>17</b> 9 SAIL Exercise  6:30 Pack meeting	<b>18</b> 9-12 FC Nurse Hours 9 WELCA Executive Board 9:30 Staff Meeting 10 WELCA meeting Noon Pastors Text Study <b>5:30 Zion Council</b>	<b>19</b>  5:15 Confirmation Supper <b>6:00 Confirmation Class</b>  6 God's Joy Choir 7 Senior Choir	<b>20 NEWSLETTER ITEMS DUE</b> 9 SAIL Exercise 12:30-4:30 LSS respite care*  1 Quilting/LWR Workshop	<b>21</b> 8 Men's Breakfast/Biff's	<b>22</b> 8:30 AM WELCA Conf2 Spring Gathering at Nazareth Lutheran, Holt
<b>23</b> 9 Zion Worship 10 Sunday School 10 coffee fellowship 11 Silver Creek Worship	<b>24</b> 9 SAIL Exercise  6:30 Den meetings	<b>25</b> 9-12 FC Nurse Hours 9:30 Staff Meeting 10:30 Bereavement Group	<b>26</b> 5:15 Confirmation supper <b>6:00 Confirmation Class</b>  6 God's Joy Choir 7 Senior Choir	<b>27</b> 9 SAIL Exercise 12:30-4:30 LSS respite care*  <b>1:00 Advanced Care Directive presentation / Patio Room</b>	<b>28</b> 8 Men's Breakfast/Biff's 9:30 Coffee with Staff	<b>29</b>
<b>30</b> 9 Zion & Silver Creek Worship/ Gideon's speaker 10 Sunday School 10 coffee fellowship						

**Confirmation Classes  
Resume April 12!**

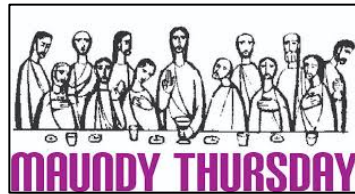


April 12 - Supper  
April 19 - Supper  
April 26 - Supper  
Supper - 5:15  
Classes - 6:00

**Remember – Important**

- **All requirements for this year must be completed by June 1!**
- Thank you all for your help with Lenten supper clean up! You did a wonderful job!
- 10th grade Sunrise service practice April 5 at 7:00.
- 8th grade Servant Event Maundy Thursday for First Communion Supper. Details will be announced soon!

**Maundy Thursday Meal –  
April 6**



Gather at 5:45  
Meal at 6:00  
First Communion service at 7:00

*He is Risen*

*You are invited to worship with us at our Easter Sunrise service:*

*A Word on the Resurrection*

*~7:00 am April 9, 2023~*

*Led by Zion's 10th graders*

*Service will include a drama, music, and Holy Communion*

*E A S T E R*

*Please join us for an Easter Breakfast at 7:45 am served by  
Zion's middle school youth.*

*Scrambled eggs with ham, muffins, fruit, juice, and coffee will be  
served.*

*Come to our Sunrise service and then eat breakfast or come for  
breakfast and then join us for worship at 9:00!*

*~Free Will Offering~*

**B R E A K F A S T**