



⁷ Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. Romans 15:7

“Velkommen” painted on a norsk blue background and decorated with rosemaling was displayed in the entry way of our home and my grandparents. Velkommen means welcome in Norwegian a sure sign that the coffee pot never went empty and there was always a sweet to go with it. Velkommen all!! All are welcome! Is a motto and a guiding principle for the

church. Velkommen all to Zion, beloved children of God! How do you welcome people to Zion? How do we show hospitality? How do we invite people to Zion? The following statistics are by the Billy Graham Association that I feel are considerably accurate.



“In asking a group of people what initially brought them to church this was the breakdown.

6-8% Walked in by own initiative

2-3% Liked a program offered

8-10% Liked the pastor

3-4% Had a need met by the church.

1-2% Were Evangelized

3-4% Attracted by Sunday School

70-85% Invited by a relative or friend!

The average is 83% came to church because of an INVITE by a friend or relative.”

I wasn't surprised by the 83%. Are you? Have you invited someone, have you thought of inviting someone, or were you invited and stayed? With all our wonderful programming starting up this fall it's a great opportunity to invite. You could invite a friend/relative to Youth Group, Widows and Widowers, Men's breakfast, Bingoween, Worship, FFF, Holy Listening. The list is extensive. I challenge you to invite one person in the next month to Zion. My prayer is that while they are here, they hear the good news of God's love for all people and that they truly know they, and you, are welcomed just as you are.

-Pastor Natasha Kolles



August 2024- Baptisms

Creed Micheal Hancock 8/11
Lincoln Lawrence Hammer 8/25

August 2024-Funerals

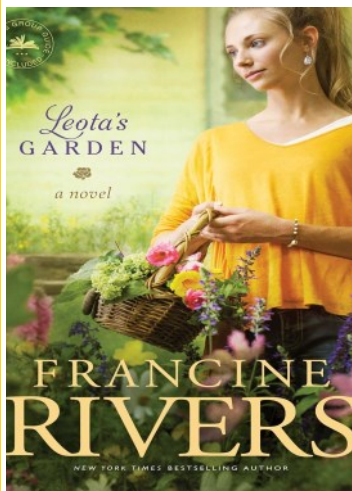
Ronald Carlson 8/22
Jeffrey Carlson 8/29
Darrel Wilkerson 8/30



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*



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

Septembers book is “Leota’s Garden” by Francine Rivers

Leota’s garden was once a place of beauty, where flowers bloomed and hope thrived. It was her refuge from the deep wounds inflicted by a devastating war, her sanctuary where she knelt before a loving God and prayed for the children who couldn’t understand her silent sacrifices.

Now, eighty-four-year-old Leota Reinhardt is alone, her beloved garden in ruins. All her efforts to reconcile with her adult children have been fruitless, and she voices her despair to a loving Father, her only friend.

Then God brings a wind of change through unlikely means: one, a college student with an agenda all his own who thinks he has all the answers; the other, a granddaughter Leota never hoped to know. But can the devastation wrought by keeping painful family secrets be repaired before she runs out of time?

*Excerpt from Amazon.com

****The Next Book Club Meeting is Tuesday, September 10th at 6:30pm**

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.



This group meets once a month. This will be the last meeting until next fall
Next meeting is Saturday, September 14th in the fellowship hall

Widows & Widowers

Support & Treats with Pastor Elaine.

The next meeting is **Wed. September 4th @1pm**
Sally Butgereit will bring 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, Sept. 10th @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.



Holy Listening

Meet with a new speaker once a month in the backroom of Bootlegz. We've had all kinds of speakers in previous years. We've had first responders, business owners, etc.

Speakers will be announced on our Facebook. These events will be:
Saturday Sept. 15th 6:30pm-8pm
Saturday Oct. 20th 6:30pm-8pm

Prayer Circle

Gathering with others monthly to pray for people in our congregation, needs in the community, state and world.

Next Meeting: Wed. September 25th at 2pm.



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, Sept. 12th @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, Sept. 21st @ 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.

Financials

	Year to Date
Income	\$426,787.17
Expenses	\$430,492.79
Net	-\$3,705.62

Thank You

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

Please scan this QR code to give an offering to ZLC



Every financial gift is important to Zion.

Thank you to all those who prioritize giving to Zion. Those who give through automatic givings and those who pledge, your counted on support allows the church to function smoothly year-round. If you'd like to register for onlinegiving/automatic giving through Rebel Give. Please contact the church office or click the link on our Zion website. God bless you in your giving.

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



Did you know that the Trust Committee partnered with the congregation to fund our mission pledges this year with Lutheran Campus Ministry and Metigoshe Ministries. At \$3,000 each totally \$6,000. A huge thank you to the Trust Committee!

Worship Date	On-Site	Online	Total
July 27th & 28th	67	100	167
August 3rd & 4th	100	74	174
August 10th & 11th	121	142	263
August 17th & 18th	113	120	233
August 24th & 25th	132	130	262

Looking Ahead



LUTEFISK

It's Back!

Zion's Lutefisk and Meatball dinner will be Sat. September 21st from 3pm-7pm. Dinner will include desserts and lefsa served family style. Tickets are \$20 per person, \$10 child (6-12), Under 6 is free.

*Volunteer sign up for specific jobs and shift times are available at the church or online by scanning the QR Code



Time & Talent Auction Sun. Nov. 17th 6pm

Start planning your submissions for Zion's 2nd Annual Time & Talent Auction. Last year 57 items were donated raising \$16,210 for our church!

We are excited for this year's fun and fabulous auction. Please begin planning what you can contribute. We are wanting items that are homemade, handcrafted, or a service. Here are some Auction Donation Ideas: Fresh caught, frozen Walleye, Lawn Mowing or Snow Plowing 4 times a season, Cookies of the Month, Casserole of the Month, Lefse for the Holidays, Cottage Rental for a week, House Cleaning monthly for 6 months, Private Concert, Painting a room, Crocheted blanket, Handmade dog toys, Math Tutoring x3 sessions, 4 Piano or Voice Lessons, Pet Sitting x2.

ERIC NEEDS YOUR HELP!

ZION YARD CLEAN-UP

Bring your family and friends to help Eric with clean-up projects. All ages are welcome!

Wed. Sept. 4th 7-8pm & Wed. Sept. 11th 7-8pm



Food Faith Family Update

- We are excited to announce our new **Food Faith Family Kitchen Manager: Diana McLean**. Diana will assist our FFF teams in providing a wonderful meal each week for us. She will be the main contact for our teams as well as anyone who may be interested in joining in the fun. Thank you, Diana, for answering the call to serve and helping us continue to provide this special time of food and fellowship.
- We are looking for 3-4 more people (or families) to create one additional serving team. You will serve just 3 Wednesday night meals during the school year. Come help in the kitchen!
- Look for our FFF Meal & Team schedule in our October Newsletter.



Diana & Bruce McLean



Considering Seminary?

Pastor Elaine will be taking a small group of interested young people to Luther Seminary in Minneapolis to explore their potential calls to ministry. If you are interested in learning more about becoming a pastor or other church positions, speak to Pastor Elaine soon!



Congratulations to Pastor Elaine

Pastor Elaine had two prayers featured in an Anniversary Edition of a Worship Liturgy Resource called 'Gathering'. It featured a selection of some of the most treasured pieces of worship liturgy published in the past 50 years. Two prayers of Pastor Elaine's were featured. We celebrate this honor and anticipate liturgy created for Zion's worship to be published in future editions.

This holy night, this holy week,
cling to the promises of God,
cling to the example of Christ,
cling to the presence of the spirit.
Sorrow will turn into joy.
The shadows of this holy week
will dawn a new hope.
Not yet, but soon.
By the power of God, soon.

**Elaine Bidgood Sveet, Port Perry
U.C., Port Perry, Ont. Gathering Lent-
Easter-Pentecost 2012**

Come into the mystery of a holy night,
long ago.
Come into the mystery still present and
potent.
Come, leave behind your skepticism,
drop any disappointments.
Come bravely as generations have
before you.
O come let us adore, Christ our Lord!

**Elaine Bidgood Sveet, First Lutheran,
Rugby and Leeds, North Dakota.
Advent-Christmas-Epiphany 2017/2018**

CHURCH SCHOOL UPDATE

- Rotation—**What does God Say About Wellness?**
- Wednesdays: Sept 4, 11, 18, 25, & Oct 2nd
- Sundays: Sept 8, 15, 22, 29 & Oct 2nd (Wednesday at 4:30pm)
- Kids' Sabbath—**Wednesday, Oct 2nd during 6:15pm Worship** (line up at 6pm)

Kids' Sabbaths

- Following each rotation our students will share with the congregation the story they have learned during a worship service. The students will sing a few songs, share the story (through reading, skit, puppets, etc) and help throughout the worship service.
- Kids' Sabbaths Dates:
 - Wed, Oct 2nd
 - Wed, Nov 13th
 - Sat/Sun, Dec 14th/15th (Christmas)
 - Wed, Feb 26th
 - Sun, Apr 13th (Palm Sunday)

NURSERY MINISTRY

We strive to provide nursery care during our **Sun Morning (9:45-11:00am) & Wed Evening (6:00-7:00pm) Worship Services**. The nursery is located in room 402.



Our nursery care providers are **VOLUNTEER**, but have gone through training and a background check. If you are interested in helping in this area of ministry, please contact Chris Torgeson, Ed Director.

We also try to provide childcare during our Faith Formation times (Church School/Confirmation).

- Sundays 9:00-9:45am
- Wednesday 4:15-6:00pm
- Wednesday 7:00-8:00pm

Children's Ministries Team

Join our team as we plan events for our children and families—**Tues, Sept 10th at 7:30pm here at Zion**. Talk to Chris if you have any questions. Childcare is provided if needed!



Bible Workshop Tuesday, Sept 10th 6:30pm

This is for all 3rd Graders and any 4th/5th Graders who have not been gifted a Bible from Zion. Students AND Parents should attend the workshop. The students will be presented their Bibles during the Wed, Sept 11th 6:15pm service OR Sunday, Sept 15th 10am service. Registration form is available on our website.

Please register before Sunday, Sept 8th



Fed and Forgiven

Join us for our Holy Communion Education Event on **Tues, Oct 1st from 6:30-7:30 pm**. This 2-part intergenerational 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 bring a broader understanding to Communion from a Lutheran perspective. The events can be done in any order but families are encouraged to attend both events. The second event will be **Wed, April 16th**. If you or your child(ren) have not had any previous Communion instruction or would like to learn a little more, join us! Please contact Chris if you would like materials to preview prior to the event. Age appropriate resources are available for preschool-adults that can be used to enhance the understanding and appreciation of Holy Communion.

WEDNESDAY NIGHT SCHEDULE

- 4:30-5:30—Church School Session I
- 5:15-6:15—Food Faith Family (FFF) Supper
- 6:16-7—Worship—Camp Style
- 7-8—Church School Session II/Confirmation

Seeking Wholeness in Today's World

Chris Torgeson's Sabbatical

I want to share a few insights and lessons I learned over these past 3 months. My focus on Sabbatical was wholeness and wellness. Here are a few of the verses I found helpful to focus on throughout my time away.



*Matthew 11:28-30 “Come to me, all you that are weary and are carrying heavy burdens, and will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

*Mark 2:27 “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath. (It is a gift to be treasured, not a burden to bear!)

*

Wellness and wholeness is seeking a balance in all area of our lives including; spiritual, physical, emotional, social, vocational, and financial. Part of my sabbatical was spent examining my own well-being in each of these areas.

Spiritual: I focused energy on my own spiritual health through daily devotions, prayer time, and even meditation. I know how important spending time with God is. After having dedicated specific time throughout this summer, I recognize how often it gets put aside as I plan Bible studies, lessons and trainings for others rather than spending my own learning time with God. My goal is to continue my own time, apart from planning, to dive into what God is doing in my own life, rather than always preparing for the next event/study/rotation.



Emotional Wellness: Unexpected Compassion Fatigue: One of the most difficult parts of my sabbatical was recognizing the compassion fatigue I was experiencing, especially in those first few weeks. I did not expect to feel the great exhaustion from having to disconnect from a place I hold so dear to me. But as I looked into the definition of compassion fatigue, I realized what I was experiencing.

*Compassion fatigue is a state of physical, mental, and emotional exhaustion that can result from helping others or caring for their emotional pain. It can also be referred to as vicarious or secondary trauma because it can happen when someone becomes emotionally affected by the trauma of another person, like a client or family member.

*Compassion fatigue is often experienced by professionals who regularly care for individuals' physical, emotional or spiritual needs. It can be caused by the process of empathy, which can make helpers vulnerable to being profoundly affected by their work.

These past few months allowed me a chance to reflect on how I care for myself while I continue to serve and walk with others on their journeys. This awareness will serve me well as I am learning to recognize and release those emotions I experience, rather than hold them so close to my heart. I believe this will help me serve the congregation with a healthier balance in caring for myself and others.

I look forward to sharing with all of you lessons and practical tips I learned throughout my sabbatical. It was a gift of time. I am grateful for the opportunity to rest, grow, affirm my sense of calling to this place, and renew my spirit in how God is using me each and every day. I am happy to have conversation or answer any questions you may have about what I learned or experienced while on sabbatical.

I am returning with a renewed sense of call to Zion as your Director of Education and Family Ministry and I look forward with anticipation to discover how God is calling us to be Christ's hands and feet in the world.



I share deep appreciation for the entire staff who picked up extra duties throughout the summer to ensure the needs were met. I also send a special thank you to the Children's Ministries Team and teens who partnered with staff to make sure Day Camp ran smoothly.

Blessings, Chris

CONFIRMATION UPDATE

We are ready for another great of year Confirmation here at Zion to start! Below are a few fall dates to start adding to your calendars.

Wednesday Sept. 4th First night of confirmation classes for 6th-8th graders

Wednesday Sept. 25th First night of Off-site confirmation

October 18th & 19th- Jr. High LYO gathering in Bismarck

*A confirmation calendar will be sent out via *Remind* for a full year's worth of class dates.*

KORTNI'S CORNY CORNER

Q: What is a tree's least favorite month?

A: Sep-timber

Q: Why do you keep tripping on September 22nd?

A: Because, it's the beginning of Fall!

DID YOU KNOW?

Did you know "September 22nd is National ice cream cone day?" *Nationaldaycalendar.com*

Seeing this on the National Day Calendar made me laugh out loud in my office today because of how relevant this is to me right now. You see, this time of the year, the office is a little crazy. We are welcoming some many people back into worship on Saturdays and Sundays as the weekends at the lake come to a close. We are preparing lessons for our 170+ kids ranging from PreK-12th grade. We are having endless meetings with parents, small group ministries, council and staff to make sure everyone is on the same page.

On one of my daily phone calls to my therapist, better know to many as my mom. I was ranting about how busy schedules are this first month of programming and she said something to me that will probably last a life time. She said "Well Kortni, when you are done with your current task at hand, go get yourself an ice cream cone and thank God for helping you through it."

This time of the year can be hectic for so many, but when you complete even the smallest of tasks, remember to thank God for walking with you in all that you do. Oh, and thank God for ice cream cones too.

God, thank you for walking with me through hard things and thank you for sweet treats.

Amen.

YOUTH GROUP IGNITE 9TH-12TH GRADE

Wednesdays from 8-9:30pm

This month, we will be starting back up with our weekly youth groups! All 9th-12th graders are invited to come hangout, play games, eat snacks, have discussion and grow together from 8-9:30pm every Wednesday. This month we will be soaking up every last nice night we have!

September 11th- Campfire

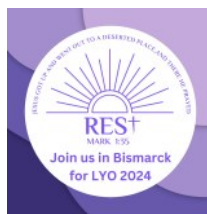
September 18th- Campfire

September 25th- Campfire

Bring a friend and come hangout!



WND LYO Gathering



The annual Western North Dakota LYO Gathering is coming up quick! This year, our 9th-12th Graders will meet October 17th & 18th and our 6th-8th graders will meet

October 18th & 19th in Bismarck. The theme this year is "Rest" coming from Mark 1:35 "Jesus got up and went out to a deserted place, and there he prayed." Look out for an interest meeting and registration soon!

ELCA YOUTH GATHERING

“I praise you, for I am fearfully and wonderfully made” Psalm 139:14

In July, Pastor Elaine and I took 14 high schoolers to the ELCA Youth Gathering in New Orleans. This event is held every 3 years (with the exception due to the pandemic.) I have never been on such a well thought out service trip. I thank everyone that was part of the planning committee to make this event possible. During our time in New Orleans, we had set events we were expected to be at, but also time to explore and grow as a group while there. Because the Gathering is such a different experience, I want to take some time to explain just how impactful this trip was on not only the youth that attended, but for myself as well.

During your time at the ELCA Youth Gathering, you have a set schedule. The days were broken into 3 different parts; Synod Day, Interactive Learning Day, and Accompaniment Day. Synod Day started out with everyone from Western and Eastern North Dakota along with our South Dakota friends worshiping together. After our time together, we got to go out into the city of New Orleans and explore via a Scavenger hunt that the Gathering organized. It was a great way to explore our host city. Interactive Learning Day was a time to learn about many different partners within the ELCA like ELCA World Hunger, Luther Seminary, 1517 Media, and many more. But it wasn't all learning, there were also games, prayer labyrinths, coloring and a place to just relax and be out of the heat. Lastly, Accompaniment Day, was a day of service in many different forms. Our youth got to experience service by learning. We watched a documentary that talked about the history and importance that band holds in the New Orleans school districts. We spoke with one band director on how he has helped change the lives of many students. Afterwards, we got to listen to one of the bands perform live. A truly amazing experience.

Our nights always ended in Mass Gathering focused on the theme *“I praise you, for I am fearfully and wonderfully made.”* Mass Gathering was spent lifting up how each of us is made exactly the way God intended us to be. We lifted this theme up with songs, prayer and keynote speakers. These nights were the times that hit the hardest for me. Watching our youth dance to the music, be fully engaged with the main stage speakers and hold great discussion afterwards, was when I knew how important and impactful this trip was and will continue to be. Thank you so much for being a congregation that invests so much into the youth. Without any of you, this trip would not have been possible. Also, if you see the youth around, ask them about the trip. I know they will have a lot to say!



If you would like to see what some of the kids said about the trip, you can go over to our Zion Youtube channel and watch Sunday, July 28th's worship service.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Trust Envelope Month 9:15am Coffee Fellowship 10am Worship and Baylor Wenstad Baptism	2 Office is Closed for Labor Day 	3 1pm Watercolor Grp	4 1pm: Widows and Widowers 4:30pm Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm Church School, Confirmation & Yard Clean-up	5 7:30pm Narcotics Anon	6 	7 5pm: Worship and Mera Mickelsen Baptism
8 9am Church School 9:15am Coffee Fellowship 10am: Worship 3:30pm OA Mtg 5pm Medora Pastor's Conference	9	10 1pm Watercolor Grp 5:30pm: Prayer Shawl 6pm Girls Scout Mtg 6:30pm Book Club & Church School Bible Workshop 7:30pm: Children's Ministry Mtg	11 4:30pm Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm Church School Confirmation & Yard Clean-up	12 2pm: Hannah Circle 7:30pm Narcotics Anon	13	14 9am: Men's Breakfast 2pm Burud/Holm Wedding 5pm Worship
15 9am Church School 9:15am Coffee Fellowship 10am: Worship 6:30pm: Holy Listening	16 9am Sewing Day	17 Chris's Birthday!  1pm Watercolor Grp 6:30pm: Council Mtg	18 4:30pm Church School 5:15pm: Food Faith Family 6:15pm: Worship & Avery Scheig Baptism 7pm Church School & Confirmation	19 2pm: Sommerset Worship 7:30pm Narcotics Anon	20	21 3pm: Lutefisk and Meatball Dinner  5pm: Worship
22 9am Church School 9:15am Coffee Fellowship 10am: Worship	23 	24 1pm Watercolor Grp	25 10am: LCM Soup 4:30pm Church School 5:15pm: Food Faith Family 6:15pm: Worship	26 6:30pm: Nominations Committee Mtg 7:30pm Narcotics Anon	27 	28 5pm Worship
29 9am Church School 9:15am Coffee Fellowship 10am: Worship	30					

Zion Lutheran Church

1800 Hiawatha Street

Minot, ND 58701



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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