



Lent: Tell Me Something Good

‘Tell Me Something Good’ is our theme for this year’s season of Lent. Here’s an introduction to our theme, a question for you to ponder, and a suggested action step you can take in preparation for Lent. Advent and Lent are big seasons of preparation in the Christian year. Advent is the four weeks preceding Christmas and Lent is the six weeks in preparation for Easter. Lent was originally a season for new converts to learn and prepare for their baptism on Easter. During that time they would study what was central to Christianity.

This lent we’ll aim to ground ourselves in Christ’s good news. We’ll focus on what was central to Jesus’ life and ministry. Here’s a question for you to ponder: **When you think of Jesus what teachings of his stand out to you?** Emulating Jesus and embodying his teachings can ground us in who God created us to be. We have the potential to be ‘good news people’ in a world too often burdened by bad news.

This Lent we aim to remember that the good news of the gospel really is good news for all of us. Good news grows like a mustard seed and smells like perfume poured from an alabaster jar. It tastes like bread passed endlessly through a hungry crowd. It sounds like laughter and feels like mercy. Good news is alive in the world.

Central to Jesus’ life and ministry were: radical welcome, love for neighbor, care for the vulnerable, nourishment for the hungry, and nonviolence in the face of injustice. At the heart of Jesus’ teachings, we find liberation, love, mercy, and grace. These values of Jesus are very good news. When we commit to following these values of Jesus we are shaped and our communities may be shaped with more justice, mercy and love.

One action that may help you connect with Zion’s Lent theme ‘Tell Me Something Good’ is to consider **daily journaling** or answering in your mind this question, **‘What is something good that happened today?’** This exercise has the simple power of bringing to mind the good and hopeful sights and experiences in your day. Bad things are loud. They can rise to the top of mind and overpower the narrative of our days. Asking ourselves what good happened today, gives us the opportunity to be grounded in the truth that goodness is all around us.

This Lent, we’ll let the teachings of Jesus lead us forward. May the good news inspire us to take action in a world desperate to hear, see, and taste what is good.

Matthew 13:31-32 shares this good news: *[Jesus] put before them a parable: “The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”*

Prayer: Good news God, speak louder than the news headlines. Speak louder than our mental distractions. Speak louder than our anger and louder than our fear.
O God, speak, because we long to hear your good news once more. Amen.



Lent Devotions 'Tell Me Something Good' will be available from Sanctified Art with art, reflections and poetry weekly for the season of Lent. Pick up yours outside the church office for \$2, \$3 for large print. Available mid February.

Lent Special Worship Services

Ash Wednesday Wed. Feb. 18th 6:15pm

Lent Mid-Week Meal & Devotion: 11:30-12:30 Wed. Feb. 25th -Mar. 25th

Holy Week - Palm Sunday March 29th at 10am

Maundy Thursday April 2nd 7pm

Good Friday April 3rd Noon & 7pm

Easter Sunday April 5th 8:30 & 10am

Lent Mid-Week Meal & Devotion: 'Old Beloved Hymns to Uplift our Faith'

11:30-12:30 Wed. Feb. 25th -Mar. 25th. We'll gather in the Fellowship Hall for food and visiting, beginning our Devotion time at noon. We'll explore great hymns: His Eye is on the Sparrow, Amazing Grace, He's Got the Whole World in his Hands, Take My Life and Let it Be, and The Old Rugged Cross. We'll learn some about the history of these hymns, Scripture connected to them, listen to a rendition of each, and of course sing them. We hope this opportunity to pray and sing during Lent lunch hours will be a blessing to you.

Introducing New Staff

Interim Associate Pastor: Daren Erisman, preaching monthly

Part-time Custodian: Floyd Burckhard, custodial 10hrs/wk

Youth Group Leader: Katie Sunbakken, leading weekly youth group

Administrative Assistant: Celeste Martin, 15hrs/wk school year staff support

Holy Listening; January 25, 2026

A number of us from Zion were at the Holy Listening session on January 25th where we met with Katelynn and Analycia from the Minot Domestic Violence Crisis Center (DVC). They explained the purpose of the DVC: a dedication to serving those who are in relationship abuse. Their staff is focused on serving the unique needs of victims and survivors of domestic abuse and sexual assault. All their services are free to the people they help.

We got to ask lots of questions, with the primary focus on what we, as Zion Lutheran, can do to become involved in assisting the Center with fulfilling their mission. As we learned more about the programming, information, and resources available to the victims they serve, a number of ideas came up on our role as a partner in helping them.



Besides the financial piece of their operation, there are a number of other ways we can be involved.

Stay tuned for more information on how we, as Zion, can be engaged.

-Rich Jensen

Next Holy Listening: February 22nd at 6:30pm, speaker TBD

Memorials

IN MEMORY OF DELORIS & JOSEPH STENVOLD

Building Fund: Mike Stenvold



IN MEMORY OF KATHY TOFTELAND

Undesignated Dennis and Jenelle Krueger
Avis Mathis

IN MEMORY OF BETTY ROLOFF

ZLCW Ruth Juergens

General Fund

Pat White
Hilmer & Joyce Maas
David & Myrna DeMers

Undesignated

David & Tina Hanson
Ainola Leverson
Marlys Fandirch
Bev Roen
Marlys Sundbakken

Music

Denise Johnson

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

Zion General Fund ~ Building Fund ~ Community Outreach ~ Education

Music Ministry ~ Outdoor Enhancement ~ Trust ~ ZLCW

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

January 2026- Baptisms

December 2026- Funerals

Gordon Dahl 1/12 Maxine Zietz 1/19 Betty Roloff 1/20

Coming up!

Annual Meeting

Zion's Annual Meeting is Sun. February 22nd immediately following 10am worship. All confirmed members are invited to stay and exercise your vote as nominations will present a slate of officers for Council and Trust committees etc., and our 2026 budget will be presented for the congregation's approval. Annual reports will be available February 7th.

Food Faith Family Meal Schedule

February Menus

4th- Chicken Nuggets, Tatertots, Scotcharoos w/ Salad Bar

11th- Pizza w/ Salad Bar

18th- Tatertot Hotdish w/ Salad Bar

25th- Sub Sandwiches with Chips and Cookies w/ Salad Bar

Zion's Fish Fry

Friday March 6th from 3-7pm

Come enjoy a delicious COD dinner with mashed potatoes, cream corn, coleslaw, a dinner roll and dessert. \$15 for adults.

\$10 for children. Tickets will be sold at the door. Volunteer opportunities available for all ages. This event supports Zion's General Fund. Reach out to Joe Stenvold or our Office Manager Amanda Babcock.



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.

Next meeting is Sat. February 21st @9am in the Fellowship Hall



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.

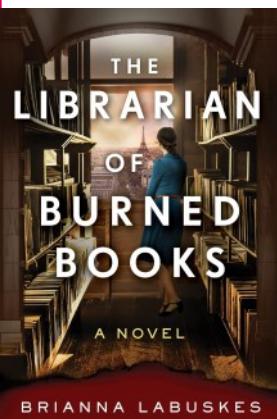
Next meeting is Feb 12th at 2pm

Meets every Tuesday 1pm in the North Boardroom

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.



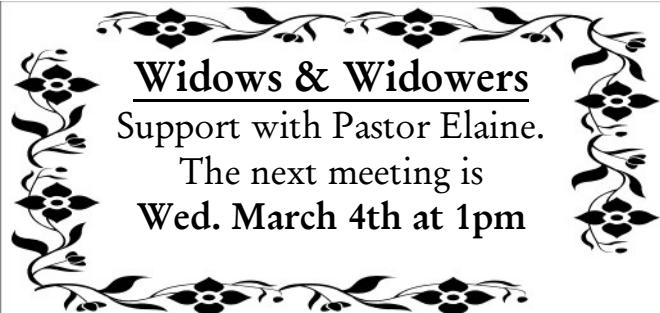
Book Club— Meets every 2nd Tuesday of the Month at 6:30pm.



February's Book is "The Librarian of Burned Books" by Brianna Labuskes

Inspired by the true story of the Council of Books in Wartime—the WWII organization founded by booksellers, publishers, librarians, and authors to use books as "weapons in the war of ideas"—*The Librarian of Burned Books* is an unforgettable historical novel, a haunting love story, and a testament to the beauty, power, and goodness of the written word. ***Excerpt from Amazon.com

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



Widows & Widowers

Support with Pastor Elaine.

The next meeting is
Wed. March 4th at 1pm



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 Tues. Feb. 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.



Quilters

Come join our quilters group! All are welcome to join regardless of skill level. **Next meeting is Mon. Feb 9th at 6pm**

Prayer Circle

Meet with Pastor Elaine to pray over members of the congregation.

Next meeting is Wed. Feb 25th at 2pm in the south board room

Financials

2025 Jan-Dec	Year to Date
Income	\$608,067.52
Expenses	\$598,627.92
Surplus	\$9,439.60

*Thank
You*

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

Please scan this
QR code to give an
offering to ZLC



4 ways to Give



Worship Date	On-Site	Online	Total
January 3rd & 4th	125	168	293
January 10th, 11th, & 14th	199	228	427
January 17th, 18th, & 21st	170	244	414

ARMOUR OF GOD

THE ART OF STEVE PRINCE

On View: January 8 – February 21, 2026

Walter Piehl Wallery - Northwest Arts Center

Reception: February 5, 6:30 – 8 p.m.

Walter Piehl Wallery - Northwest Arts Center

Visiting Artist Presentations:

Armour of God: Art of Steve Prince: Tuesday, February 3, 7 p.m.
Hartnett Hall, 2nd Floor Collaboration Space

Art as a Catalyst for Communal Change: Steve Prince
Friday, February 6, 12:00 p.m.
Hartnett Hall Rm 106

Flat Tail Press Guest Artist: February 2 – 6
Hartnett Hall Rm 243



Looyenga
Leadership
Center

NORTHWEST
ARTS CENTER



NORTH
Dakota
Council on the Arts
Flat Tail Press

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.
This project is part of the Auto-Owners Insurance Speaker Series.



Church School Updates

- *Ruth & Naomi Rotation
- *Kids' Sabbath—Wednesday, February 11th at the 6:15pm worship.
- NO CHURCH SCHOOL**
 - Wednesday, March 11th
 - Sunday, March 15th

CONFIRMATION UPDATES

Confirmation dates to add to your calendar!

Wed, Feb. 4th- 6th-9th grade class

- *6th Grade Offsite—meet at 6:10pm
- *9th Grade—action class onsite

Wed, Feb. 11th—6th-8th grade class

Wed, Feb. 18th—6th-8th & 10th grade class

- *10th graders and mentors meet in South side of Fellowship Hall

Wed, Feb. 25th—6th-8th & 10th grade class

- *10th graders and mentors meet in South side of Fellowship Hall

Wed, Mar 4th—6th-10th grade class

- *9th Grade—Onsite class
- *10th Grade—South Fellowship Hall

YOUTH GROUP/BIBLE STUDY

9TH-12TH GRADERS

Every Wednesday from 8-9:30pm

Here is your February schedule of Youth Group & Bible Study!

February 4th-Bible Study

February 11th-Youth Group

February 18th-Bible Study

February 25th-Youth Group

Chair Yoga at Zion

*Wednesdays from 1-1:30 pm.



*No experience necessary. Come enjoy an opportunity for a short 30 min session of easy chair yoga and stretching. We will end with a time of fellowship and refreshments.

Zion Movie Night

*Friday, Feb 27th at 5:30pm



Mark your calendars and be watching for which movie will be shown.

Bring your own supper—popcorn will be provided!

MIDDLE SCHOOL YOUTH GROUP 6TH-8TH GRADERS

“It’s All About Your Heart” Event

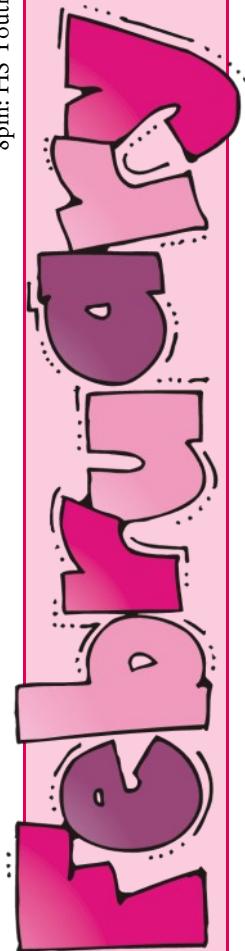
Feb 16th 1-4pm
Come decorate cookies, play games and just hang out!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mission Envelope Month 9am: Church School 9:15am Coffee Fellowship 10am: Worship	2 9:15am Coffee Fellowship 10am: Worship	3 1pm: Watercolor Group 6pm: Ruth Bible Study	4 1pm: Chair Yoga 4:30pm Church School 5:15pm Food Faith Family 6:15pm: Worship 7pm: Church School & Confirmation 8pm: HS Bible Study	5 7:30pm: Narcotics Anon Mtg	6 5pm: Worship	7
8 9am: Church School 9:15am Coffee Fellowship 10am: Worship	9 6pm: Quilters	10 1pm: Watercolor Group 5:30pm: Prayer Shawl Min. 6pm: Ruth Bible Study 6:30pm: Book Club	11 1pm: Chair Yoga 4:30pm Church School 5:15pm Food Faith Family 6:15pm: Worship 7pm: Church School & Confirmation 8pm: HS Youth Grp	12 2pm: Hannah Circle 6pm Cub Scout Pack #4432	13 7:30pm: Narcotics Anon Mtg	14 5pm: Worship
15 9:15am Coffee Fellowship 10am: Worship	16 Presidents Day 1pm: Middle School Event	17 1pm: Watercolor Group	18 Ash Wednesday 1pm: Chair Yoga 4:30pm Church School 5:15pm Food Faith Family	19 6:15pm: Worship 7pm: Church School & Confirmation 8pm: HS Bible Study	20 6pm Cub Scout Pack #4432	21 9am: Men's Breakfast 5pm: Worship
22 9:15am Coffee Fellowship 10am: Worship 11am: Annual Meeting	23 1pm: Watercolor Group 6:30pm: Council Mtg 7:30pm: Trust Mtg	24 11:30am Lenten Lunch & Worship 1pm: Chair Yoga 2pm: Prayer Circle 4:30pm Church School 5:15pm Food Faith Family 6:15pm: Worship 7pm: Church School & Confirmation 8pm: HS Youth Grp	25 11:30am Lenten Lunch & Worship 1pm: Chair Yoga 2pm: Prayer Circle 4:30pm Church School 5:15pm Food Faith Family 6:15pm: Worship 7pm: Church School & Confirmation 8pm: HS Youth Grp	26 6pm Cub Scout Pack #4432	27 5:30pm: Family Movie Night	28 5pm: Worship



Valentines Day!



Zion Lutheran Church

1800 Hiawatha Street
Minot, ND 58701

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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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2025 Council Members

Joe Stenvold President
Amanda Winkels Vice President
Sherry Broderick Secretary
Mike Uran Treasurer
Matt Sundahl
Rondi Deaver
Nicole Martin
Harry Summers

Kinley Gruenberg Youth Member
Lead Pastor Elaine Sveet