



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

June/July 2023

No. 5

How very good and pleasant it is when God's people live together in unity!
Psalm 133:1

Every person and organization has values, a set of beliefs that serve as a guide for how they live and experience the world. An organization or congregation's values communicate reasons for doing the things they do. The mission of the church emerges from its values driving its purpose. Brene' Brown author of Dare to Lead writes, "Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs." * What are the values we share as congregations that shape the walk we talk?

First look to who and whose you are. You are created by God in Christ. God says in Exodus 20:2, "I am the Lord your God". God says in Isaiah 43:2, "You are mine". Jesus says in John 3:16, "For God so loved the world that God gave the only son that whoever would believe would not perish but have everlasting life." You are a child of God. You are a joint heir with Christ inheriting all the wonders of Heaven and earth. You are loved and beloved by a God who knows you intimately and has promised to bring you to everlasting life.

Knowing who and whose you are you are empowered by God's Spirit. Ezekiel 11:19 says, "I will give them one heart and put a new spirit within them." Ephesians 3:16-17 speaks to your grounding in the Spirit and the difference it makes as you move forward into the future God is making: I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love." God's Spirit has been poured out for you that you may hear the call of God and respond with confidence, trusting in the grace and mercy of God.



Created by God in Christ and empowered by the Spirit, you are made to love. Jesus said in John 15:12, "Love one another as I have loved you." First John 4:7-8 makes this commandment clear, "Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love." God's gift to the world is a love that is not withheld or denied to God's people. You are challenged to look to the world and see not enemies and differences but God's own people for whom Christ died.

Redeemed by Christ, in the Spirit's leading, we do not live to ourselves (Romans 14:7). The church's mission is to share Christ and all his gifts with the world. We are the Lord's! Loved and forgiven, God draws us to a life where we reason together, strive together, and struggle together in and because of the love of God. Colossians 3:13 teaches, "Bear with one another, and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive." Verse 17 concludes: "And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him." In Christ, there are no distinctions between God's people. Galatians 3:28 makes this clear, "There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus." There is no one, not one person, for whom the love, grace, and mercy of God in Christ was not given. There is no neighbor we can reject, cast out or withhold from the preaching, teaching, and fellowship given to us by God in Christ. We are called and sent into the world to witness to God's redeeming love in the world.

As a congregation, we value identity, empowered service, and love. Brene' Brown again says: "Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs."

How are we living into the values inspired by God's relationship and promise to us? Are we working and witnessing with the forgiveness and love of Christ? Are we loving our neighbors with kindness and patience seeking justice?

We are created by God in Christ, empowered by the Holy Spirit, called and sent to bear witness to God's redeeming love to the world. We walk our talk so others might be inspired join our journey. We want the world to see what a mighty God we serve! Imagine the possibilities. Ponder what this community can be when we claim our identity and love as God calls us to. Envision what living together would look like. Let's walk our talk to the glory of God!

Peace,
Pastor Kristin

* <https://brenebrown.com/resources/dare-to-lead-list-of-values/>

- **June 7, 14, 21, 28** – Wednesday Worship
- **July 19, 26** – Wednesday Worship
- **August 2, 9, 16, 23** – Wednesday Worship
- **August 6 – 10** – Vacation Bible School
- **June/July/August** – Silver Creek worship – 10:30



Ordinary Blessings - Wednesday Worship

5:30 supper
6:15 worship

Congratulations, Seniors

Gracie Anderson, Keegan Benitt, Evan Bregier, Megan Brevik, Amanda Coltum, Caitlynn Ellison, Dru Harbott, Wyatt Johnson, Zach Lubitz, Jonah Lunsetter, Megan Peterson, and Kendal Rantanen.



May God's grace and love guide you as you begin your new journey.

THANK YOU THANK YOU THANK YOU

Directory pictures are done!! Thank you, everyone, who made the process a success! Thank you, callers, who spent time on the phone scheduling and reminding families of their appointments. Thank you, hosts and hostesses, who helped families fill out forms and organize the photo sessions. Thank you, Linda, for being our liaison. Thank you, Everyone, who had pictures taken. It will be fun to see your smiling faces in the directory which will be distributed by Rally Sunday in the fall.



President's Message Laura Rude

Hello Zion Family-

The warmer weather has given new life and renewed energy to everything around us. I hope that you all are getting a chance to enjoy God's Creation!



I'm very happy to report there is renewed energy on the Zion Foundation Board as well. The new board members had their first meeting to organize and discuss old and new business. There is positive energy with this group, and I'm excited to see what ideas spark from their creativity. A big thank you to the past members that were able to join and share their knowledge - Myron Jesme, Dave Beito and Delray Sparby.

Congratulations to our graduating seniors!! We pray for your spiritual journey as you make this transition in your life. Things will not always be easy, but remember that God is always there for you, as well as your church family. All the best in your exiting new life adventures!

Thank you to all our volunteers on another wonderful Sunday School and Confirmation year. There is no doubt that we have dedicated folks who have a passion for our youth. Also, a strong ministry is our WELCA group. These ladies have been working hard to prepare care kits, quilts and so much more. Thank you for demonstrating God's Work with Your Hands to so many in need.

Currently, there are conversations taking place on various boards to ensure we are preparing for our future and meeting the need of our members and community. We are fortunate to have creative and passionate people on the boards to help shape the vision. I ask for your prayers for wisdom, guidance, and patience as they progress in their planning. There is good work happening at Zion for certain!

Keep a watch out for summer activities as it relates to Worship services, Bible Camps, VBS and more. It's important we stay connected as a congregation and fellowship together.

This is the day that the Lord hath made. Let us rejoice and be glad in it! Psalm 118:24

Humbly Serving,
Laura Rude



Faith Community Nurse

Mental Health America sent a calendar in May that had 31 ways to make the world around us work for our mental health. I'd like share some of their great ideas!



1. Try to find 15 minutes to get some sunlight - if that isn't an option, use a daylight lamp or a blue light lamp when you spend all day indoors.
2. Surround yourself with loved ones (if not physically in person, seek out communities online.)
3. Play music instead of watching TV when you have downtime at home.
4. Stop and smell the roses...literally. Studies show that being surrounded by nature is a mood booster. While you're at it, consider adding plants to your space. They will improve air quality and cognitive functioning.
5. Create a "favorite things" corner, basket, or space with pictures/things you love, textures that bring you joy, or your favorite color.
6. Get comfortable; read a good book. A quiet time for devotional readings works too. Reading helps relieve stress and tension by serving as a temporary distraction.
7. Make your sleep environment as dark as possible. Try blackout curtains or use a sleep mask. Keep the room cool for a good night's sleep. The optimal temperature for sleep is between 60-67 degrees Fahrenheit.
8. Keep hobby supplies easily accessible for when you are stressed or need a creative outlet.
9. Keep things that nourish your primary needs easy to access (snacks, water, blankets for bedtime, etc.).
10. Give yourself a break! Take ten minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.
11. Make a wall or a jar of gratitude where you write things you are thankful for, that bring you joy, or positively impact your mental health.

These are good suggestions. Make every day count and enjoy each day the Lord gives us!

Peace and Blessings.....Parish Health Lutheran World Relief Shipped

Thank you to all the Zion members who contributed various items for mission kits, assembled and packed the quilts. Thank you, Rodney Knutson and Ron Ostby, for loading the large boxes and delivering them to the mission truck. Zion sent 25 baby care kits, 197 personal care kits, and 12 quilts. Shipments are sent two times a year.



Donations for our Mission School Kits - The featured mission project this month is the School Kit – a valuable way to help children attend school and further their education. Summer is an ideal time to purchase school supplies when they are on sale before school starts. Materials needed include:

- 70-80 sheet notebooks of wide- or college-ruled paper, approx. 8" x 10 ½"
- Ruler with 30 centimeters on one side, inches on the other
- Small pencil sharpener
- Blunt-tipped scissors
- Unsharpened #2 pencils with erasers; secure 12 together with rubber band
- Black or blue ink ballpoint pens; secure 5 together with rubber band
- Box of 16 or 24 crayons
- A 2 ½" eraser
- Sturdy drawstring backpack-style cloth bags, approx. 14" x 17" with shoulder straps. Recommended fabrics are sturdy cotton, canvas, denim, or twill.
(Volunteers purchase or sew the bags that are used to pack donated supplies)

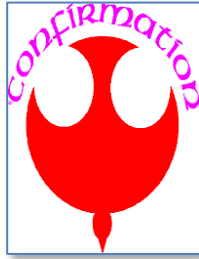
Sharing Servants Booklets - New, updated booklets are being prepared for distribution this fall. We are happy to have several new names/families added to each month; this is your opportunity to assist with ushering, greeting, serving funeral refreshment, and do some light cleaning in the kitchens. We need to have monthly leaders (callers) for April and December. Please call Glenice Johnson, 681-4472, if you can help.

WELCA on Vacation for the Summer - As usual WELCA will not meet in June, July, and August. Watch for an announcement in August for our "kick-off" WELCA meeting in September. Also, quilting will not meet during summer.

As times change and fewer individual circles meet, our Zion WELCA board will meet August 15 at 9:00 to plan for programs, meetings, mission kits, and quilts, as we prepare an updated members' booklets for the 2023-2024 year. Please join us to share your thoughts and ideas for this wonderful fellowship for women at Zion.

Confirmation

We did it! Another successful year of confirmation is in the books! Thank you to all the students for your weekly attendance. And a very big thank you for completing your serving requirements. You have been a very important part of Zion's worship opportunities. We love seeing our youth participating. Parents, thank you for your help getting them to church.



A huge thank you to Shawna Spears, Cammy Joppru, and Mike and Jodi Flaagan for being such wonderful confirmation guides. Your dedication to our youth does not go unnoticed. We are very thankful for you.

10th graders, you will be getting confirmed October 29th.

National Youth Gathering information will be sent out on Remind. If you are not signed up for Remind.

Enter 81010

Text @ziontrf

This is a wonderful opportunity for our youth. It will be held July 16-20 in New Orleans. Please consider going!



Youth and Christian Education

Summer is almost here, and camp will be here before we know it. Here are the dates for Pathways Bible Camp.

June 11th-16th: 3rd-5th graders - Pathfinders

June 16th: Pre-K - Lil Explorers

June 18th-23rd: 6th-8th grade - Trekkers

June 21st-23rd: 1st-3rd grade - Discoverers

June 23rd: K-2nd grade - Explorers Day

June 25th-30th: 10th-12th grade - Trail Blazers

July 9th-14th: 9th-12th grade - Seekers

Silver Creek

“Let the heavens rejoice, let the earth be glad;
Let the fields be jubilant, and everything in them;
Let all the trees of the forest sing for joy.”



These words from Psalm 96 take us into our summer months as we rejoice in the wonders of God's creation.

Summer Services

June 4 through Labor Day: services begin at 10:30 with a 10:00 fellowship. We thank Pastor Mark for his service to our congregation every second Sunday.

WELCA

June 7, 3:30 – last meeting for the summer. Pie will be served. Bible Study: Chapter 3, *Encourage My Faith*.

Council

Sunday, **August 20**, 9:30 am: Next council meeting. Council meetings in June and July will be as needed during fellowship time, not scheduled each month.

Mowing

The mowing schedule is on the bulletin board, and volunteers are appreciated and encouraged to be caretakers of this beautiful church yard and cemetery.

Anniversary Committee

June 14, 7:00 pm: First official meeting of the committee. All ideas are welcome.

Enjoy the summer as we continue in God's work and worship,
Connie Stock



Zion Lutheran's Congregational Council Meeting May 16, 2023

The Congregational Council Meeting was called to order by President Laura Rude at 5:29 pm. In attendance were President Laura Rude, Pastor Kristin Ostercamp, Denny Minks, Diane Lee, Renae Franke, Penni Nelson, Mike Flaagan, Mike Spears, Deb Fulton, Marijo Nabben, Glenice Johnson, Patty Schob and Deb Holtan.

Pastor Kristin led the council in devotions and prayer.

The Secretary's Report from April 18, 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. Two CDs were renewed for fourteen months at 4.35% with a new maturity date of June 19, 2024. There is a CD that will come due in November. The rates will be watched on this one also. A motion was made by Mike Flaagan to remove Roberta Kalsnes name from the Youth Checking account. The motion was seconded by Mike Spears. The motion carried. The Deacon's account was brought up. Renae asked that Laura's name also be on that account. A motion was made by Glenice Johnson to add Laura Rude's name to the Deacon's account. The motion was seconded by Deb Fulton. The motion carried.

Pastor's Report: Pastor Kristin submitted her report. The Summer Worship Theme will be "Ordinary Blessings." Pastor Kristin reported that Glenice Johnson and Amanda Hawk will be attending the Synod Assembly in East Grand Forks, MN. Pastor stated she is planning to write a stewardship letter in June going out to all members.

Parish Fellowship: Glenice Johnson reported that they finished the June schedule. She asked if the Youth would be helping with the summer worship schedule. Mike Flaagan said no. The committee is still working on finalizing the Sharing Servants booklets. There are still two months without leaders. Glenice asked Penni Nelson if Silver Creek will be hosting the joint summer service. Penni said that has been tabled, at least for the month of June.

WELCA: Glenice Johnson reported that there were 25 ladies at the Prayer Breakfast. WELCA will not meet during the summer months but are meeting in

August to start reorganizing the group. The ladies made 12 fleece blankets for the graduating seniors. They sent out 25 Baby Kits, 197 Personal Care Kits and 12 quilts. Also, WELCA pays for half of the fee for Bible Camp Kids.

Silver Creek: Penni Nelson reported that their summer services will be at 10:30, starting June 4th through Labor Day.

Health Committee: Patty Schob submitted their report. They will not meet in June or July. Their next meeting will be August 29th. Jim and Joyce Carlson spoke during Fellowship Hour on Mother's Day. Darlene gave a demonstration on CPR.

Worship: Deb Fulton highlighted the summer months worship schedule. The first Wednesday evening service will be on June 7th. There will be no Wednesday evening services on July 5th due to the 4th, and also July 12th due to Pastor Kristin being unavailable and the parade going on. There will be a light supper served before the service. The new baptismal banner is here!

Properties: Mike Spears reported that they are some questions yet pertaining to the new carpet. They are looking at the building use policies. The lights in the outdoor canopies have been fixed. The tubing was put in today for the wiring for the new sign.

Evangelism and Lay Ministry: Marijo Nabben submitted her report. New Member Recognition Sunday was on May 7th. The next New Member Recognition Sunday is set for October 1st as there is already a list of people. The board has finished going through the inactive member list. The board will now send out letters to those that have addresses, so the process is still ongoing. The board's next meeting will be June 6th and cards will be sent out to the home bound again. The board will not meet in July.

Christian Ed and Youth: Mike Flaagan reported that VBS will be in August. They are looking for housing for the Pathways people that will be helping with VBS. Redeemer kids will also be participating. They are in the planning stages for updating the Youth Room.

Public Relations: Pastor Kristin reported for the board. She and Darlene will be meeting with the person that is working on our website. The theme for the new directory is "Old Traditions-New Beginnings"

Denny Minks requested that as many people as possible wear red on Pentecost which is May 28th.

The meeting adjourned at 6:48 pm after praying the Lord's Prayer.

Respectfully Submitted by Deb Holtan, Council Secretary

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUMMER OFFICE HOURS MONDAY-THURSDAY 8:00 AM - 3:00 PM <hr/> SUNDAY BROADCASTS 9 AM CABLE 3/KTRF BROADCASTS 12 NOON CABLE 37	Pathways Bible Camp Dates: June 16 Lil Explorers PreK June 23 Explorers K-2 June 21-23 Discoverers 1st-3rd June 11-16 Pathfinders 3rd-5th June 18-23 Trekkers 6th-8th June 25-30 Trailblazers 10th-12th July 9-14 Seekers 9th-12th			1 9 SAIL Exercise 2-4:30 LSS respite care* *pre-register with LSS	2 Office closed	3 9-4 Synod Assembly
4 THE HOLY TRINITY HOLY COMMUNION 9:00 Zion Worship/ Baptism 10:00 Coffee Fellowship 10:30 Silver Creek Worship	5 9 SAIL Exercise	6 9:30 Staff Meeting 9-12 FC Nurse office hours 11 Evangelism meeting BOARD MEETINGS 5:45 Worship Board	7 <u>Wednesday Worship Begins</u> 5:30 Supper 6:15 Wednesday Worship	8 9 SAIL Exercise 2-4:30 LSS respite care* 7 Troop 59	9 Office closed	10
11 9:00 Zion Worship 10:00 Coffee Fellowship 10:00 July Sharing Servants 10:30 Silver Creek Worship	12 9 SAIL Exercise	13 9:30 Staff Meeting 9-12 FC Nurse office hours 11- 1 RSVP in Patio Room 5:30 Education meeting	14 5:30 Supper 6:15 Wednesday Worship	15 9 SAIL Exercise 2-4:30 LSS respite care*	16 Office closed	17
18 FATHER'S DAY HOLY COMMUNION 9:00 Zion Worship 10:00 Coffee Fellowship 10:30 Silver Creek worship	19 9 SAIL Exercise	20 9:30 Staff Meeting 9-12 FC Nurse office hours 1:30 TRCC Holy Communion 2:30 Oakland Park Holy Comm. 5:30 ZION COUNCIL	21 5:30 Supper 6:15 Wednesday Worship	22 9 SAIL Exercise 2-4:30 LSS respite care*	23 Office closed	24
25 9:00 Zion Worship 10:00 Coffee Fellowship 10:30 Silver Creek worship	26 9 SAIL Exercise	27 9:30 Staff Meeting 9-12 FC Nurse office hours 10:30 Bereavement Group	28 5:30 Supper 6:15 Wednesday Worship	29 9 SAIL Exercise 2-4:30 LSS respite care*	30 Office Closed	

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUMMER OFFICE HOURS MONDAY-THURSDAY 8:00 AM - 3:00 PM	SUNDAY BROADCASTS 9 AM CABLE 3/KTRF BROADCASTS 12 NOON CABLE 37					1
2 HOLY COMMUNION 9 Zion worship/ Baptism 10 Coffee Fellowship 10:30 Silver Creek Worship	3 9 SAIL Exercise	4 INDEPENDENCE DAY OFFICES CLOSED	5 No Wednesday Worship	6 9 SAIL Exercise 2-4:30 LSS respite care*	7 Office Closed	8
9 9 Zion Worship 10 Coffee Fellowship 10 August Sharing Servants No Silver Creek Worship today	10 9 SAIL Exercise	11 9-12 FC Nurse office hours 9:30 Staff Meeting Noon Pastors Text Study	12 No Wednesday Worship	13 9 SAIL Exercise 2-4:30 LSS respite care*	14 Office Closed	15
16 HOLY COMMUNION 9 Zion Worship 10 Coffee Fellowship 10:30 Silver Creek Worship	17 9 SAIL Exercise	18 9-12 FC Nurse office hours 9:30 Staff Meeting Noon Pastors Text Study ZION COUNCIL	19 WEDNESDAY WORSHIP 5:30 Supper 6:15 Worship	20 9 SAIL Exercise 2-4:30 LSS respite care*	21 Office Closed	22
23 9 Zion Worship 10 Coffee Fellowship 10:30 Silver Creek Worship	24 9 SAIL Exercise	25 9-12 FC Nurse office hours 9:30 Staff Meeting 10:30 Bereavement Group Noon Pastors Text Study 1:30 TRCC Holy Comm 2:30 Oakland Park Holy Comm.	26 5:30 Supper 6:15 Worship	27 9 SAIL Exercise 2-4:30 LSS respite care*	28 Office Closed	29 1-4 Bridal Shower In fellowship hall
30 9 Zion/ Silver Creek Worship 10 Coffee Fellowship	31 9 SAIL Exercise					