

# SEVENTH SUNDAY OF EASTER

May 17, 2015

Announcements

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**WELCOME VISITORS!** Zion's Lay Ministry/Evangelism Board says a special welcome to you this morning and may you be fed spiritually during this time of worship.

**OUR THANKS** to those assisting at worship this morning:

*Greeters:* LaDawn Olson 8:30

*Ushers:* Dick Haugen, Ron Ostby, Rodney & Sandy Knutson 8:30; Jerod & Berta Kalsnes 10:30

*Organist/Pianist:* Phyllis Dalager 8:30 Laura Rude 10:30

*Acolytes:* Cadin Brekkenstran 8:30

*Tech Director:* Peyton Hanson *Worship Leader:* Torie Buggee, Matt Opdahl, *Smoothie Counter:* Brandon Bruggeman

*Lay Reader:* Dan Bartsch 8:30

*Communion Assistants:* Vivian Knutson, Nicky Ellison, Dick Haugen

*Nursery:* Available, but not staffed

**BROADCASTS TODAY** are given in memory of Mike Koppenhaver by Bruce & Mary Koppenhaver.

**OUR SYMPATHY TO** the family of Doris Groslic whose funeral was held at Zion last Friday.

**PRAYERS TO:** Judith Loeffler who is hospitalized in Rochester and Joyce Swenson who was hospitalized this past week.

**REMINDER to those hospitalized to please notify Zion as the hospital does not alert us.**

**BUSY BAGS** for preschoolers are available from an usher at the back of the sanctuary.

**LISTENING DEVICES & LARGE PRINT** worship folders & bulletins are available from an usher.

**PREVIOUS SUNDAY BULLETINS** are available outside the church office and Sunday announcements are also posted on our website.

*www.ziontrf.org sponsor for May is given in loving memory of Joe Armstrong by Ginny Armstrong.*

**PLEASE REMEMBER** our staff and congregational leaders in your prayers.

*Ministers:* Every Member of the Congregation

*Office Phone:* 681-3296 *Fax:* 681-3048

John Golv, *Senior Pastor* 683-5181 [jcgolv@mncable.net](mailto:jcgolv@mncable.net)

Alemayehu Tulu, *Associate Pastor* 681-1866 [alezion@mncable.net](mailto:alezion@mncable.net)

Jay Krogstad, *Youth Director* [ziontrfy@mncable.net](mailto:ziontrfy@mncable.net) text: 218-280-6713

Linda Hamrick, *Office Manager* [ziontrf@mncable.net](mailto:ziontrf@mncable.net)

Sandy Knutson, *Parish Nurse* [parishnurse21@hotmail.com](mailto:parishnurse21@hotmail.com)

Griffin Newland, *Custodian*

**JOIN THE STAFF** -Tuesdays, 10:30 AM & Fridays, 9:30 AM for coffee fellowship.

**THE HERALD is available online at Zion's site or by mail.** Please contact the church office if you would like to receive it by mail. Extra copies are available on tables in the narthex or by the church office.

**ZION WORSHIP SERVICE ONLINE**—Sunday mornings you can listen to the 8:30AM service online. The link has been updated for easier access. 1. Go to: [www.ziontrf.org](http://www.ziontrf.org). 2. In the black banner click Listen Online. 3. Click on the RED link to KTRF.

**PARISH NURSE:** *Parish Nurse hours are Mondays from 3-4:30 PM.*

**Better Sleep Tips:** Try one or more of the following approaches before you take a sleep aid. Over time, they may be your ticket to a good nights rest.

- Stay on schedule—Go to bed and get up at the same time every day. Can't sleep? Leave the bedroom and do something restful such as reading until you feel sleepy.
- Make changes in your bedroom. Block out nise and outside light. Make sure the room temperature is comfortable.
- Eat and drink wisely. Avoid or minimize alcohol, caffine and nicotine, as they can affect sleep. Do not eat heavily within several hours of bedtime.
- Exercise regularly
- Get natural light. A study at the University of Illinois found that people exposed to natural light at work slept better and longer.
- Turn off E readers and other devices 2 hours before bed. They can emit blue light which suppresses levels of melatonin, the hormone that regulates sleep.
- Reduce stress with meditation.

**NOMINATING COMMITTEE** Looking for at least 4 members to serve on the Nominating Committee. Please let Linda in the church office know if you are willing to help.

**Businesses that support Zion Lutheran Church - the Passionate Planners** are looking for your business card so we can share with the congregation and new members. Drop your card off at the church office so it can be included in the Sunday bulletin and on the church website.

**ZLCW PRAYER BREAKFAST** The Zion women will meet May19,2015 at 9:00am for our Breakfast meeting. Duties for May-- Program: Dorcas, Hostess: Rebekah, Hospitality: Anna, and Visitation: Elizabeth at TR Care Center. The theme for the program is " Blessings" and will be before the breakfast. All are welcome. The Executive Board will meet following.

- ◆ Our June meeting will be Brunch at Trinity Lutheran Church at 9:30 AM on Tuesday, June 10.
- ◆ Zion will host a Noon Lunch at 12 Noon on August 11, 2015.
- ◆ The NW MN Synodical Women's Convention -- Trinity Lutheran Church, Moorhead, MN. September 11-12,2015 ( Friday and Saturday) First Timer's Grant Applications due August 1,2015. Forms are in the office.

**CHOIR MEMBERS POTLUCK** will take place Wednesday, May 20th at 6:00 PM in the fellowship hall. Please bring a dish to share.

**NEW TRADITIONS COMMITTEE** will meet Tuesday, May 26th at 6PM in the lounge.

### **CIRCLES:**

**SARAH** will meet Tuesday, May 26th at 6:30 PM at Valley Home Library. Patty Schob, hostess

**LYDIA** will meet Tuesday, May 26th at 2:00 PM in the church lounge. Donna Martinson, Hostess.

**REBEKAH** will meet Thursday, May 28, 9:00 AM at Gladys Hallstrom's home. Apt. 60.

**SUMMER WORSHIP SCHEDULE** will begin June 7th with one service at 8:30 AM at Zion. Silver Creek will worship at 10:00 AM.

**WEDNESDAY NEW TRADITIONS** worship will begin at Zion on June 10th with a supper at 5:30 and worship at 6:15. All are welcome.

**SIMPLY GIVING** If you would like a convenient way to make regular offerings, we encourage you to check out our electronic giving options. As the pace of life speeds up, you may find electronic giving is the way to go. It takes just a few minutes to setup a recurring giving plan. Visit the church website, [www.ziontrf.org](http://www.ziontrf.org) and locate the donation link or complete a paper authorization form & return it to the church office.

**Donate from your smart phone!** Zion Lutheran Church now offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's Quick Response (QR) code reader!



### **MINISTRY NEEDS**

Attendance Sunday, May 10: 337

Weekly offering/including Simply Giving \$ 5,765.

Miracle offering total will be reported next week.

Budgeted Income received through May 10: \$ 135,307.

Budgeted Income needed through May 10: \$ 154,945. (\$8,155./week)

2015 Budget: \$424,069.

**BROADCAST SPONSORSHIP SIGN UP LIST FOR 2015** is located in the hallway on the kiosk. Cost is \$100 *for entire broadcast*; \$50 for half.

**SUNDAY SERVICE RIDES** Call/text Sarah Villanueva at 701-212-2367.

**TAB COLLECTION** Leave tabs for the Ronald McDonald House in Fargo on the table outside the church office. Thank you for sharing.

### **YOUTH NEWS**

**Parents: Please pick up your child's artwork on the walls.**

**Noisy Offering** for May will go to Pathways. PATHWAYS is a Bible Camp Corporation of the Evangelical Lutheran Church in America. Pathways is committed to providing unique experiences where God encounters people and renews them to live lives of love. Pathways provides faith building opportunities through youth summer camping programs, and year-round youth, adult, and family retreats. Pathways serves over 150 churches throughout NW Minnesota.

**K-5 Reminder** - May 18th from 3-5 PM we have an event. We will Tye-Dye - Please bring a t-shirt to dye.

**YOUTH GROUP** May 20th -5th Graders will have the chance to experience Youth Group from 3-5 PM. Jay will pick up students at Franklin Middle School. 8th Grade also will be able to experience Sr High youth group held 7:30 to 9:30. Come with a positive attitude and a willingness to try new things!

**VBS is August 2-6th** from 9 AM—3PM. Open to kids grades K-5. Cost is free to all Zion youth if you have your registration in by June 30th. After July 1st the fee will be \$40 per student. You will receive registration in the mail at the end of May. Last day to register is July 24th.

**YOUTH**—Check out online newsletter for details.

## COMMUNITY/AREA EVENTS

**RSVP Groceries to Go and Handy Man Volunteers Needed**—these services are vital for seniors 60+ wishing to remain independently in their own homes. G2G Volunteers shop for and deliver groceries, or assist with shopping, 2-4 times per month. HM volunteers are called upon as needed and take care of simple home maintenance jobs. Volunteering has been shown to have multiple health benefits, including lower incidence of depression, heart disease and other illness. To make a difference in the life of someone in need, please call or email Tammy at RSVP. 218-281-8289 or [tsykes@umn.edu](mailto:tsykes@umn.edu).

**HOSPICE OF THE RED RIVER VALLEY** is seeking individuals to join its volunteer team as companionship volunteers. Hospice provides a flexible schedule. To apply, go to [www.hrrv.org/volunteer](http://www.hrrv.org/volunteer) or contact Nikki Dukart at 701-740-0370 or [ndukart@hrrv.org](mailto:ndukart@hrrv.org).

**HERITAGE COMMUNITY CENTER** first Monday of the Month fundraiser supper, 5-6 PM. Minimum donation \$7; proceeds to running the Center. This is open to all ages.

**LSS RESPITE SERVICES** is for families caring for individuals 60+ with chronic health conditions. They provide a volunteer to come into the home to assist a loved one while the Caregiver can run errands, attend appointments or just get some needed time away. Call coordinator Brandi Halland at 218-280-3773 for more info.

## SUPPORT GROUPS IN THIEF RIVER FALLS

*Brain Injury:* Third Thursday, 7 PM at United Methodist.

*Cancer:* First Wednesday, 5:30-6:30 PM at Sanford Medical. Alicia at 683-4380 FMI.

*Caregiver:* Second Thursday, 10 AM at Heritage Center. Lori at 218-945-6808 FMI.

*Gamblers Anonymous:* Tuesdays, 7 PM. Mary at 218-684-0813 FMI.

*Grief:* First Tuesday, 1-2:30 PM, Hospice of the RRV. Jennifer at 888-237-4629 FMI.

*Overeater's Anonymous:* Mondays, 6:30 PM at United Methodist.

*Parkinsons:* Second Thursday 4PM at Zion. Joannie at 681-2914 or Judy 681-6631. FMI

## Prayers for the week of May 17, 2015

(suggestions for a prayer to be used this week)

Most Holy God, you alone are God. All praise and glory belong to you alone. You alone bless our lives. You alone graciously give us what we need the most: Jesus Christ our Lord.

I ask that in everything I say and do today, that your name is glorified. I ask that you will lead me and guide my way. I ask for what I can only receive from you: your love, your mercy, your blessing.

Lord God, you know my heart. Help me always to find delight in your Word. I ask also for our congregation and its ministries of worship and service. I pray for our youngest members, that they have a safe and worshipful summer. I pray for our oldest members, and all those in Riverside Terrace, Oakland Park, and the Thief River Care Center. I pray for our New Traditions Committee, and the Parish Planning Council, that they may be guided and led where you would have them go.

I pray for those grieving the loss of Doris Groslic, and all those who are grieving. I pray for healing for Judy Loeffler, and all those in need of your healing and your tender care.

I pray that you will strengthen our congregation's leaders and pastors, that they may prove faithful and effective in their various ministries.

Most Holy God, keep me faithful today through the temptations and trials of life. Help me to live what I believe. Put before me the ways of your righteousness. Let me always find my true joy in you. Amen.



**\*\* Please take this insert home with you to use during the week \*\***

## **Opportunities for the Week**

### **Sunday, May 17:**

Synod Assembly at Concordia/Moorhead  
8:30 AM Holy Communion Worship;  
Cable3/KTRF BC, Pastor Wollenzien  
9:30 AM Coffee Fellowship; June Sharing  
Servants/lounge  
10:00 AM Silver Creek Worship  
10:30 AM New Traditions Worship

### **Monday, May 18:**

9 AM Bone Builders  
3-4:30 PM Parish Nurse Hours  
3-5 PM K-5 Event

### **Tuesday, May 19:**

9:30 AM Staff Meeting  
10:30 AM Coffee Time w/Staff  
12 Noon Text Study at Redeemer  
2:30 HC at Greenleaf  
7 PM Parish Planning Council

### **Wednesday, May 20:**

#### **Newsletter items due**

9 AM Bone Builders exercise  
3-5 PM JHYG  
6 PM Choir Potluck  
7 - 9 SHYG

### **Thursday, May 21:**

9 AM Bone Builders  
2 PM Riverside Service  
3 PM Oakland Park Service

### **Friday, May 22:**

7 AM Men's Breakfast/ Biff's  
9 AM Bone Builders  
9:30 AM Coffee w/ Staff  
2 PM Valley Home HC  
3:15 Oakland Park HC  
3:30 TRCC HC

### **Sunday, May 24:**

8:30 AM Worship; Cable3/KTRF BC  
9:30 AM Coffee Fellowship  
10:00 AM Silver Creek Worship  
10:30 AM New Traditions Worship