



The Herald

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

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No. 3

250 years ago, John Newton penned the words of his great hymn, "Amazing Grace". With its theme of moving from bondage and slavery to freedom we identify the struggle with sin and its power in our lives. The story of John Newton's life mirrors the themes in the hymn.



When Newton was just eleven, he joined his father at sea and began a tumultuous life in the Navy, eventually becoming captain of a slave ship. In a period of four years, however, his life was drastically turned around: he nearly drowned, he married a very pious Mary Catlett, and he read through Thomas à Kempis' *Imitation of Christ*. In 1754 he gave up the slave trade and joined forces with the great abolitionist, William Wilberforce. A number of years later, he was ordained for ministry, and soon after wrote this great text, declaring that we are saved only the grace of God. Newton wrote, "I can see no reason why the Lord singled me out for mercy...unless it was to show, by one astonishing instance, that with him 'nothing is impossible'" (Newton, *The Life of John Newton*). As we sing the very familiar words of this hymn, how powerful it is to think of ourselves as an "astonishing instance" of God's grace and mercy.[1]

Gathering on Wednesdays in the season of Lent, we will explore the themes of "Amazing Grace" and how God is calling us to believe and trust in the gift of God outlined in Ephesians 2:8-9: for it is by grace you have been saved through faith. What difference has the grace of

God made for you? What are chains of bondage you need to let go of? How can you live with hope in God's amazing grace? We will explore these themes and more.

Please join us for our Lenten Suppers and gather for worship and praise.

March 1	Week 1	"How Sweet the Sound"
March 8	Week 2	"Grace My Fears Relieved"
March 15	Week 3	"Through Many Dangers"
March 22	Week 4	"God's Word My Hope Secures"
March 29	Week 5	"Singing God's Praise"

Thank you,
Pastor Kristin Ostercamp



- **March 1, 8, 15, 22, 29**, – Lenten Worship at 6:30, supper at 5:30
- **March** - SAIL – Monday and Thursday at 9:00
- **March** –Fridays - Coffee With the Staff - 9:30
- **March** – Quilting – 1st, 3rd and 5th Thursdays – 1:00-4:00
- **March 2** – Prayer Shawls – 10:00
- **March 5** – Installation of Parish Council
- **March 1, 2 and 4** – Photo sessions for church directory
- **March 15, 22** – First Communion classes – 5:00
- **March 26** – Pathways Sunday
- **April 5** – 5th grade – bake communion bread and eat pizza
- **April 6** - Maundy Thursday worship, First Communion
- **April 7** – Prayer Vigil and Good Friday worship
- **April 9** – **Easter worship**

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.



Quilting March 2 – 1:00



Anyone interested in helping make quilts for Lutheran World Relief is invited to join us on Thursday, March 2, at 1:00 p.m. in the Fellowship Hall.

PRAYER VIGIL

Zion's Annual Prayer Vigil will be held on Good Friday, April 7th. If you haven't participated, please come and experience it. You will be very glad you did.

Watch for It!!! Coming in the Spring!!!

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



President's Message Laura Rude



Hello Zion Family-

God is good! The Holy Spirit is at work!
Praise the Lord!

I am so humbled by the generosity of this congregation. Whether it's your time, talents, or money, you are always willing to meet the need. A couple examples are helping the Hart Family in their time of need with your financial support and then filling all open spots on the Council and Boards. We as a church body continue to show God's Love with Our Hands. What a beautiful thing!

The Lent season offers us time of reflection and fellowship. I pray you take advantage of both. We must continue to strengthen and grow our relationships with God and with each other. I challenge us all to start a conversation with someone you don't know. Start a conversation with your Heavenly Father. Good things will happen!

Please continue to pray for Pastor Kristin. We are so happy for her leadership and guidance. Her fresh perspective on things will bring some changes to our church but our mission to serve others will not change.

Thank you for all you do to ensure our church is a welcoming and beautiful place to worship together

Humbly Serving~ Laura Rude

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. *1 Peter 5:6-7*



First Communion

First Communion Instruction will be held in March and celebrated Maundy Thursday, April 6. Youth in grades 5, 6, and 7 who have not received instruction are invited to participate. Classes will be held prior to

Lenten Suppers on March 15 and 22 from 5:00-5:45. The class will gather on April 5 to bake communion bread and have a pizza party. A celebrate meal will be shared prior to First Communion on Maundy Thursday. Letters were sent home and registration forms may be picked up in the church office. You will never be denied communion at Zion because you haven't completed instruction in fifth grade. Jesus said, "take and eat" and "do this". When you come to the table of the Lord trusting in the mercy of God, you are welcome. Let Pastor Kristin know if you are unable to participate and she will share materials for you to use at home. We look forward to sharing this Faith Stepping Stone!

Pastor Kristin

5th Annual Hot Dish Cook-Off

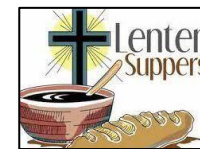
Sunday March 26 - 2:00
Zion Fellowship Hall

Enter your favorite hot-dish and become Zion's 5th Hot-Dish Champion!
Or sample and vote for your favorite dish!



LOOK FOR MORE DETAILS IN THE BULLETIN.

Lenten Supper Schedule



Supper 5:30 – Worship 6:30

March 1 – Macaroni, hamburger, tomato hotdish – Anna Circle
March 8 – BBQ's, beans, chips - WELCA
March 15 – Pizza – Men's Breakfast group
March 22 – Spaghetti Alfredo - Choir
March 29 – Chili – Church council

Lent Supper Clean-Up

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. All students are asked to help.

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

*Parental help is needed for elementary nights

- March 1 - 7th and 10th Grade
- March 8 - 5th and 6th Grade
- March 15 - K-2nd and 12th Grade
- March 22 - 3rd-4th Grade and 11th Grade
- March 29 - 9th Grade
- April 6 –Maundy Thursday - 8th grade service project

Confirmation News

Please show up for your supper clean-up night at 5:30. Make sure you are signed up and signed in to complete your acolyte and service opportunities!



WELCA Kits for Lutheran World Relief

Each year our WELCA prepares over 100 Personal Care Kits that are distributed around the world for people in need after natural disasters like earthquakes, floods, famine or in regions experiencing war. This month we are featuring the personal care kits and YOU are invited to donate items for those kits. The following items are needed:

- Light-weight bath-size towel (20 x 40" to 52 x 27"), dark color recommended
- Two or three bath-size bars of soap
- Adult-size toothbrush
- Sturdy comb (no picks or fine-toothed combs)
- Nail clippers

We also welcome used flannel sheets, 1-yard pieces of flannel fabric, or large cotton T-shirts (any color; may have printed designs) which are used to make diapers or receiving blankets for baby care kits.

WELCA Meets March 21

All women are invited to our monthly WELCA meeting on Tuesday, March 21, at 10:00 a.m. Join in fellowship, Bible study, and refreshments. Hostesses are Eileen Rhen and Lana Christianson. Board meets at 9:00.

Silver Creek

Time: As we enter into this time of Lent, let us take the time to prepare our hearts for the hope-filled message of Easter. We are invited to use this time to strengthen our faith and relationship with Jesus Christ by reflecting on His suffering and death on our behalf and by spending more time in prayer, study, and worship.



Lenten Services: 6:30 p.m. at Zion, beginning February 22, studying the theme of Amazing Grace. Silver Creek members are encouraged to attend these services at Zion each Wednesday during the Lenten season.

WELCA News: *Note meeting change from Wednesday to Thursday due to Wednesday Lenten services.

Wednesday, March 1: 1:00 p.m. Quilting

Thursday, March 2: 2:00 p.m. Quilting, 5:00 p.m. Supper followed by meeting, Bible study, and program. Bible Study: Chapter 1-God Encourages Me (books available at church)

Council News: A congregational meeting was held on February 12, at 9:30 a.m. The council met on Sunday, February 19, at 11:30 a.m.

*Next council: Sunday, March 19, 12:00 noon.

Important Time Changes: Sunday, March 5: Due to contract changes, Silver Creek church services will begin at 11:00 a.m. 10:30 a.m. - Fellowship and coffee

Daylight Savings Time: Sunday, March 12: Move clocks forward one hour.

Plan Ahead: Thursday, March 30, 5:00 p.m. - Congregational Spring Cleaning and potluck supper. Many hands make light work and more fun! Everyone is welcome: young, old, and in-betweens!

Submitted by Connie Stock

Faith Community Nurse



The American Cancer Society has recently released concerning updates about prostate cancer. After a 20-year decline in cases, the past few years show a 4.5% increase of advanced stages of the disease. This is thought to be to a decrease testing for it. Other than skin cancer prostate cancer is the most common cancer in American men. About 1 in 8 men will be diagnosed with it during their lifetime. About 6 in 10 are 65 or older and it is rare under 40. The average age is 66 years old. About 1 man in 41 will die from it.

Though it is a serious disease, most men diagnosed with prostate cancer do not die from it. The cancer can grow and spread quickly but most grow slowly. Early detection for it can be lifesaving! The Prostate-Specific Antigen (PSA) blood test is not a perfect test to find prostate cancer but it's a good start. Many other more specific tests are available if the PSA is elevated.

Symptoms of an enlarged prostate are slowing or difficulty urinating with or without pain and nighttime and frequency with urination. If present, these symptoms can be successfully treated with medication and a PSA test will probably follow. If that is elevated, a prostate work-up will be done. An ultrasound, MRI, or prostate biopsy could be included if cancer is suspected. A PSA test is often routinely included with annual physicals at an appropriate age but if not done....ASK FOR IT!

New Prostate Cancer Screening Guidelines are...

- 1) Men who are at average risk of prostate cancer, age 50.
- 2) African Americans and men with some family history, age 45.
- 3) Men with 2 or more immediate family members with it, age 40.

The start of a new year means another annual physical to be done which is incredibly important to take care of yourself and PREVENT preventable illnesses. Make your appointment soon; you can schedule it many months in advance if needed.

We are encouraged to attend to our **faith and body** because, ".... listen closely to my words. Keep them in your heart; for they are life to those who find them and health to a man's whole body." Pr. 4:20-22

God's Blessings and Peace, Parish Health



Youth and Christian Education

Sunday school rooms getting facelift!!

Thank you to Angie Jensen for all of your help with colors and decorating ideas!



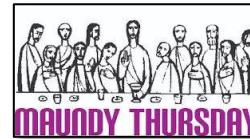
First Communion

First Communion classes - Wednesday, March 15th and 22nd from 5:00-5:45

Bake communion bread and eat pizza - Wednesday, April 5th. **See Pastor Kristin's article for more information.**



Maunder Thursday Meal - April 6



Gather at 5:45
Meal at 6:00

First Communion service at 7:00



Pathways Sunday -

March 26th!

Confirmation News

All students need to attend Wednesday Lenten Services. Please show up for your supper clean-up night at 5:30. Make sure you are signed up and signed in to complete your acolyte and service opportunities! Keep working on the sermon notes as well!



Zion Lutheran's Congregational Council Minutes February 21, 2023

The Congregational Council Meeting was called to order by President Laura Rude at 5:29 p.m. In attendance were President Laura Rude, Pastor Kristin Ostercamp, Denny Minks, Diane Lee, Renae Franke, Penni Nelson, Mike Flaagan, Mike Spears, Glenice Johnson, Marijo Nabben, Darlene Hulteen, Patty Schob and Deb Holtan. Guests from Silver Creek were Bill Stock, Mark Swanson, Mike Torgerson and Leland Nelson.

Pastor Kristin led the council in devotion and prayer.

Bill Stock from Silver Creek went over the new contract with Silver Creek. Pastor Kristin and Laura Rude met with Silver Creek on Sunday February 19, 2023. Mr. Stock explained the contents of the new contract. Highlights from the contract are as follows: Sunday Services at Silver Creek will be at 11:00 a.m. September through May. Memorial Day Weekend through Labor Day Weekend the time will be at 10:30 a.m. Zion will provide Sunday worship services all Sundays but the second Sunday of the month as well as Christmas Eve and Easter. Zion will also provide pastoral care which would include baptisms, funerals, weddings, and visitations. There will be a flat fee per month paid to Zion beginning on March 1st. The contract will be renegotiated in November 2023 for the year of 2024. A motion was made by Denny Minks to accept the contract between Zion Lutheran and Silver Creek. The motion was seconded by Glenice Johnson and was carried. The contract was then signed, and a copy will be sent to the Synod office.

The Secretary's Report from January 17m 2023 was presented. A motion was made to accept the minutes as printed. The motion was seconded and carried.

The Treasurer's Report was presented and filed for audit.

Pastor Kristin presented her report. This year's theme for Lent will be "Amazing Grace". The Holden Evening Prayer will be used for the services. This year for Maundy Thursday and the First Communion Classes, there will be no Seder Meal. It will be called "The Maundy Thursday Meal". This will still be a service event for the 8th grade. Celebration will be done in a different way than in the past. The meal will be at 6:00 p.m. and will adjourn at 7:00 p.m. for the worship service. Pastor Kristin provided the council with a copy of how this gathering would look. Pastor Kristin also extended an invitation to "The 2023 Great Synod Get Together" which will be Saturday March 18th at First Lutheran Church in Bemidji. The time is 9:00-3:00. Sign up must be done by March 3rd.

Worship Board: Did not meet. Laura Rude stated that Halls Floral is offering flowers to be purchased through them and they will deliver to the church for Easter. There will be a wide variety of flowers to choose from.

Properties: Mike Spears reported the weather has been too cold to work on the new outdoor sign, hoping that the weather will warm up enough in the near future to get things started. Mike was asked to check into looking at different options to lock the church doors on the south side of the building.

Evangelism and Lay Ministry: Marijo Nabben reported that the board will be offering an adult education series after the Easter season. The 13th annual Good Friday Prayer Vigil will be on April 7th. Also, the board has a simple project that is in the planning stages to be done with the Sunday School children for Easter.

Christian Ed and Youth: A motion was made by Denny Minks to accept Mike Flaagan to fill the chairperson position for the Christian Ed and Youth Board. Marijo Nabben seconded it and the motion carried. Mike then reported that there were around 75 youth that went on the ski trip on Monday February 20th. This included youth from other area churches. The noisy offering and breakfast brought in \$2,865.00 for the Andy Hart family. New furniture for the Sunday School rooms will have an approximate cost of \$4,700.00. There is hope that the “Hotdish Cook Off” will continue, but there is a need for someone to spearhead it.

Parish Fellowship: Glenice Johnson reported that work continues on updating the Sharing Servants booklets. Again, Glenice stated it is very hard to find leaders for each month.

WELCA: Glenice Johnson reported the group is hoping to highlight a different item each month in the newsletter what this group works towards. Examples are the Personal Care Kits or the items collected for Lutheran World Relief. Glenice pointed out that WELCA helps pay for half of the kids fees for bible camp. Camp Sunday will be Sunday March 26th here at Zion. The Lenten Suppers were decided. The same church groups will make and serve, as was done last year.

Public Relations: Darlene Hulteen stated that the calling for the new church directory was very productive! There are 169 families signed up and the board is now looking for Host and Hostesses to help during the picture taking. The board is also looking for suggestions for a theme for the directory. Zion’s Facebook page is being “revamped”.

Zion Lutheran’s Foundation: Laura Rude reported that the board has met and that there are new members. They are currently in the process of reforming it. The meeting was adjourned at 7:11 p.m. after praying the Lord’s Prayer.

Respectfully submitted by
Deb Holtan, Council Secretary.



Northwestern Minnesota Synod
Evangelical Lutheran Church in America
God's work. Our hands.

What? An invitation from Bishop Bill Tesch: a synod-wide day of equipping and fellowship entitled, “The Great Synod Get-Together”

Who? All pastors, deacons, SAMs, Synod Assembly voting members, and other church leaders

Where? First Lutheran church – 900 Bemidji Avenue in Bemidji

When? Saturday, March 18

Theme – “Telling the Old, Old Story for a Strange New time”

Discuss how to effectively communicate the timeless message of the gospel in a rapidly changing world amidst declining church attendance

Keynote speaker – Dr. Andy Root – Professor of Youth and Family Ministry at Luther Seminary

8:00-9:00 -Registration and Fellowship


9:00 - Morning Prayer

2:30-3:30 - Closing worship

Unlimited childcare provided for \$10 per child, except during lunch. Families welcome to eat in dining room with all participants

Register: <https://nwmnsynod.regfox.com/2023-great-synod-get-together> or find the registration on the synod event page at <https://www.nwmnsynod.org/events>

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUNDAY BROADCASTS 9:00 AM KTRF Radio 9:00 AM Cable Ch. 3 12 noon Cable Ch. 37			1 2ND WEDNESDAY IN LENT 5:30 Lenten Supper / Anna Circle 6:30 LENTEN WORSHIP 7:15 Senior Choir 2-8:30 Church Directory Photos	2 9 SAIL Exercise 10 Prayer Shawl Ministry 12-4:30 LSS Respite Care* 1 Quilting/LWR workshop 2-8:30 Church Directory Photos	3 9:30 Coffee with Staff No photos today	4 Fellowship hall reserved 12-4PM 10-4 Church Directory Photos
5 9 Zion Holy Communion Worship; Installation of Officers 10:00 Sunday School 10 Coffee fellowship 10 Blood Pressure Screen 11 Silver Creek Worship	6 9 SAIL Exercise 6:30 Den meeting	7 9-12 FC Nurse Hours 9:30 Staff Meeting 11 Ev/LAY MINISTRY Noon Pastors Text Study PARISH HEALTH MTG 5:15 PUBLIC RELATIONS 5:30 CHRISTIAN ED BOARD 5:45 WORSHIP 6:30 PARISH FELLOWSHIP	8 3RD WEDNESDAY IN LENT 5:30 Lenten Supper / WELCA 6:30 LENTEN WORSHIP 7:15 Senior Choir	9 9 SAIL Exercise 12-4:30 LSS Respite Care* 10 LSS Caregivers Group - all caregivers welcome. Drop in -no registration	10 9:30 Coffee with Staff	11  Daylight Savings begins overnight - turn clocks ahead
12 9 Zion Worship 10:00 Sunday School 10 Coffee fellowship 10 April Servants/lounge; 11 Silver Creek Worship	13 9 SAIL Exercise 6:30 Den meeting	14 9-12 FC Nurse Hours 9:30 Staff Meeting Noon Pastors Text Study	15 4TH WEDNESDAY IN LENT 5 - 1ST COMMUNION CLASS 5:30 Lenten Supper/ Men's Breakfast group 6:30 LENTEN WORSHIP 7:15 Senior Choir	16 9 SAIL Exercise 12-4:30 LSS Respite Care * 1 Quilting/LWR workshop	17 9:30 Coffee with Staff	18 9-3 Synod Get Together at First/Bemidji
19 9 Zion Holy Communion worship 10 Sunday School 10 Food & Fellowship 11 Silver Creek Holy communion Worship	20 NEWSLETTER ITEMS DUE 9 SAIL Exercise 6:30 Pack 59	21 9-12 FC Nurse Hours 9 WELCA Executive Board 9:30 Staff Meeting 10 WELCA meeting Noon Pastors Text Study 5:30 ZION COUNCIL	22 5TH WEDNESDAY IN LENT 5 - 1ST COMMUNION CLASS 5:30 Lenten Supper/Sr Choir 6:30 LENTEN WORSHIP 7:15 Senior Choir	23 9 SAIL Exercise 12-4:30 LSS Respite Care*	24 9:30 Coffee with Staff	25
26 PATHWAYS SUNDAY 9:00 Zion Worship; Baptism 10:00 Sunday School 10 Coffee fellowship 11 Silver Creek Worship	27 9 SAIL Exercise	28 9-12 FC Nurse Hours 9:30 Staff Meeting 10:30 Bereavement Group Noon Pastors Text Study 1:30 TRCC communion 2:30 Oakland Park comm.	29 6TH WEDNESDAY IN LENT Circles 5:30 Lenten Supper/ Zion Council 6:30 LENTEN WORSHIP 7:15 Senior Choir	30 9 SAIL Exercise 12-4:30 LSS Respite Care* 1 Quilting/LWR workshop	31 9:30 Coffee with Staff	* Available with pre-registration thru LSS