



### **The Herald**

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

Zion Lutheran Church  
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### ***From the Pastor's Desk***

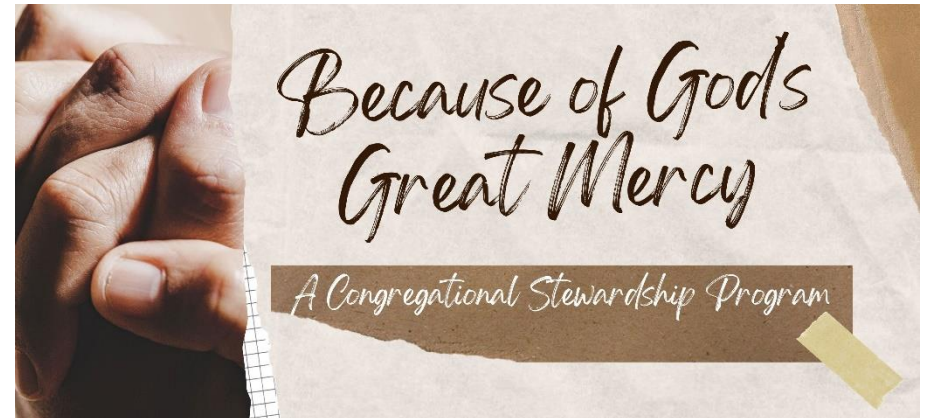
“Because of God’s Great Mercy” is the title of our stewardship emphasis this year. The scriptural basis of this focus on our stewardship of all that God has entrusted into our care is I Peter 2:9, “But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may proclaim the mighty acts of him who called you out of darkness and into his marvelous light.”

We begin by proclaiming all that God has done for us, hence the title “Because of God’s Great Mercy.” God has made us God’s own people. We will also consider how generous giving is an important part of every Christian’s life, and how our combined generosity can make even greater things possible through our congregations.

We will think together about how our giving to Zion and Silver Creek is an important part of our Christian faith, and how Zion and Silver Creek use our offerings to do God’s work within the congregation’s walls, in our community, and around the world.

“Because of God’s Great Mercy” will ask you to prayerfully consider an increase your giving to Zion and Silver Creek by at least ½ of 1% of your household income. Zion members will also be asked to consider using an automatic funds transfer program that we have in place for your giving.

“Because of God’s Great Mercy” will use mail, e-mail, and time in worship to share information with you. Please make a special effort to watch for material during this important time in our congregation’s life.





**October 1** – Bible Study 9am

**October 2** – TRF Ministerial Association meets 9:30am

Confirmation gr. 8-9 Parent/Youth mtg 6:00 pm

**October 3** – Quilting 1:00pm

**October 6** – New Member Recognition

Confirmation Faith Statement Retreat 1-5pm

**October 8** – WELCA 10am, board meets @ 9am

**October 13** – Adult Forum

**October 15** – Council meets 5:30pm

**October 17** – Quilting 1:00pm

**October 20** – Guest Preacher Rev. Rebel Hurd

Vikings Tailgate 11:30

**October 27** – Reformation Sunday

### **WELCA Meets Oct. 8**

All women are invited to the monthly meeting on Tuesday, Oct. 8, at 10:00 a.m. Join us for fellowship, food, and Bible study from the Sept.-Oct. *Gather* magazine. Hostesses are Peggy Genereux and Theresa Hagman, The board will meet at 9:00 a.m.

### **Quilting on Mission Quilts**

Everyone is welcome to help layer, pin, or tie quilts on Thursdays, Oct. 3 and 17 at 1:00. We also take break for visiting, coffee and treats. Finished quilts and kits will be sent off to missions on Nov. 2.

# Silver Creek Newsletter

## Signs of Fall

The drive out to Silver Creek Church these days announces that fall is officially here. Wheat is harvested, soybeans are golden, leaves are changing color, gardens are giving up, and geese fly overhead.

Of course, the most important sign of fall is our annual fall congregational dinner! Mark your calendars for Sunday, October 13. Turkey, dressing, mashed potatoes and gravy, lefse, and rommegrot headline the menu, but you are welcome to bring a dish to pass (or a yummy pumpkin pie, apple crisp, or ??). Dinner will follow the 11:00 church service and quilt raffle.

This year's full-size quilt will create a feeling of hygge as you snuggle under "Home Sweet Home." The tickets sell for \$1.00 a piece and are due back to Sharon Russell or Bev Rupprecht or Margaret Nelson by October 6. Contact any church member if you are looking for a chance to take this beautiful hand-made quilt home.

## Dates to Remember

**October 2:** WELCA Meeting

2:00 p.m.- Quilting

5:00p.m.- Supper, followed by meeting and Bible Study.

Bible Study- Chapter 11, Encouraging Epistles

**October 6:** Raffle tickets due

**October 13:** Church congregational potluck dinner and quilt raffle after 11:00 a.m. service

**October 20:** Stewardship Sunday with special speaker,

**October 27:** Confirmation at Zion

Pastor Mark Helgeland speaking at Silver Creek

Church council meeting after the church service

As our fall calendars fill up with meetings and things to do, let us not forget to pause, take time to enjoy this beautiful season, and give thanks to our Creator and Provider.

"He left not himself without witness, in that He did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness."

-Acts 14:17

Submitted by Connie Stock



## Zion Lutheran's Congregational Council Minutes September 17, 2024

The Congregational Council Meeting was called to order by President Diane Lee at 5:30 p.m. In attendance were President Diane Lee, Pastor Kristin Ostercamp, Millie Reiersen, Robert Fay, Renae Franke, Penni Nelson, Deb Holtan, Patty Schob, Deb Fulton, Glenice Johnson, Mike Flaagan, Mary Berzinski, Joel Rude, and Becky Fredrickson.

Pastor Kristin led the council in devotions and prayer.

Thank yous were shared.

President Diane Lee asked if there were any additions to tonight's agenda. Millie Reiersen requested to add a discussion of the 3 pictures in the Overflow. Deb Holtan requested a discussion about money allowance for "A Day of Free Laundry".

Robert Fay requested to add a discussion about the Custodial positions. Glenice Johnson made a motion to adopt the agenda with the added items. Joel Rude seconded and the motion carried.

The Secretary's Report from the August 20<sup>th</sup>, 2024, council meeting was presented. Penni Nelson requested a correction be made regarding Silver Creek services. Silver Creek did have service on August 25<sup>th</sup>. Silver Creek will did not have service on September 1<sup>st</sup> and will not have service on September 29<sup>th</sup>. Members are encouraged to come to Zion's service those Sunday mornings. A motion was made to accept the minutes as printed. The motion was seconded and carried.

The Treasurer's Report was presented. Renae Franke reported a change under the Board Expense Detail for \$356.84 which was under Continuing Education should have been put under Conference & Convention. The report was filed for audit.

Pastor Kristin submitted her report. Some of the highlights from her report are as follows: All Boards Meeting will take place on Sunday, September 29, 2024, from 2-4 p.m. Pastor Kristin was accepted into the Jeremiah 29 Program which will begin with a retreat on October 29-31<sup>st</sup>. Rev. Rebel Hurd, NWMN Synod Director for Evangelical Mission will be the preacher on October 20<sup>th</sup>.

Pastor Kristin opened the discussion about how the administrative reports get presented during each council meeting. In the past, each board chairperson present at the meeting would share their verbal report. Going forward each board will complete its report and the board will take each report as a block or as a whole. The expectation is that each board member read through the reports before the council meeting. If any chairperson feels that they need to verbally report they may do so. Deb Fulton made a motion to accept the administrative reports to be approved on block. Robert Fay seconded, and the motion carried.

Pastor Kristin discussed the Stewardship Program "Because of God's Great Mercy". A newsletter will be sent out to each household via mail or email. There will also be Temple Talks during the service. Glenice Johnson made a motion to approve the timeline and the expenses for the Stewardship Program. Renae Franke seconded, and the motion carried.

President Diane Lee opened the discussion about the 3 large pictures in the overflow. More discussion will be had at the October meeting.

**Evangelism and Lay Ministry Board:** Deb Holtan and Millie Reiersen reported that the date for the Day of Free Laundry will take place at Laundry Land tentatively set for Wednesday, October 16<sup>th</sup> from 10 a.m.-2 p.m. This is a community outreach program that is meant to help those in need. Deb Holtan and Millie Reiersen requested monies to support in the amount of \$1,500.00. A motion was made by Deb Holtan of \$1500.00 to go towards free loads of laundry for the community as part of the outreach program. Deb Fulton seconded the motion. The motion carried.

**Properties Board:** Robert Fay opened a discussion regarding the custodial position and updating the job description. Currently, there is one custodial position and two people are maintaining that position. Joel Rude also reported the Properties Board will also be reviewing the mowing and snow removal portion of the job and whether it should be contracted out. A motion was made by Robert Fay to add another custodial employee under the existing budget and the property board will review the current job description and how they are going to separate the hours. Glenice Johnson seconded the motion. The motion carried.

**Silver Creek:** Penni Nelson reported that on September 29<sup>th</sup> they will be selling Quilt tickets. The drawing will be on October 13<sup>th</sup>.

The meeting was adjourned at 7:00 p.m. followed by the Lord's Prayer. The next meeting will be October 15<sup>th</sup> at 5:30 p.m.

Respectfully submitted by  
Becky Fredrickson, Council Secretary

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## Scan to Give



*Thank you for your generosity!*

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# PARISH

*health and wellness*

## Reducing Dementia Risk

Who wants dementia? NOBODY!! Research continues to look for ways to prevent or reduce the risk of dementia. You probably already know to exercise, eat healthy and keep your brain engaged. Here are some other strategies found to have a positive effect:

Use your hearing aids. When hearing loss is present, a hearing aid can help you tune in to conversations with others. With this, you maintain social connections and help areas of your brain stay active.

Watch less television. Watching TV is considered a passive cognitive activity, which means it doesn't exercise your brain.

Read more. Schooling in childhood helps build your brain reserve. But even if you didn't get very far with formal education, evidence suggests that reading in your later years makes up for the deficit by maintaining your reserve.

Avoid vitamin deficiencies. Eating foods packed with vitamins and minerals, such as vegetables and fruits, helps provide your brain with optimal fuel. If you can't get enough nutrients through your diet, a daily multivitamin-mineral supplement may help.

Optimize sleep. A good night's rest rejuvenates your brain. You know all the points for good sleep. If you snore or feel tired after a full night's sleep, talk to your healthcare team about the possibility of sleep apnea.

Improve your vascular health. Managing high cholesterol, diabetes

and high blood pressure keeps blood circulating smoothly to the heart and brain.

Keep your step count high and brisk. Walking has a major impact on our health. Walking has been shown to reduce dementia risk, as well, with the greatest reduction occurring at just 10,000 steps a day. You'll see even a bigger benefit with more steps per minute.

There you have them! It's great to have things WE CAN do to slow or prevent cognitive decline. Of course, sometimes it'll be out of our control but doing our best to preserve our brain is always worthwhile!!

God's Blessings and Peace....Parish Health

## **Zion's 2<sup>nd</sup> Annual Tailgate Party**

**Sunday October 20th**

**11:30**

**Noon Game**

**Vikings vs. Lions**



**Fellowship Hall**

**All are welcome!**

**Bring your favorite appetizer to share!**

**Beverages will be provided**

### **What you need to do or bring.....**

**\*Dressed in team spirit!**

**\*Your favorite lawn chair if you'd like to sit in and enjoy the game**

**\*Games you'd like to play during the game or for your kids**

**Questions: Call/text Deb Holtan at 686-3758**



# Confirmation

## GRADE 11

September 11	6pm	Parent/Youth Meeting
September 15	8:30am	Serve Food and Fellowship
October 6	1-5pm	Faith Statement Retreat

## GRADE 10

September 22 6pm Parent/Youth Meeting  
*Begin Ushering & greeting worshipers. Volunteer to help Sharing Servants with Fellowship.*

## GRADES 8-9

October 2 6pm Parent/Youth Meeting, Grades 8 & 9  
*Begin Acolyting*

## GRADES 6-8

September 29 10:45 Acolyte Training  
*Grades 6 & 7 are asked to begin serving as Acolytes this year. Thank you for your time.*