



***“For everything there is a season and a time for every matter under heaven.”*** (Ecclesiastes 3) I pray that this month will bring a change in season and weather; A time for crops to be planted, gardens to prepare, and more time spent outdoors. As we look forward to summer and take a break from our busy program year, we still have lots to do in the month of May and onward. Take note of the last round of fundraisers for our youth going to the National Youth Gathering and Serve Boldly. Our last Kids Sabbath until fall, Senior Sunday, and Youth lead worship service Wednesday May 15<sup>th</sup>. The Zion Walkers will also be taking off again this summer starting May 15<sup>th</sup>. As the busy church year winds down, we head into a quieter church season; the sacred summer. Many families relish their weekends camping, being at the lake, and traveling. Our summers have been packed full of summer theater, running kids to swim practice, summer activities, working, and this year we have a camping trip in the works.

The sacred summer, however, brings with it some challenges. One of the biggest challenges, that is not unique to just our congregation, is that our weekly offerings decrease. This happens for various reasons, one of which is lower worship attendance. Remember you can always watch online while enjoying your morning coffee by the lake. This is your gentle reminder to enroll in our automatic online giving if you haven't already done so. It's simple: just go to Zion's website, click the green give button, and follow the instructions. If you are already a regular giver, consider giving a little extra during the summer months.

The staff continues to work on 'summer projects' and everyday tasks. Volunteers and committees will keep busy with Day Camp, planning and organizing, visioning, and building projects. Your generosity makes all of this happen. Without your support our mission of sharing God's love with the community and world cannot be reached. Thank you! We appreciate you all!

**IN MEMORY OF OTTO & IRENE JOHNSON**

Undesignated: Jim & Judy Johnson and Erv & JoAnn Johnson

**IN MEMORY OF LORI WICKEN AWE**

Zion General Fund: Ruth Juergens



**IN HONOR OF Grandchildren Evelyn, Mikaila, Soren, Joey, Lars, Brian, Peder, Sophie, Marvin, and Nevaeh**

Undesignated: Jim & Judy Johnson and Erv & JoAnn Johnson

**IN MEMORY OF SHIRLEY LARSON**

Undesignated: Larson Family

Heat: Pat White

Building Fund: Larson Family



**April 2024- Baptisms**

Camden Robert Sperling-4/6  
Atley Ford Stromberg-4/7  
Lane Leo Troxel-4/14  
Lainey Sue Bercier- 4/27

**April 2024-Funerals**

Marion Hambek- 4/5/2024



**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*

Say 'welcome' to  
our newest  
members!

Samantha & Ryan  
Rasmusson




**Mothers and Others**  
**Spring Salad Luncheon**  
Saturday, May 11, 11:30 a.m.

Zion Lutheran Fellowship Hall  
Bring a friend and a  
salad to share  
Speaker: Pastor Elaine Sweet  
Special Music: Jared Kolles  
Offering: Project Bee  
Door Prizes

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. Breakfast will be rummage sale caramel rolls for \$3. Jim Robb will lead the devotions



This group meets once a month. This will be the last meeting until next fall

**Next meeting is Saturday, May 18th @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, May 9th @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, May 20th @ 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, May 1st @1pm Barb Jenson 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, May 14th @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.

### Zion Walkers

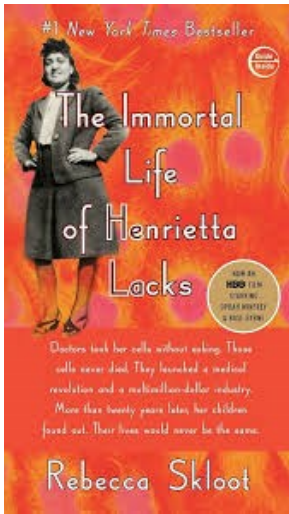
**Meets Wednesday Mornings**



This spring and summer enjoy an opportunity to gather weekly to walk our neighborhood. 9am Wednesdays we'll meet at the

cross by our southeast door for a prayer together and then head out walking together. What a great opportunity to take care of our bodies, connect with each other and church staff, and enjoy the great outdoors.

**First Meeting is Wednesday May 15th @9am**



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

**May's book is "The Immortal Life of Henrietta Lacks" by Rebecca Skloot**

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions.

\*Excerpt from Amazon.com

**\*\*The Next Book Club Meeting is Tuesday, May 14th at 6:30pm This is the last meeting until September\*\***



Zion was filled with joy on Easter Sunday! We had 403 worshippers at Easter. That is forty more worshippers than 2023. We loved seeing the new photo area being utilized too. Thank you to all our musicians, choir members, ushers, communion servers etc., who helped make Easter and Holy Week a wonderful honoring of our Lord.



Worship Date	On-Site	Online	Total
April 3rd	72	90	162
April 6th, 7th, and 8th	271	227	498
April 13th, 14th, and 15th	218	210	428
April 20th, 21st, and 24th	196	104	300



**Celebration Corner**

Congratulations to our graduating Seniors! Zion has 21 graduates being honored on Senior Sunday, May 12th @10am

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

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

# Financials

	Year to Date
Income	164,346.20
Expenses	185,039.01
Net	(20,692.81)

*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](http://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

## Special Congregation Meeting Report:

Sunday April 14th there was a wonderful attendance for our congregational meeting. The congregation voted to approve the \$38,000 expense for sanctuary heat replacement; \$20,689.21 to come from the Heat Fundraising line, and the remainder to come from the Building Funds Saving Account \$17,310.79. Council was entrusted to create a plan to replenish these Building Funds.

North Central Services will be providing the new heating and cooling system for our sanctuary. Their proposal was for three new natural gas furnaces and three new air conditioning units. With installation, the price is \$36,469.80 plus approximately \$1,000 in wiring supplies. The electrician labor is being donated by a congregation member. The Building and Grounds committee contacted 7 different companies concerning replacement of our sanctuary heating and cooling system and spent 11 months researching the best path forward for our congregation. Four proposals were received. The bid from North Central Services was the option recommended to Council by our Building and Grounds Committee.

Thank you to all who have given money to support this heating and cooling system replacement for the sanctuary! Thank you to our Building & Grounds Committee for their diligent work on this issue.

**Day Camp/VBS at Zion**

**\*Grades 1-6—June 17-21**

- \*For all ENTERING Grades 1-6
- \* 9am-3pm (Mon-Thurs) & 9-11am (Fri)
- \*Lock-in will be Wednesday Night for all those ENTERING Grades 4-6

**\*PreK/K Day Camp—June 17-19**

- \*For all entering Kindergarten/Preschool
- \*9:00 am-12:30 pm (Mon-Wed)

**\*Program/Worship for ALL AGES**

- \*Wed, June 19th



Just a reminder to be sure to let the office know if you have a camper registered for Camp Metigoshe. Send your invoice to [zlc@srt.com](mailto:zlc@srt.com). The Zion Trust Fund will pay for 1/2 the cost of attending any ELCA Camp for any member of Zion. If you have not registered for Camp Metigoshe yet, we encourage you to register right away! Sessions are filling fast. They are on their way to a record breaking year for campers! If you need more information, go to the Camp Metigoshe website at [www.metigosheministries.com](http://www.metigosheministries.com) or call the church office.

**1/2 Scholarship from Zion Deadlines**

- \*Deadline for June Camps is May 1st
- \*Deadline for July Camps is June 1st
- \*Deadline for August Camps is July 1st
- ♦If you miss the deadline, you are still eligible for a scholarship reimbursement check. Please submit your paid invoice to [zlc@srt.com](mailto:zlc@srt.com)

**Food Faith Family Teams**

A huge thank you to all the teams who served our Wednesday night meals. We had wonderful food throughout the year including the popular pizza, chicken nuggets, but also pulled pork, soups/chili, and even super nachos! Thank you to all who supported this ministry!



**Seeking Wholeness in Today's World**

**Chris Torgeson's Sabbatical**

Wholeness is often defined as the interrelationships between the dimensions of well-being in our lives: physical, vocational, social/relationship, financial, intellectual, emotional and spiritual. Throughout the next three months, I will be spending intentional time exploring each of these areas. Sabbaticals are not a common practice amongst most professions and my hope is to spend time reflecting how we as the church can better equip others to find quality sabbath time in the midst of this busy world ensuring a healthier balance in our lives.

Sabbath/rest in our society is often diminished and undervalued. We live in a world filled with ever-increasing demands on our time and attention. According to the article "A Sabbath Rest for an Anxious World," Rod McNair points out that many are working harder to make ends meet—which often results in anxiety and MORE conflict. Relationships suffer, health suffers, and a sense of hopelessness can be overwhelming.

This is NOT how our Creator designed life to be for us. Many feel stuck in this cycle of doing rather than taking time BEING! When we get caught up in doing, we can become less connected to God, to each other and are unable to see God at work in our world. We can be overcome with compassion fatigue. National Institute of Health defines compassion fatigue as the prolonged exposure to other's trauma and caring for them in a physical, mental, emotional or spiritual manner without rest and self-care.

During this sabbatical, I plan to dive into how I (and, in turn, we) can find wholeness and wellness in today's busy world. I will be reading several books centered around these topics of living into God's design for sabbath as well as reflecting daily on my own self-care and wellness. My hope is to share these insights in a variety of ways with you when I return this fall.

Thank you again for the opportunity to take this period of sabbath and renewal so I will be better equipped to serve you and we may continue to do God's work together .



## Outdoor Enhancement Team Update

As the weather turns nicer, we will continue our work on the natural playscape on the north side of our property. The team has met to lay out the goals and plans for this coming summer. Be watching for the following projects as well as opportunities to help!

- \*Hydroseeding our two hills
- \*Archway Entrance to be completed on the north end of the sidewalk
- \*Fencing to be placed on the north and east side of property
- \*Lighting to be placed on the north side
- \*Shed on the east side of the building to be moved to its new cement pad
- \*Water Feature to be completed
- \*3-sided houses/store could be completed...if you are interested in helping with this project—contact Kristi Asendorf or Pastor Elaine.

We are looking forward to hosting a celebration this fall for our newly renovated playscape area.



## Food Faith Family Update & Meals for April

May 1st—Taco in a Boat (All Gluten Free)

May 8th—Papa Johns Pizza

May 15th—Burgers & Hotdogs on the Grill

\*Gluten Free Options Provided

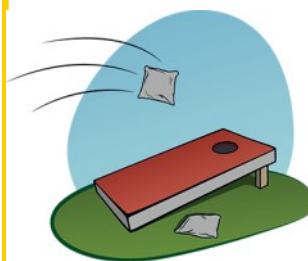
\*Expenses as of April 23rd—\$2,012.25

\*Income as of April 23rd—\$3,244.04

\*\*We are blessed to have had several families sponsor a meal since January covering a portion or all of 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 Chris know. THANK YOU IN ADVANCE!

## Men's Corn Hole Tournament.



Don't miss your chance to hang out with the good men of Zion. This is also a great opportunity to invite a neighbor or friend to experience Zion's

hospitality. We had a great turn out and time last spring with this event. Good competition. Good food. Good time. Grab your tickets after any worship service or buy them online. Max of 64 tickets sold. Great door prizes and Silent Auction too.

Sunday May 5th 2pm-5pm



## CONFIRMATION UPDATE



Summer is right around the corner! So why not kick-off your summer with a youth led worship, burgers and hotdogs on the grill?! Come support our 6th-9th grade

Confirmation Students as they lead worship on **Wednesday, May 15th at 6:15pm** and our Church Council as they cook a great meal! Following worship 6th-9th graders are invited to stay for a small End of the Year party!

## CITY SERVE

We are so excited to be part of City Serve North Dakota this year! Pastor Natasha and I are the leaders for helping sort donations at The Boys & Girls Ranch Thrift Store happening during **May 28th-June 1st**, however you can sign up for whichever project you are interested in! To sign up for service projects, go to [CityServeND.org](http://CityServeND.org), click "view projects" and pick Minot as the location. Registering by May 12th will guarantee you get a t-shirt. If you have any questions about City Serve or about registering, please feel free to reach out to Kortni or Pastor Natasha. Lets come together to serve the Minot area!



## UPCOMING FUNDRAISERS



Help our students traveling to New Orleans and Duluth finish up their fundraising

efforts.

**May 1st**– Bake Sale 5:30pm-7pm– Buy a sweet treat before or after our final Kids Sabbath worship for the year.

**May 17th-18th**– Rummage sale– Shop, eat & enjoy some fellowship! Breakfast and lunch available on Saturday the 18th put on by Sisterhood.

**Summer Trip Catalog**– Head over to the Zion website or look in your Z-News to find the link to help support our students. Options for all price points!

## YOUTH GROUP

**IGNITE 9TH-12TH GRADE**  
**Wednesdays from 8-9:30pm**

**May 1st**– Gaga-ball

**May 8th**– Campfire & Smores

**May 15th**– Outdoor games

**May 22nd**– End of the year Party!

Thanks for a great year of Youth Group High Schoolers!



## SENIOR SUNDAY



**Sunday, May 12th @ 10am** is our annual Senior Sunday service. Come give you best wish to the class of 2024 and hear about their future plans! Zion's 2024 graduating

seniors; Jillian Ackerman, Claire Anderson, Lucas Beeter, Annlea Eskelson, Allison Francis, Elyssa Greenwell, Dylan Henderson, Seth Huus, Carley Kersten, Avery Lunde, Mazzie Mills, Brady Peterson, Jaxson Radke, Adam Roedocker, Jaxson Sipma, Jagger Swartwout, Kailey Teets, Kelsie White, Cali Wilson, Kayden Wilson & Aiden

## DID YOU KNOW?

**Did you know May 2nd is National Day of Prayer?**  
**-[Nationaldaycalendar.com](http://Nationaldaycalendar.com)**

From a young age, my parents taught me a handful of prayers that I still use today. The Lord's prayer, a bedtime prayer and a meal prayer. These prayers have always come "easily." They were always simple and go the point across. I could put my own spin on it if needed but never had to think to hard about what I was praying for. Fast forward today and I find prayer hard at times. With so much division and hurt in the world, how do I make sure I'm praying for what is right or who needs it the most? Am I being selfish if I pray for my healthy family and not those on our prayer list first? Am I saying the correct words? Am I even praying right?

Thankfully our God knows everything that is on our hearts. We don't have to have "the right words" or pray for things in a certain order. Our God just wants to hear from us. **Romans 8:26... "We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans"**

*Lord, hear all that is on my heart even when I can't find the words. Amen.*

## KORTNI'S CORNY CORNER

**Q:** Why don't monkeys fall from the sky in May?

**A:** Because that only happens in APE-ril showers!



Sunday

Monday

Tuesday

Wednesday

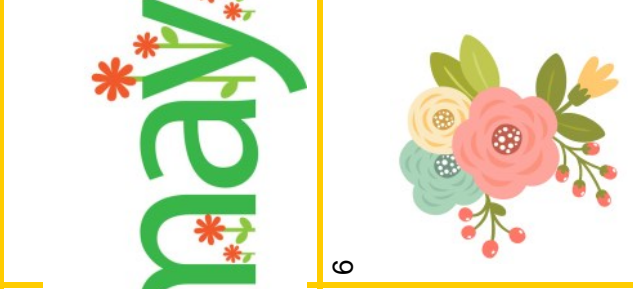
Thursday

Friday

Saturday



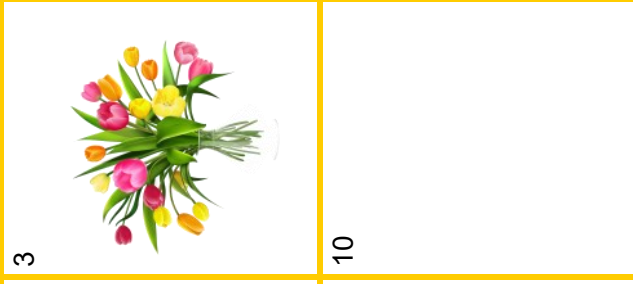
5 Cinco de Mayo  
 9:15am Coffee Fellowship  
 10am Worship  
 2pm: Men's Cornhole Tournament  
 7pm: Cub Scouts Committee Mtg.



7 1pm Watercolor Grp  
 6:30pm: High School Bible Study

1 Global Missions Envelope Month  
 9am: Moms on a Mission-Crazy Busy  
 1pm Widows and Widowers  
 5:30pm: Duluth Bake Sale  
 5:15pm: Food Faith Family  
 6:15pm: Worship-Kids Sabbath  
 7pm: 6th-8th, 9th Grade Confirmation

2 6pm: Girl Scouts Mtg  
 7:30pm Narcotics Anon.



4 10am: Blue & Gold Banquet  
 5pm Worship—Avery Scheig Baptism

12 LCM Weekend Mother's Day  
 9:15am Coffee Fellowship  
 10am Senior Sunday Worship  
 3:30pm Order of the Arrow Mtg

14 1pm Watercolor Grp  
 5:30pm Prayer Shawl Ministry  
 6pm Girl Scout Admin Mtg  
 6:30pm Book Club

15 9am: Zion Walkers  
 5:15pm Food Faith Family Meal  
 6:15pm Worship  
 7pm: 6th-8th, 9th Grade Confirmation  
 8pm Ignite

16 2pm Sommerset Worship  
 6pm Girl Scout #10319 Mtg  
 7pm Cub Scout Pack Mtg  
 7:30pm Narcotics Anon.

17 5pm: Rummage Sale

18 9am: Men's Breakfast  
 9am: Rummage Sale  
 5pm Worship—Jax Froseth Baptism

23 7pm Cub Scout Pack Mtg  
 7:30pm Narcotics Anon.

19 9:15am Coffee Fellowship  
 10am Worship—Elsie Gladback Baptism  
 6:30pm: Holy Listening

21 1pm Watercolor Grp  
 6:30pm Council Mtg.

22 9am: Zion Walkers

24 7pm Cub Scout Pack Mtg  
 7:30pm Narcotics Anon.

25 5pm Worship



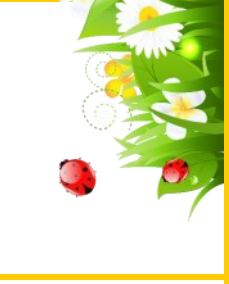
30 7:30pm Narcotics Anon.

26 9:15am Coffee Fellowship  
 10am Worship



28 1pm Watercolor Grp

31 7:30pm Narcotics Anon.



30 7:30pm Narcotics Anon.

## 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

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