

I hope that you are enjoying our Lenten Sermon Series “Stealing Abundant Life” seeing the Gospel through Disney stories. We have always been Disney fans, especially after we had kids. Every new and old Disney movie was played numerous times at home and on long car rides. Our first trip to Disney world was in 2015. Elis was still in a car seat, and my best friend went with us, experiencing her first ever airplane and long-distance travel. I think what attracts us to Disney is the creativity, the use of performance arts, and of course fireworks. It can be a very overwhelming place with crowds of people. Some were happy to be there and others not so happy to be there. There can be so much to do in one day and finding the energy to ride swirling teacups after Snow whites mine train rollercoaster and desperately needing a nap can make one a little cranky. One year we went in August and nearly melted in the Florida summer. However, we keep going back finding new adventures like the Tron Ride, next time I really need to keep my eyes open, to admiring all the fantastical artwork spread throughout the parks and resorts.



I’ve often thought of writing a book entitled “Would Jesus go to Disney World?” I think in many ways the book would be exactly what we are learning in our sermon series. What actions do we take that go against God and loving one another? And where do we see Christ in the midst of our sin? Wherever we traveled we have had negative and positive experiences. Last time we went to Disney World we treated ourselves for the first time at a sit-down restaurant. There was sooo much delicious food. (Disney is the embodiment of overindulgence) We could not eat all of it or take it to go since we were leaving the next day. We felt wasteful and a little gluttonous. When we apologized to the waitress about wasting so much food. She said not to worry, all the food is put into a compost and used to fuel their buses. Good news and a full stomach. Even Disney characters speak the gospel, “Love is putting someone else’s needs before yours.” —Olaf, Frozen

“This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends.” – Jesus, The Bible



## Nominations Committee

I would like to extend a gracious thank you to our nominations committee who worked diligently to have an almost complete ballot for 2024. At the time of our annual meeting, we had two spots open. Since then we have had a member volunteer to be our LCM representative, leaving us with only one or two spots open for the Western ND Synod Assembly. Thank you to all who said yes, and to those who are outgoing members. We could not do the wonderful ministry we do at Zion and in our community without you. Here are your new and returning representatives for Council, Trust, Nominations, Metigoshe, and MSU LCM.

### Church Council

Matt Stephens  
Joe Stenvold  
Gary Leslie  
Amanda Mahlum  
Bostyn Edwards  
Richard Jensen  
Melissa Helgeson  
Matt Sundahl  
Sherry Broderick  
John Gruenberg

### Trust Committee

Dan Boyce  
Dennis Nordquist  
Karen Hennesey  
Heather Kippen  
Shelly Cole  
Rondi Deaver  
Kent Kirkhammer  
Bill Thomas  
Sally Butgereit  
Carrie Francis  
Mike Uran  
Michael Peterson  
Brian Eichhorn  
David DeMers

### Nominations Committee

Teresa Berntson-Hyson  
Justin Hochhalter  
Hope Nelson  
Mari Shearer  
Amy Edwards  
Sarah Eichhorn  
Carrie Lewis  
Kayla Cole  
Erin Heninger

Metigoshe Ministries Annual Meeting Representatives – Amy and Bill Thomas

MSU LCM Representatives – Dick Butts and Brooke Plorin

Respectfully Submitted by,

Pastor Natasha Kolles support staff for Nominations Committee

If your interested in being a Western ND Synod assembly representative, it is May 31st-June 2nd in Watford City. If you are interested in going, talk to one of the pastors.

## IN MEMORY OF BLAINE KOTASEK

### Undesignated

Jacky and Kelly Smith  
Kay and Dale Mattern  
Cathy Aberle and Ann Hambek  
Ila Lovdahl

### Education:

Sheldon and Dawn Witcher

## IN MEMORY OF GRACE LESLIE

### Heat

Edgar and Carmen Wheeling

### Building Fund

John Kubler

memorials  
& gifts



### February 2024- Baptisms

Hendricks Duane Hornecker 2/3/24  
Anita Rose Hamm 2/4/2024

### January 2024-Funerals

Grace Leslie 1/11/2024  
Blaine Kotasek 1/18/2024  
Shawn Randash 1/27/2024



### 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*

## Easter Flowers

Zion will decorate with Spring flowers again this year with a suggested donation of \$5.00, \$10.00 or \$20.00 to help cover the cost of the flowers. Your contribution may be designated In Memory/In Honor/In Celebration of someone. Use the form below or if using the form online, click the green "Give" button at the bottom right of your screen and follow the prompts choosing the Spring Flower Fund.

Deadline for all submissions: Sunday, March 17th

**For Easter, the sanctuary will be decorated with spring flowers.**

**Easter Flower donation ☐\$5 ☐\$10 or ☐\$20**

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

In celebration of \_\_\_\_\_

From \_\_\_\_\_

Scan for Online  
Form



***To have your loved one(s) name listed in the Easter bulletin,  
please return this form to the church office by Sunday, March, 17th***

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 and Rich Jensen will be hosting breakfast and Jim Robb will lead the devotions. This group meets once a month.



**Next meeting is Saturday, March 16th @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, March 14th @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, March 18th @ 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.

**Next meeting is Tuesday, March 12th @5:30pm**

**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**

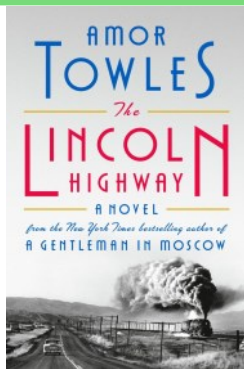


**Evening Quilting Group**  
**Meets on the 3rd Monday of every month**

We are gauging the interest in a new quilting group to complement our once monthly morning quilting group. Speak to Pastor Elaine or sign up on the hallway sheet. .

**First meeting is Monday, March 18th @ 6:30pm.**





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

## March's book is The Lincoln Highway by Amor Towles

"In June, 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have

hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction—to the City of New York."

\*Excerpt from Amazon.com

**\*\*The Next Book Club Meeting is Tuesday, March 12th at 6:30pm\*\***



## Burger & Trivia Night Fundraiser, Friday March 22nd

We'd like to bring our formal fundraising, for the solution to our sanctuary heating and cooling problem, to a close. We're going to finish with a fun Burger & Trivia Night! Plan to join us. Bring a buddy. Join a team to compete. All funds raised will support our Heat fund! The remainder of the project will be funded by a loan to Zion from reserved funds, with a plan to repay these funds in coming years. Every dollar raised will help us avoid adding to this loan. Even with 0% interest, not needing to push the payments into the future will relieve a large burden. The final cost is being calculated, but to date we have raised \$18,437.21. The estimated cost is currently between \$75-98,000. Thank you for your support! This event is hosted by the Building & Grounds committee.



Worship Date	On-Site	Online	Total
February 3rd, 4th, and 7th	234	262	496
February 10th, 11th, and 14th	369	332	701
February 17th, 18th and 21st	230	177	407
February 24th and 25th (as of the 26th)	128		



## Celebration Corner

Kristi and Todd Asendorf:

"We are celebrating good results in CT scans and lab work. Our/your prayers are making a difference!"

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

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

# Financials

## 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](http://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

Please scan this QR  
code to give an offering  
to ZLC



	January	Year to Date
Income	\$45,899.17	\$45,899.17
Expenses	\$50,471.20	\$50,471.20
Net	(\$3,867.97)	(\$3,867.97)

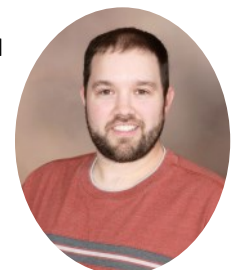
*Thank  
you*

For your continued  
support of  
Zion Lutheran  
and Zion's  
mission!



I'm excited to report we have hit 500 subscribers on Youtube! This means we have met two of the three criteria to start earning monetization from Youtube on the worship services we live stream! Step one was uploading at least 3 videos every 90 days, step two was having 500 subscribers, and step three is having 3000 "watched" hours in the last 365 days. Our online worship catalogue currently has 659 videos, and we have been hovering right around 2700 watch hours. We are so close, with so much content including past Children's Sabbath, Senior Sundays, and Special Services. Hop on our channel and check out a past service! Thank you for helping us spread the good word beyond our building.  
Eric Burckhard – Worship Technician

Find us on YouTube at: @ZionMinot



**Holy Communion Education**  
**FED & FORGIVEN**

\*There will be a Holy Communion Education/Enrichment Event on **Wednesday, March 27th from 5:30-7:00pm** (there is NO Church School or worship that evening because it is Holy Week). This event will be a time of exploring and learning about the sacrament of Holy Communion through a variety of hands on activities. We hold one event in the fall and one event in the spring. These 2 events together give us a broader understanding of Communion from a Lutheran perspective. The events can be done in any order but families are encouraged to attend both events at some point.



\***Register BY SUNDAY, MARCH 24th. Online registration can be found on our website under Sign-ups and Forms.**

\*Please contact Chris if you would like materials to preview prior to the event. I have age appropriate resources available for preK-adults that can be used to enhance the understanding and appreciation of Holy Communion.

**CHURCH SCHOOL UPDATE**

\***The Passion Lenten Rotation**

\***Wednesday—March 13 & 20**

\***NO CHURCH SCHOOL MARCH 6th**

\***Sunday—March 10 & 17**

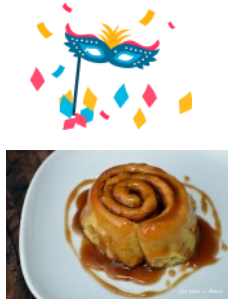
\***NO CHURCH SCHOOL MARCH 3rd**

\* **Kids' Sabbath—March 24th at 10:00am**

\*Join us Palm Sunday for a special Kids' Sabbath as we share what we have learned about The Passion-Days of Holy Week as well as share some special Palm Sunday Music.

\***PALM SUNDAY CARNIVAL!** We will be having a Palm Sunday Carnival following worship on March 24th.

\***CARAMEL ROLLS** for sale on Palm Sunday. Come support our youth going to Duluth on a mission trip this summer.



\***The Lost Coin & The Lost Sheep Rotation**

\***Wednesday—April 3, 10, 17, 24, May 1**

\***Sunday—April 7, 14, 21, 28 & May 1**

\***Kids' Sabbath—WEDNESDAY, MAY 1ST at 6:15pm Worship** (Kids here by 5:50pm)



\***Summer Day Camp/VBS: June 17-21**

\*For all ENTERING Grades 1-6

\* 9am-3pm (Mon-Thurs) & 9-11am (Fri)

\***PreK/K Day Camp—June 17-19**

\*For all entering Kindergarten/Preschool

\*9:00 am-12:30 pm

**CAMP METIGOSHE**

\* Any Zion Youth attending Camp Metigoshe (or another Bible Camp in Western ND) is encouraged to let us know. We are putting together our Annual Summer—Who's at Camp Board so you can see who is going to camp when!

\* **Camp Metigoshe ½ Scholarships**-The Zion Trust is once again offering a ½ scholarship to attend 1 session of Camp Metigoshe (or any ELCA Bible Camp) this upcoming summer. If you are interested, please visit with one of the staff .

\* Additional Scholarship Money is available. Contact the church office.

\***Children's Ministries Team**

\*This team helps support the ministry of our children and families through helping hands for some of our projects, but also to help maintain the vision for the ministry we feel God is calling us to here at Zion.

\* Our next meeting is **Monday, March 18th at 6:30pm.** This is an important ministry for our children and families. Come be a part of visioning and dreaming about how we can best serve YOU!

## Nursery Care IMPORTANT UPDATE

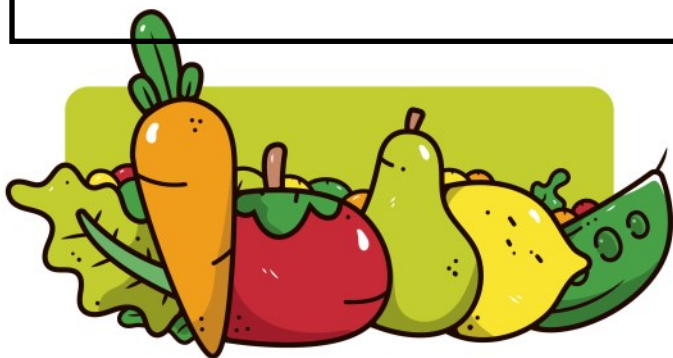


We are so thankful for our Nursery Ministry. Our Nursery has been staffed by part-time paid employees in the past. Beginning this month, our nursery ministry will continue to operate, but now with volunteers.

If you would like to serve as a volunteer in the nursery, please contact Chris. **All volunteers will need to complete a background check form per Zion's Child Safety Policy.**

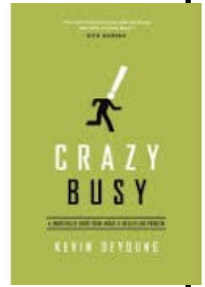
We are excited to continue providing this important ministry.

If you have any questions, please contact Chris.



NEW BOOK STUDY  
For Stay-at-Home and Working Moms

### Crazy Busy: A Mercifully Short Book About A Really Big Problem



"I'M TOO BUSY!" We've all heard it. We've all said it. All too often, busyness gets the best of us.

Just one look at our jam-packed schedules tells us how hard it can be to strike a well-reasoned balance between doing nothing and doing it all.

That's why award-winning author and pastor Kevin DeYoung addresses the busyness problem head on in his newest book, *Crazy Busy* — *and not with the typical arsenal of time management tips, but rather with the biblical tools we need to get to the source of the issue and pull the problem out by the roots.*

Highly practical and *super short*, *Crazy Busy* will help you put an end to "busyness as usual."

**\*When: BEGINS March 13th/14th Wednesday Mornings at 9am OR Thursday Evenings at 7pm**

**\*Register online on Zion's Website or on form outside the office.**

**\*Purchase the book prior to first gathering.**

**Any Questions: Contact Chris**

#### Food Faith Family Update & Meals for March

March 13th—Chicken Nuggets, Fries, and fruit

March 20th— Chili, Soups, and Bread

March 27th— Taco Boats, Carrots, Clementines, and Cookies (All Gluten Free)

\*Expenses as of Feb 14th: \$480.13

\*Income as of Feb 13th: \$1,007.00

**\*\*We are blessed to have had several families sponsor a meal in February covering all the food expenses for that evening.**

**\*\*If your family (or a group of families) would like to sponsor a meal or a portion of a Wednesday meal, please let the office know. THANK YOU IN ADVANCE!**




## CONFIRMATION UPDATE

Our 9th grade confirmation class is rocking it this year! They have made sack lunches for those at Project Bee and put together tie blankets for those in need. This upcoming month the 9th grade class will be attending two very different events. The first being going to Thompson Larson Funeral home. There they will learn about the ministry that takes place and how families are supported during a difficult time. The second is a new event. The students have talked about Christianity and Alcohol. They will be attending a Recovery event to learn from those who are changing their lives for the better.



### FUNDRAISERS

 This summer Pastor Natasha, Pastor Elaine and I will taking two groups of students on mission trips. We are having our first Jr. High Mission trip to Duluth this summer and Pastor Natasha and I are excited to lead these four brave teens on their first ever mission trip. The second trip led by Pastor Elaine and myself will be going to New Orleans for the ELCA Youth Gathering with 14 of our High Schoolers. Excitement is setting in as we are starting to go through the getting ready material. Here are a few upcoming fundraisers you can attend to help support these two trips!

**March 24th- Caramel Rolls and Carnival**

**April 21st- Variety Show**

**May 17th-18th- Rummage Sale**

Follow us on Facebook to see more details about the upcoming fundraisers!

## KORTNI'S CORNY CORNER

**Q:** What type of bow can't be tied in March?

**A:** A rain-bow!

**Q:** Why do people wear shamrocks on St. Patty's Day?

**A:** Because regular rocks would be too heavy

## YOUTH GROUP

**IGNITE 9TH-12TH GRADE**

*Wednesdays from 8-9:30*

**Mar 6th- No Youth Group MPS**

**Spring Break**

**March 13th- Karaoke**

**March 20th- Easter Cards**

**March 27th- No Youth Group- Holy Week**



### HIGH SCHOOL BIBLE STUDY

Our next Bible study will be Tuesday March 26th! See you all soon!

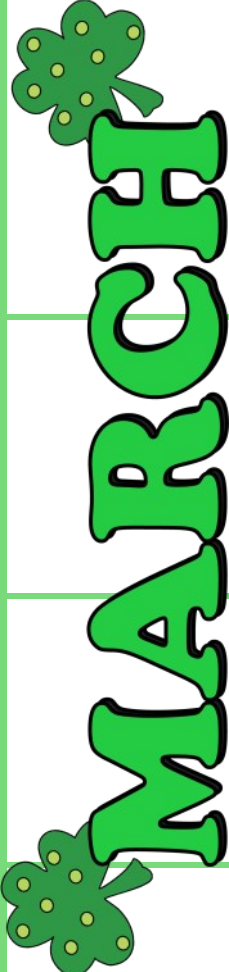




## DID YOU KNOW?

**Did you know... According to the Center of Disease Control and Prevention, about 1 in 3 adults in the United States reported not getting enough rest or sleep every day?**

*-National Heart, Lung, and Blood Institute*

March 15th, a very important day in my books for two reasons. First, my birthday. Important but not the topic for today. Second, National Napping Day! I love a good nap when I have the time. Between work, hobbies, social life and trying to keep my place clean, I feel as if there is never enough time to rest for even 20 minutes. The pressures of making sure everything is done gets in the way and we start to neglect our own wellbeing. Often, when the guilt of closing my eyes for a few minutes starts to take over, I remember Jesus also napped. A quick google search will show you the different pieces of scripture saying that Jesus also took a nap. Despite the ever ongoing "Jesus' Todo List" time was found to rejuvenate himself. So if Jesus napped, don't you think you can? Find time to rest on March 15th and any day that your body needs a little break.

*God, let us take the time to rest as Jesus did and remember the pressures of the world can wait a few minutes so we can be our better selves.  
Amen.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>						
3 <b>9:15am:</b> Coffee Fellowship <b>10am:</b> Worship  <b>7pm:</b> Cub Scout Committee Mtg.	4   	5 <b>1pm:</b> Watercolor Grp <b>5:30pm:</b> Personnell Committee Mtg.	6 <b>11:30am:</b> Potluck and Lenten Worship <b>1pm:</b> Widows & Widowers  *No evening worship due to MPS break	7 <b>6pm:</b> Girl Scout Troop 10319 Mtg. <b>7:30pm:</b> Narcotics Anon	8 	9 LCM Soup Offering <b>5pm:</b> Worship
10 LCM Soup Offering <b>9am:</b> Church School <b>9:15am:</b> Coffee Fellowship <b>10am:</b> Worship <b>11am:</b> Praise band rehearsal <b>3:30pm:</b> Order of the Arrow Mtg	11 	12 <b>1pm:</b> Watercolor Grp <b>5:30pm:</b> Prayer Shawl Ministry <b>6pm:</b> Girl Scout Admin Mtg. <b>6:30pm:</b> Book Club	13 LCM Soup Offering <b>9am:</b> Moms Book Study <b>11:30am:</b> Potluck & Lenten Worship <b>4:30pm:</b> Church School Meal <b>5:30pm:</b> Food Faith Family Meal <b>6:15pm:</b> Worship <b>7pm:</b> 6th-8th, 9th Grade Confirmation & Church School <b>8pm:</b> Ignite	14 <b>2pm</b> Hannah Circle <b>7pm:</b> SOUL Book Study <b>7pm:</b> Cub Scout Pack mtg. <b>7:30pm:</b> Narcotics Anon	15 	16 <b>9am:</b> Men's Breakfast  <b>5pm:</b> Worship
17 <b>St. Patrick's Day</b> <b>9am:</b> Church School <b>9:15am:</b> Coffee Fellowship <b>10am:</b> Worship <b>11:30am:</b> Cub Scouts Pinewood Derby <b>6:30pm:</b> Holy Listening	18 <b>9am:</b> Sewing Day <b>6:30pm:</b> Children's Ministries Team Mtg. <b>6:30pm:</b> Evening Sewing Day	19 <b>10:30am:</b> Soup at LCM  <b>1pm:</b> Watercolor Grp <b>7pm:</b> Food Faith	20 <b>9am:</b> Moms Book Study <b>11:30am:</b> Potluck & Lenten Worship <b>4:30pm:</b> Church School Meal <b>5:30pm:</b> Food Faith Family Meal <b>6:15pm:</b> Worship <b>7pm:</b> 6th-8th Grade Confirmation & Church School <b>8pm:</b> Ignite	21 <b>6pm:</b> Girl Scout Troop 10319 Mtg <b>7pm:</b> SOUL Book Study <b>7pm:</b> Cub Scout Pack mtg. <b>7:30pm:</b> Narcotics Anon	22 <b>Burgers and Trivia Night Fundraiser</b>	23 <b>5pm:</b> Worship
24 <b>Palm Sunday</b> <b>9am:</b> Church School <b>9am:</b> Caramel Roll Fundraiser <b>9:15am:</b> Coffee Fellowship <b>10am:</b> Worship-Kids Sabbath <b>11am:</b> NOLA Fundraiser Carnival	25   <b>6:30pm:</b> Finance Team Mtg.	26 <b>1pm:</b> Watercolor Grp <b>6:30pm:</b> Council Mtg. <b>6:30pm:</b> Highschool Bible Study	27 <b>9am:</b> Mom's Book Study <b>5:30pm:</b> Fed and Forgiven <b>7pm:</b> Church School Training	28 <b>7pm:</b> SOUL Book Study <b>7pm:</b> Maundy Thursday <b>7pm:</b> Cub Scout Pack mtg. <b>7:30pm:</b> Narcotics Anon	29 <b>12pm:</b> Good Friday Worship <b>7pm:</b> Good Friday Worship	30 *No Worship due to Holy Week



# Palm Sunday!



E	E	I	L	O	T	K	L	J	D	B	F	B	X	P	W	O
X	T	S	Z	A	C	H	Q	G	Y	R	C	T	J	V	N	F
E	H	I	W	F	L	B	W	I	Z	A	M	O	U	N	T	P
S	T	A	P	Q	O	Y	I	Z	V	N	Y	D	G	D	V	S
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C	H	C	R	O	W	D	L	T	C	S	Y	S	V	K	O	L
O	A	L	A	T	H	T	A	X	X	G	G	O	E	X	L	A
L	W	N	C	B	V	O	G	X	V	H	Z	N	S	A	F	B
T	K	J	E	S	U	S	E	B	L	E	S	S	I	N	G	F
X	J	T	C	P	X	A	V	O	P	R	O	P	H	E	T	D
Y	L	F	A	H	O	S	A	N	N	A	C	L	N	J	Y	K
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V	J	W	D	O	N	K	E	Y	A	Y	D	K	H	X	O	Z
W	A	F	S	Q	K	L	U	W	R	U	Z	P	O	U	N	V

Jesus  
Prophet  
Branches  
Olives

Palms  
Blessing  
Cloaks  
Mount

Crowd  
Son  
Colt

Village  
Hosanna  
Donkey



## Zion Lutheran Church

1800 Hiawatha Street  
Minot, ND 58701

Happy  
St. Patrick'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

Phone: 701-852-1872

Email: [zlc@srt.com](mailto:zlc@srt.com)

Website: [www.zionlutheranminot.org](http://www.zionlutheranminot.org)

Like us on [Facebook](#)



## 2024 Council Members

Richard Jensen President  
Melissa Helgeson Vice President  
Sherry Broderick Secretary  
John Gruenberg Treasurer  
Matt Sundahl  
Matt Stephens  
Joe Stenvold  
Gary Leslie  
Amanda Mahulum  
Bostyn Edwards Youth Member  
Lead Pastor Elaine Sveet  
Pastor Natasha Kolles