



Guidance for Personal Finances

75% of working Americans report they are stressed about personal finances. In fact, finances currently rank as the #1 stress for a majority of Americans. Stress about finances is even one of the leading causes of divorce. So, in our current Godly Health & Wellness sermon series it was good to contemplate Financial Wellness. As faithful people, **there is no part of our lives untouched by our faith.** Spending decisions are spiritual decisions. Greater peace with our money is something many of us seek. Zion's YouTube channel and Facebook page has the sermon recorded from Sun Jan. 14th and Wed. Jan. 17th on Financial Wellness. We wanted to continue this conversation, so here are **10 Faith-filled Financial Principles** for you to consider.

- God owns it all.** We are managers of everything entrusted to us. Manage wisely, in ways that fulfill God's purposes. Is God mostly pleased with my financial decisions?
- Put God first.** Because we choose to put God first, giving is essential. Christians do not seek to only meet our personal needs, but to further grow God's ministry, and seek to meet the needs of others.
- Saving is wise.** 'The wise man saves for the future, but the foolish man spends whatever he gets.' (Proverbs 21:20) Faithful financial experts suggest 'when we receive income, the first check we write should be to the Lord, the second check for our savings.'
- Avoid debt.** While debt may be difficult to avoid all together, being cautious about it can lead to greater peace. 'The borrower is servant to the lender.' (Proverbs 22:7b) Debt increases stress contributing to mental, physical, emotional and relationship strain. Aiming to give, save and avoid debt is wise; yet we need grace because this is not easy.
- Seek contentment.** 'Godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.' (1 Timothy 6:6-7) Wanting what we don't have produces an endless cycle of undue stress in our lives and can lead to added debt.
- Budgeting provides peace.** Planning allows us to set priorities led by our values, not our lifestyle. Jesus instructed his disciples, "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish." (Luke 14:28)
- There is nothing wrong or immoral about building wealth.** 'A good man leaves an inheritance to his children's children.' (Proverbs 13:22) Building wealth allows an individual to give generously, investing in people, programs and missions they value.
- Avoid guilt.** Jesus frees us from every type of regret, shame and sin. We can take our financial life to God in prayer. We are new creations in Christ. There is hope.
- Have open conversations about money.** Within your family, do you freely speak about your financial stress and financial goals? Who do you know who might be carrying financial stress and could use a compassionate and trusting ear?
- Seek guidance.** Educate yourself about financial management. It is never too early or late to grow our understanding so we can be proud of wise financial decision making.

If this piqued your interest in the topic of faithful financial well-being, I hope you'll continue to grow your understanding. Consider exploring "The Christian Wallet" book by Mike Slaughter, <https://www.ramseysolutions.com/personal-growth/managing-money-gods-way> and www.thrivent.com.

We will be dealing with money our whole lives. Why not try to make peace with our finances? May God continue to shape and transform us into wise and joyful disciples! God bless you with peace and hope concerning your finances.

-Pastor Elaine



Wed. Feb. 14th begins the season of Lent. Lent is the 6 weeks leading up to Easter. Lent is a time of contemplation and reflection. As we recall Jesus' journey to the cross and sacrifice in love, we assess how we are doing in our personal discipleship. We may choose to 'give up' something during Lent as we aim to grow our faithfulness. We may choose to add something during Lent to deepen our relationship with God. Our Lent Sermon series will explore Disney movies and the fight between good and evil. We'll explore temptations that can steal the abundant life God desires for us.

As we aim to grow in faith, here are some suggestions for how you could honor Lent this year, and some important dates to mark on your calendar. What will you choose to give up for Lent or add?

Give up for Lent: Stop an unhealthy habit from Ash Wednesday until Easter Sunday. Stop watching or listening to something that stresses you out. Purge your home one item a day to donate to charity. Give up complaining.

Add for Lent: Read a daily devotion during Lent or read the Gospel of Mark. Compliment one person a day. Pray for one person a day using your contact list. Call one family member or friend a week during Lent. Add a mealtime prayer daily if this isn't your usual habit. Write a gratitude journal, adding each day something different you are thankful for until Easter. Aim to attend worship every week during Lent, in person or online.

Dates:

- Tues. Feb. 13th Shrove Tuesday or Fat Tuesday. We'll be celebrating with an Indulgent Meal and Carnival.
- Wed, Feb. 14th - Ash Wednesday worship 6:15-7pm with imposition of ashes
- Sun. March 17th Palm Sunday & Kids Sabbath, and the start of Holy Week
- Thurs. March 28th - Maundy Thursday worship
- Fri. March 29th - Good Friday worship
- Sun. March 31st - Easter Sunday worship

Follow Zion's Facebook Page or Instagram for a Lent Daily Prayer, Scripture and Question created by Zion's staff for you!

-Pastor Elaine

Committees, Committees, Committees...

Do you have an opportunity to use your gifts at church? What gifts can you bring to further the Gospel? What gifts do you have to grow the church? Zion is growing. Our worship attendance numbers are increasing, online and in person. We provide intergenerational programming, insightful worship services, children's programming, youth groups, small group ministry, and the list goes on. I love that we have so many opportunities for people to connect with God and one another.

We need you to continue our mission to live out the love of Christ. As we move quickly into 2024, we are reestablishing committees and starting a few new ones. These committees and the work you do are crucial to the life of the church. We are the church. What gifts can you bring to the following committees?

- Buildings and Properties
- Home Communion/Visitation Ministry
- Finance/Stewardship
- Community Outreach/Mission
- Fellowship/Hospitality

There are many important opportunities for you to use your gifts at Zion. If you are feeling called to a committee talk to Pastor Natasha or Pastor Elaine. You may even be receiving a call in the next month asking to serve in some capacity. Please continue to pray about where God is calling you to be at work in the church. "Now there are varieties of gifts but the same Spirit, and there are varieties of services but the same Lord, and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good." 1 Corinthians 12

-Pastor Natasha Kolles





IN MEMORY OF GRACE LESLIE

Undesignated:

Ardell Boyeff	Pat White
Melody Sundbakken	Joyce Dupay
Kay and Dale Mattern	Roger Guttormson
Helene Anderson	Rosalie and Roger Reiner
Jacky and Kelly Smith	Charles and Sandi Swenson
Jerome & Pat Jorgenson	Connie and Mike Haider

Building Fund:

Bruce Christanson	Carol Wendel
Darlene Momerak	Connie Knudson
John and Julie Huettl	Terrance and Gail Hejelmstad
David and Myrna DeMers	Teresa BerntsonHynson

IN MEMORY OF ARDIS MARKLE

ZLC General :

Larry and Ruth Ann Rexine

IN MEMORY OF MERRIE BORUD

Undesignated:

Family of Merrie Borud/ Jacquelyn Smith
Family of Merrie Borud/ Leonard and Adele Momerak

IN MEMORY OF HARLAND HAYES

Outdoor Enhancement:

Timothy R and Julie Keckler



January 2024 Baptisms

Emilia Leigh Klatt and Leo John Klatt
01/06/2024
Charlie Lee Heupel 01/28/2024

January 2024 Funerals

Grace Leslie 01/11/2024
Thomas Boechler 01/11/2024
Blaine Kotasek 01/18/2024



Designated funds to which you may donate in memory/honor of someone:

Zion General Fund ~ Building Fund ~ Community Outreach
Education ~ Global Missions ~ Hand Bells ~ Music Ministry ~ Playground
Prayer Shawl ~ Trust ~ Youth Ministry ~ ZLCW

If no specific fund indicated, gifts go to the Undesignated Memorial Fund

ZLC Annual Meeting!



The Annual Meeting this year will be Sunday, February 18th 2024 @11am

Please submit your reports for the Annual Meeting by Wednesday, January 24th.

Either email them to zlc@srt.com or turn them into the church office.

Reports will be available for pick up on Saturday, February 3rd.

The following groups & ministries are happening now! You are invited to attend any of the following (*bring a friend*):



Men's Breakfast

Come and have breakfast with Zion dudes/fellows/gentlemen where you will eat, pray, and talk. Dick Butts will be hosting breakfast and Joel Hernes will lead the devotions. This group meets once a month.



Next meeting is Saturday, Feb. 17th @9am



Meets @ 2pm on the 2nd Thursday of the month in the Board Room.

This circle joins together for a monthly Bible study led by one of our pastors. Contact the office for more information.

Next meeting is Thursday, Feb. 8th @2pm



Quilting Ministry
Meets @ 9am on the 3rd Monday of the month in the Fellowship Hall.

Many hands are needed to cut pieces, pin, sew and tie.

No experience necessary!

Next meeting is Monday, Feb. 19th @ 9am.



Meets every Tuesday 1pm in room 407. You can use the Southwest entrance

This group meets weekly to enjoy the art of painting. You do not have to know how to paint to join. A short lesson is given at the beginning of the session, then conversation and painting on your own continues until 4pm. Bring your own supplies and any paint medium except oil paints due to allergies.



Widows & Widowers

Support & Treats with Pastor Elaine. The next meeting is
Wednesday, March 6th @1pm

There will be some simple games to play. Joyce Dupay will be bringing treats.



Meets @ 5:30pm on the 2nd Tuesday of the month in Youth Room.

Yarn is available if you wish to make shawls at home.

Prayer Shawls are given to people who are seriously ill or grieving.

Sisterhood Ministry

Meets monthly

Meet other women of the church while learning, celebrating and being a servant of God through monthly service projects throughout the year.

Next Meeting TBD

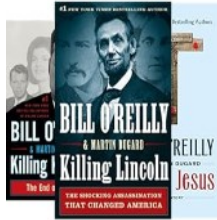
In February they will be doing a service project at the Matthew 25 Project.



Yoga

To go along with our January theme of Wellness, Zion will be offering yoga! Pastor Rachel Simonson from Lutheran Campus Ministry will be leading this class. **February 5th** is the last day this class will be offered. All ages are welcome. Come and receive a physical and spiritual boost





Book Club— Meets every 2nd Tuesday of the Month at 6:30pm.

February's book is your choice from "Bill O'Reilly's Killing Series"

"In Bill O'Reilly's Killing Series, America's bestselling historian and Martin Dugard present compelling narratives of the true events surrounding the deaths and destruction of some of the most influential men and powerful nations in human history. From U.S. presidential assassinations to the downfall of mighty empires and the murder of a man more than two millennia ago whose teachings form the values of billions of people, the historical thrillers in this #1 *New York Times* bestselling series reveal fascinating facts about the lives of those famous people whose actions changed the world."

(Excerpt from us.macmillan.com)

****The Next Book Club Meeting is February 13th at 6:30pm****



Updated Phone Numbers and Addresses

As we are in the beginning of the new year we are hoping to have all current Zion members (correct) phone numbers and addresses. If you've moved or changed your number, please contact the front office so that they can update your contact information.
701-852-1872

Worship Date	On-Site	Online	Total
January 3rd (No Worship)			
January 6th, 7th, and 10th	234	287	521
January 13th, 14th, and 17th	110	402	512
January 20th, 21st, and 24th	159	307	466



Celebration Corner

We want to celebrate YOU!

Our Zion Newsletter will feature a new section with YOUR personal celebrations. This could be anything from a graduation, a birthday, an anniversary, or a promotion. We want to celebrate the big and small wins our congregation has. If you would like your celebration to be listed in the Newsletter please contact the front office by the 15th of each month. (For example if you are wanting your celebration in the March Newsletter submissions need to be in by February 15th).

Call or fill out a submission form:
701-852-1872

<https://zionlutheranminot.org/celebration-corner-submissions>

Financials

Rebel Give/Pledge Cards Update

If you are an online giver and you changed your giving amount for 2024, you will need to update your own rebel give account.

The front office did not change that for you. If you need help or have any questions please contact Amanda at the front office 852-1872

4 ways to Give

 In Person Cash or Check Use giving envelope in offering plate	 On-line RebelGive for one time giving or recurring giving www.zionlutheranminot.org	 Mailed In Check or in Giving Envelope to 1800 Hiawatha Street SE Minot ND 58701	 Bank Pay Sign up with your bank for recurring giving direct from your account
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Please scan this QR code to Give to ZLC



Northern Plains
Children's Advocacy Center

"Are YOU listening?"

Todd and I attended our first Holy Listening event last Sunday regarding the Northern Plains Children's Advocacy Center (CAC) with Christal Halseth, CAC Executive Director. We were shocked, amazed, and dismayed by the things we heard. The CAC helps children who have been affected by abuse, including sexual abuse. They partner with several other agencies (law enforcement, schools, social services, etc.) to minimize the trauma to children while the case is being investigated. The statistics we heard were startling! Children that are abused are typically afraid to tell their parents but are much more likely to tell their friends. 1 in 4 girls and 1 in 9 boys will be affected by abuse. That means that out of our 60+ confirmation students at Zion, 10-15 have been or are currently being affected! Only 1 in 500 children who say they were abused are not telling the truth yet many adults believe the accused not the child. Part of the reason I agreed to share this information with you is because I want to encourage people to talk to and listen to children. Take them seriously, treat them with respect, and support them. I also want children/youth to know that if something is happening to you, we want you to speak up. You are not alone. There are people who can help stop what is happening and help you to heal from the trauma of what has happened. As your church family, we care about you and want you to get the support you need. Please talk to your teacher, pastor, a friend's parent, or police officer if you need help. We ALL have the responsibility to report suspected child abuse. A child's life or well-being could depend on it.

-Kristi Asendorf, Congregational Member

The Next Holy Listening Event will be Sunday February 18th @6:30pm, at Bootleggrz. The speaker is TBD



Family Movie & Valentine's Day Box Building Event

***Sunday, February 4th at 3pm**

***The Magician's Elephant**

Orphan, Peter Augustus Duchene knows the questions that he needs to ask: Does his sister still live? And if so, how can he find her?

The fortuneteller's mysterious answer (An elephant! An elephant will lead him there!) sets off a chain of events so remarkable, so impossible, that you will hardly dare to believe it's true.

In this timeless fable, Kate DiCamillo narrates this amazing tale and evokes the largest of themes—hope, faith, belonging, desire and compassion—with the lightness of a magician's touch.

**Snacks and popcorn will be served.*

**Come watch a family movie, make a Valentine's Day box and enjoy some fellowship time!*



Church School News

**We return to regular rotation times on
Sunday, February 11th & Wednesday, February 14th**

Our Lenten Rotation will focus on the Passion Story beginning on Palm Sunday and concluding on joyous Easter Morning. Each week we will focus on a different day of Holy Week diving into what Jesus and the disciples experienced that last week before Jesus was crucified and was raised from the dead on Easter!

TRAINING for Workshop Leaders and Shepherds will be
Tuesday, February 6th at 6:30pm. Childcare will be provided for those who need.

CAMP METIGOSHE

Registration opened January 1st! Don't miss out on your favorite camp experience! Register today! Let us know when your kiddos are signed up for camp so we can put those dates on our calendars. We love to come visit our Zion kids at camp, but we can only do so if we know they are there.



Disney Movie Night

*MARK YOUR
CALENDAR!*

All ages welcome to a Disney Movie Night at Zion. This will be Friday, February 23rd at 6pm. We will be showing the Live Action Little Mermaid. We hope to see you there!

Food Faith Family Update

We are so grateful for our Food Faith Family Meal Teams and want to extend a HUGE thank you to all of you! We could NOT do this ministry without your willingness to cook, serve and clean-up our weekly



meals. This weekly meal provides a family meal for those participating in Wednesday worship and/or Faith Formation activities.

The intention of this ministry is to be completely funded through the donations given on Wednesday during mealtime only NOT from the general offering. We are trying to be good stewards of the gifts given for this important ministry. We will be listing the weekly costs of the meals in hopes we maintain awareness of the needs for this holy feeding ministry.

One family states “It is because of our weekly FFF meal that my family is able to participate in Wednesday night programming. We are able to come to be fed physically and spiritually. Thank you for serving our whole family!”



Thank you for your continued support of our FFF ministry! **Be watching for new opportunities to “sponsor” a weekly meal as families or small groups.**

We hope this ministry will be able to continue for many years to come.

CONFIRMATION UPDATE

**KEEP
CALM
WE'RE
BACK**

Confirmation starts back up this month! Oh, how I have missed the busyness of our Wednesday nights. Classes resume on February 21st with 6th grade in class and 7th & 8th grade going off site. Can't wait to see you all back together again real soon! Ash Wednesday is February 14th. We encourage Confirmation students to attend this special worship service at 6:15pm.

6TH-8TH GRADE IS INVITED

We have been invited to a movie night at Oak Park Theater February 7th hosted by Minot Area LYO. This is not a mandatory event, but something fun to do while we've been apart! Let me know who would like to go so I can give an accurate number to Oak Park!



KORTNI'S CORNY CORNER



Q: What month is the best for coffee?

A: Feb-BREW-ary

Q: Do you have a date for Valentine's Day?

A: Yes, February 14th.

YOUTH GROUP

IGNITE 9TH-12TH GRADE

- **Wed. Feb 7th:** Movie Night @ Zion 7pm
- **Wed. Feb 14th:** No Youth Group, Ash Wednesday
- **Wed. Feb 21st–** Painting Night 8pm
- **Wed. Feb 28th–** Outdoor Skating Rink (weather depending) 8pm

HIGH SCHOOL BIBLE STUDY

Our next Bible study will be Tuesday February 27th
@6:30pm! See you all soon!



DID YOU KNOW?





Did you know... That Ash Wednesday and Valentine's Day is on the same day this year? Wednesday, February 14th.

-Kortni'sknowledge.com

Love is in the air. Target is full of heart shaped items, everything is pink and red, and the chocolate and the Teddy Bear aisles are fully stocked. Everyone seems a little more giddy come Valentines day. Even if you don't share this day with someone, at least the chocolate goes on sale come the 15th. But this year, it's not only about cards, chocolate and being around our loved ones. This year we remember the ultimate act of love, the start of the season of Lent. A time were we walk with the One who loves us deeper then anyone could, no matter how many flowers they get us. Jesus's has a journey that many of us know, but this Lent season, remember that the ultimate gift of love started this year on the day filled with love. Poetic isn't it?

God, you love us deeper and wider then we could ever know. Help us recognize this love as we walk through this Lenten season.

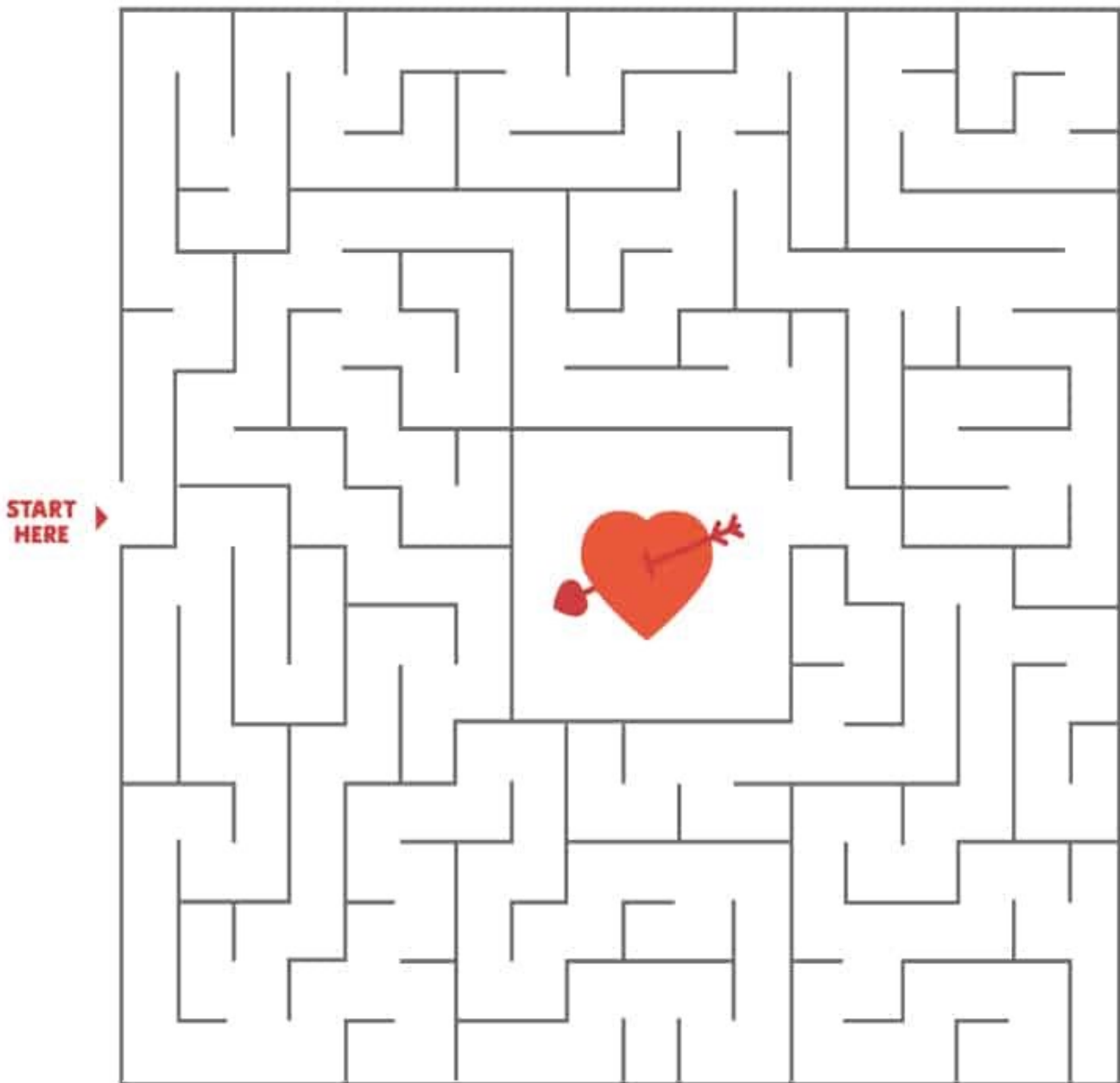
Amen.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
4 Life Groups Week 5 9:15am Coffee Fellowship 10am: Worship 10am: Baptism- Anita Hamm 3pm: Family Movie Day- Valentine Box 7pm: Cub Scouts Committee Mtg.	5 7pm: Yoga with Pastor Rachel Simonson	6 1pm: Watercolor Group 6:30pm: Church School Training 7:15pm: Childrens Ministry Meeting	7 Life Groups Week 5 5:30pm Food Faith Family 6:15pm: Worship 6:15pm: 9th Grade Confirmation 7pm: Ignite- Movie	8 2pm: Hannah Circle 6pm: Girl Scout Troop 10319 Mtg 7pm: Cub Scout Pack Mtg. 7:30pm: NA Mtg	9 	10 5pm: Worship
11 9am: Church School 9:15am Coffee Fellowship 10am: Worship 3:30pm: Order of the Arrow Mtg	12 9am: Church School 9:15am Coffee Fellowship 10am: Worship 3:30pm: Order of the Arrow Mtg	13 1pm: Watercolor Group 5pm: Shrove (fat) Tuesday Fundraiser 5:30pm: Prayer Shawl Min. 6pm: Girl Scout Admin Mtg. 6:30pm: Book Club 6:30pm: Trust Mtg.	14 Ash Wednesday Valentines Day 4:30pm: Church School 5:30pm Food Faith Family 6:15pm: Worship 7pm: 9th Grade Confirmation 7pm: Church School	15 7pm: Cub Scout Pack Mtg. 7:30pm: NA Mtg.	16	17 ZLCW Thank Offering 5pm: Worship
18 9am: Church School 9:15am Coffee Fellowship 10am: Worship 11am: ZLC Annual Mtg. 6:30pm: Holy Listening	19 Presidents Day 9am: Sewing Day	20 1pm: Watercolor Group 6:30pm: Council Mtg	21 ZLCW Thank Offering 4:30pm: Church School 5:30pm Food Faith Family 6:15pm: Worship 7pm: 6th-8th Grade Confirmation 7pm: Church School 8pm: Ignite-Painting Night	22 6pm: Girl Scout Troop 10319 Mtg 7pm: Cub Scout Pack Mtg. 7:30pm: NA Mtg	23 6pm: Disney Movie Night	24 5pm: Worship
25 9am: Church School 9:15am Coffee Fellowship 10am: Worship	26 	27 1pm: Watercolor Group	28 4:30pm: Church School 5:30pm Food Faith Family 6:15pm: Worship 7pm: 6th-8th Grade Confirmation 7pm: Church School 8pm: Ignite-Skating	29 7:30pm: NA Mtg		

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!



Zion Lutheran Church

1800 Hiawatha Street
Minot, ND 58701

Happy
Valentine's
Day



Our Purpose:

Loved by God – Living out the Love of Jesus

Our Guiding Principles:

growing spiritually *to be more like Jesus*
actively caring *for one another*
welcoming and inviting *all people*
giving generously *to join in God's work*
joyfully serving *as Christ's hands and feet*
living faithfully *in daily life*

Zion Lutheran Church

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