



THE VISITOR

January 2024

Godly Health and Wellness Sermon Series Life Groups Winter 2024

With the New Year comes New Years Resolutions. Many people make resolutions to be healthier in all aspects of their lives. This is the perfect time of year for our Godly Health and Wellness Sermon series and small group ministry. Starting Jan. 6th through Feb. 4th (Including Wed. evenings) we will explore what scripture tells us about wholeness and health.

Week One Jan. 6th Physical/ Emotional wellness.

Week Two Jan. 13th Financial Wellness

Week Three Jan. 20th Spiritual Wellness

Week Four Jan. 27th Social Wellness

Week Five Feb. 3rd Vocational Wellness



This is also a time for small group ministry. If you have not formed a LIFE group, this is the opportunity to do so. Don't know when and where to meet? With our Wednesday church school and confirmation breaking for LIFE groups the church is available Wed. nights for groups to meet. Come have a meal at 5:15, Worship at 6:15, book a room in the church to meet following worship to discuss the sermon. Don't know who to ask to be part of your group? Let the staff help with that. Speak with the Pastors, Kortni, or Chris and we will help.

When we pay attention to all aspects of our humanity — our bodies, our relationships, our money, our minds, our feelings, our work, our faith — we more fully experience that abundant life in Christ and radiate God's love to others.

-Pastor Natasha Kolles

The Worship Team will meet on January 17th at 7-8 in the board room. If you are involved in worship, or want to be involved in worship, you are invited to this meeting. We will explore creative ways to bring the Gospel to worship. We will be discussing Lent and Easter. P.S. Lent will be a Disney theme so bring your Mickey ears.

The Wholeness Wheel



HIGHLIGHTS FROM 2023

As we begin a new year at Zion, there is much to **celebrate**. We are an active congregation with many new or re-started activities. Here are a few good news pieces for which we are giving thanks!

New in 2023: Men's Ministry and the Cornhole Tournament, Social Nights like Hot Tots Baseball, Widows & Widowers group, One Good Sermon (program training new pulpit supply people), Nativity Tour, Social Fundraisers like Bingo, Time & Talent Auction, and Mac & Cheese Cook-off. Committees restarted: Building & Grounds, and Personnel. Music re-ignited: Youth Choir, Adult Choir, Bell Choir, and Christmas Concert. LIFE Groups were also restarted. It has been lovely to witness the **increased energy and activity** at our church.



There are also always things we can improve on, three areas I hope we will focus on in 2024 include: **inviting others** (intentionally giving personal invitations to others to attend events and worship), **visitation** (connecting more often with the sick, grieving, and those unable to attend worship), and **financial generosity**. Our church needs to grow its financial strength so programs aren't limited by our budget. Expenses for building and staffing continue to rise annually as expected, so income needs to rise in step. We are beyond appreciative of those who have a strong commitment to Zion and regularly give generously. God bless you.



Staff Photo at Ugly Christmas Sweater Bingo

We hope to see you frequently in 2024! You are an important part of Zion. Your participation makes us stronger. I am excited about how God is leading this congregation and am so pleased that God called me to join you one year ago.

Happy New Year!

- Pastor Elaine

IN MEMORY OF ARDIS MARKLE

Undesignated

Connie Knudson
Allen Westereng

ZLC General

Joe and Beth Stenvold
Brian and Julie Troxel

IN MEMORY OF JAY HIGHT

ZLC General

Pat White

IN MEMORY OF MERRIE BORUD

Community Outreach

Joe and Beth Stenvold

IN MEMORY OF ORDEAN MOMERAK

ZLC General

Darlene Momerak

IN MEMORY OF JANE HORNTVEDT

ZLCW

Jaquelyn Smith
Sonja and Joel Hernes

ZLC General

Connie Knudson

Music

Jim and Sherlene Nelson/Clute
Floyd and Mike Rude

IN MEMORY OF HARLAND HAYES

Outdoor Enhancement

James and Patti Preston

Undesignated

Larry and Brenda Freyholtz
Ruth Juergens

IN MEMORY OF DANIEL "MIKE" REID

Undesignated

Tom and Mary Probst
Kim Reid
Matt and Kara Pfau

IN MEMORY OF LEROY R HAUGEBOG

Trust

Pheobe Haugeberg

December 2023-Baptisms

Leo John Klatt 12/10/23
Emilia Leigh Klatt 12/10/23
Cade Benjamin Warner 12/23/23
Mila Rose Warner 12/23/23
Aria Rose Warner 12/23/23



November 2023- Funerals

Merrie Borud 12/1/2023
Jane Horntvedt 12/9/2023
Harland Hayes 12/12/2023

Congratulations to TRUST!
Our Zion contribution to trinity hospital is featured in their publicity. Zion has a city reputation for generosity.



memorials
& gifts

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

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. Dave Demers will be hosting breakfast and devotion. This group meets once a month.



Next meeting is Saturday, Jan. 20th @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, 11th @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 Mon, Jan. 15th @ 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 latex paints due to allergies.



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 Jan. 9th @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 is Monday, January 8th @6pm



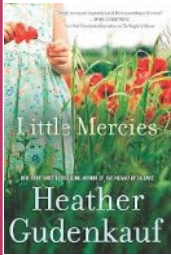
Yoga

NEW

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 5 week yoga class starting Jan. 8 at 7pm. All ages are welcome. Come and receive a physical and spiritual boost



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



January's book is "*Little Mercies*" by Heather Gudenkauf. Veteran social worker Ellen Moore has seen the worst side of humanity, the vilest acts one person can commit against another. She is a fiercely dedicated children's advocate and a devoted mother and wife. But one blistering summer day, a simple moment of distraction will have repercussions that Ellen could never have imagined, threatening to shatter everything she holds dear, and trapping her between the gears of the system she works for.

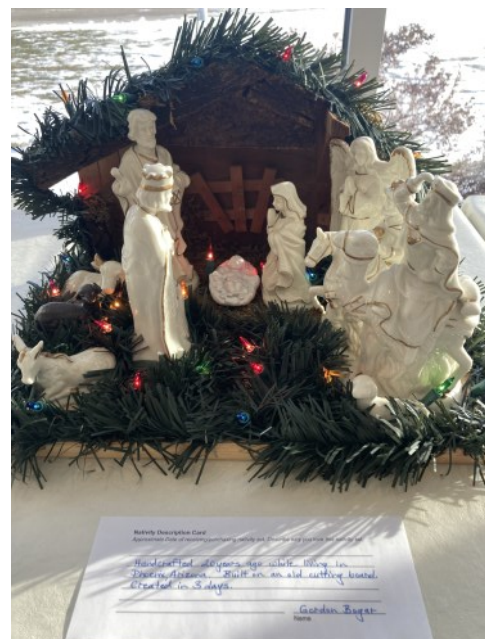
A powerful and emotionally charged tale about motherhood and justice, *Little Mercies* is a searing portrait of the tenuous grasp we have on the things we love the most, and of the ties that unexpectedly bring us together. (Excerpt from Amazon.com)

Thank you to these musicians who made our
Nativity Tour and Concert a joyful
celebration of Christmas

Emma Peterson
Pastor Natasha and Kayla
Devin Cole
Jared Kolles
Jensen-Hirst
Kiera Torgeson
Rich Jensen
Chris and Kiera Torgeson
Pastor Elaine and Ava Sweet
Andy Hirst

Nativity Tour Winners:

Most Beautiful: Gordon Bogar
Most Unique: Shelly & Donna Cole
Best Traditional: Michelle Jacob and
Robert Sam
Best Tiny Nativity: Ava Sweet



Worship Date	On-Site	Online	Total
2, 3, 6 December	209	212	421
9, 10, 13 December	170	300	470
16, 17, 20 December (Kids Sabbath)	460	345	805
Christmas Eve Services	484	N/A	N/A

Financials

Good News! YouTube

On YouTube if your account has a certain amount of subscribers and public hours watched you can earn income from your content. We are at 465 subscribers and 2,746 public hours watched. When we hit 500 subscribers (35 more!) and 3,000 public hours watched, which we believe will be hit by Christmas, Zion will be able to receive a small income for viewership. Congratulations to Eric Burckhard for his excellent filming and audio work that makes our content so desirable Thank you for watching and don't forget to subscribe!



Thrivent Action Team Dollars

We use the Thrivent gift cards we are given to support Zions Ministry, This year we used \$3,250. Thank you to all our Thrivent givers.

Please scan this QR code to Give to ZLC



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	 Bank Pay Sign up with your bank for recurring giving direct from your account
	 Mailed In Check or in Giving Envelope to 1800 Hiawatha Street SE Minot ND 58701	

Pledge Cards

Thank you to everyone who has turned in their 2024 pledge cards

Last year for 2023 we had **139 people** turn in their pledge cards and a total of **\$347,272.00 pledged**.

This year for 2024 we had **135 people** turned in their pledge cards and a total of **\$347,879.00 pledged**

We had 7 new pledgers and 5 pledgers who skipped a year of pledging and resupported this year (pledged in 2022 and 2024.)

New Members!

Welcome two new members: Jackie & Charlie Hebor. We are so happy God led you to Zion!

Christmas Poinsettias

Thank you to all who donated to Christmas Poinsettias. 18 live poinsettias and 7 silk poinsettias were ordered. \$406.27 was generated to the Flower fund for summer flowers. You beautified our sanctuary

Thank you!



A huge thank you to all who helped with the Christmas Kids' Sabbath. Also a big thank you to everyone who served as Workshop Leaders, Shepherds, Music and Nursery Staff.

Church School News

We start back on **Sunday, February 11th & Wednesday, February 14th**



TRAINING will be **Tuesday, February 6th at 6:30pm.** Child care will be provided for those who need.



ALL CHURCH SCHOOL EPIPHANY EVENT

Wednesday, January 24th at 7pm
following worship.

Join Pastor Elaine as we dive into the season of Epiphany through storytelling and activities.

Upcoming Family Movie Events



***Sunday, February 4th**

***3:00pm**

***Mark your calendar today!**

***Snacks and popcorn will be served.**

****Title to be released SOON!***

Come watch a family movie, make a Valentine's box and enjoy fellowship!

UPCOMING STUDY
FOR
WOMEN
(Married, Single,
etc.)
CHECK IT OUT!!!



We will begin a new study on **Wednesday, January 3rd**. We will dive into the book "**Looking for Lovely**" by Annie F. Downs. This is a great opportunity to begin the new year evaluating our time and seeking the slow, simple and good in our lives. What does it mean to collect moments that matter?

Moms on a Mission

Wednesday mornings at 9am

SOUL Sisters

Wednesday evenings at 7pm

***Sign up on the Zion Website**

Angel Tree **Thank You**

A HUGE thank you to ALL of you who purchased Christmas gifts for both North Central Human Services and Nexus PATH!

We served over 30 families from Minot and the surrounding area!



CONFIRMATION UPDATE



Confirmation will be taking a break during the month of January and part of February so all families can join a Life Group! If you have questions about joining a Life Group, please give the office a call!

6TH-8TH GRADE RETREAT

Another year of our yearly 6th-8th grade Holy Sacrament Retreat is coming up! On **Sat. February 3rd from 5-11pm** we will be learning about Holy Baptism and Holy Communion. This event is important to attend since we do not teach these important topics in-depth during class. We are excited for our youth to be able to ask all their questions and discuss hands-on at length. We will of course play games, eat food, and watch a movie. You won't want to miss it!

This event is required for all 6th-8th graders

YOUTH GROUP

IGNITE 9TH-12TH GRADE
Wednesdays from 7-8:30pm- The month of January!

Jan 3rd- No Youth Group
Jan 10th- Games and Devotions
Jan 17th- Pastor Elaine leading youth group
Jan 24th- Painting Night
Jan 31st- Service Project



HIGH SCHOOL BIBLE STUDY

I will be starting up a monthly Bible study for all interested 9th-12th graders. We will

KORTNI'S CORNY CORNER



Q: What do you call a nice ghost in January?

A: Casp-burr!

Q: What can you catch in winter with your eyes closed?




A: A cold!

DID YOU KNOW?

Did you know... The reason *"why aren't we more successful at keeping our New Year's resolutions? Some include the idea that we're thinking too big, we're not considering the 'why' behind them and the fact that we may not be ready for change."* -Verywellmind.com

Change? Ew, gross, no. Change can be uncomfortable, weird, and down right hard. As we enter the season of New Years resolutions, remember you don't have to do it all at once and be perfect right off the bat! Want to move your body more? Try moving more 3 days a week. Want to save more money? Try limiting your multiple Starbucks runs down by 1 or 2. Journaling something you might enjoy? Try writing down 3 things you are grateful that day. Change is a slow process and maybe not as gross as I first thought. So get out, make small more attainable resolutions! No where does it say you can't edit them throughout the year!

God, let us lean into the changes we want to see in ourselves, those around us, and the world. Help us see change as something new, exciting, and not a burden.
Amen.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Life Group Week 1 9:15am Coffee Fellowship 10am: Worship	1 New Years Day January Office Closed	2 9am: Pastors Text Study 10:30am: Team Mtg. 1pm: Watercolor Group	3 9am: Moms on a Mission-Looking for the Lovely 1pm: Widows and Widowers 7pm: SOUL Sisters-Looking for the Lovely Study	4 9am: Minot Pastors prayer mtg 7:30pm: Narcotics Anon. Mtg.	5 	6 Life Group Week 1 5pm: Baptism- Emilia and Leo Klatt 5pm: Worship
14 Life Group Week 2 9:15am Coffee Fellowship 10am: Worship 3:30pm: Order of the Arrow Mtg	8 5:30pm: Childrens Ministry Mtg. 7pm: Yoga	9 9am: Pastors Text Study 10:30am: Team Mtg 1pm: Watercolor Group 5:30pm: Personal Com. Mtg. 5:30pm: Prayer Shawl 6pm: Girl Scout Admin Mtg. 6:30pm: Book Club	10 Life Group Week 1 9am: Moms on a Mission-looking for the Lovely 5:30pm: Food Faith Family 6:15pm: Worship 7pm: SOUL Sisters-Looking for the Lovely Study 7pm: Youth Group	11 9am: Minot Pastors prayer mtg 2pm: Hannah Circle 6pm: Girl Scout Troop 10319 Mtg. 7:30pm: Narcotics Anon. Mtg.	12	13 Life Group Week 2 9am: Cub Scouts Pinewood Derby 5pm: Worship
21 Life Group Week 3 9:15am Coffee Fellowship 10am: Worship	15 Martin Luther King Jr Day 9am: Sewing Day 7pm: Yoga	16 9am: Pastors Text Study 10:30am: Team Mtg 1pm: Watercolor Group 6:30pm: Council Mtg	17 Life Group Week 2 9am: Moms on a Mission-looking for the Lovely 5:30pm: Food Faith Family 6:15pm: Worship 7pm: SOUL Sisters-Looking for the Lovely Study 7pm: Worship Com. Mtg.	18 9am: Minot Pastors prayer mtg 7:30pm: Narcotics Anon. Mtg.	19 	20 Life Group Week 3 9am: Men's Breakfast 5pm: Worship
28 Life Group Week 4 9:15am Coffee Fellowship 10am: Worship	22 7pm: Yoga	23 9am: Pastors Text Study 10:30am: Team Mtg 1pm: Watercolor Group 6:30pm: Youth Bible Study	24 Life Group Week 3 9am: Moms on a Mission-looking for the Lovely 5:30pm: Food Faith Family 6:15pm: Worship 7pm: SOUL Sisters-Looking for the Lovely Study 7pm: Youth Group	25 9am: Minot Pastors prayer mtg 10am: Women in Ministry 6pm: Girl Scout Troop 10319 Mtg. 7:30pm: Narcotics Anon.	26	27 Life Group Week 4 5pm: Worship
28 Life Group Week 4 9:15am Coffee Fellowship 10am: Worship	29 7pm: Yoga	30 9am: Pastors Text Study 10:30am: Team Mtg 1pm: Watercolor Group	31 Life Group Week 4 9am: Moms on a Mission-looking for the Lovely 5:30pm: Food Faith Family 6:15pm: Worship 7pm: SOUL Sisters-Looking for the Lovely Study 7pm: Youth Group			

Zion Lutheran Church

1800 Hiawatha Street
Minot, ND 58701

Happy
New Year



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

Website: www.zionlutheranminot.org

Like us on [Facebook](#)

2024 Council Members

John Butgereit President
Melissa Helgeson Vice President
Rich Jensen Secretary
Erica Atkinson Treasurer
John Thompson
Kristi Asendorf
Sherry Broderick
John Gruenberg
Matt Sundahl
Annlea Eskelson Youth Member
Lead Pastor Elaine Sweet
Pastor Natasha Kolles