



THE VISITOR

April 2025



Evangelical
Lutheran Church
in America

Presiding Bishop Elizabeth Eaton | Easter 2024

“So they went out and fled from the tomb, for terror and amazement had seized them, and they said nothing to anyone for they were afraid.” That’s where the Gospel of Mark originally ended. And it just seems so odd to me. It’s so abrupt. I mean, the women had seen the angel. He’d announced that Jesus was raised from the dead, and then he tells them all this good news and wants them to go on their way. And they just are not going to say a single word.

There are three words in that passage that really stand out for me, especially in the Greek. One is fear — phobos. We get phobia from that. The other one is amazement — ekstasis. We get ecstasy from that. And the other one has to do with being seized. It actually means “being possessed.” So we take a look at these women, and they’ve had this miraculous appearance by an angel. They’ve heard the good news that Jesus has raised from the dead, and they’re too afraid to do anything about it, and they just are going to be silent. It seems that nothing changed. They came to take care of Jesus’ dead body because on the Sabbath they could not work. But on the first day of the week, they were there. They have this announcement, and then it’s all the same.

Sometimes I think we feel like nothing’s changed. Sometimes I think that the events in our country, in our church, around the world are just so terrifying and so overwhelming that it seems like the resurrection really didn’t make a difference. But these three words really say something about the women, and I think about us and, most especially, about Easter. When they said that they were filled with amazement — this is this ecstasy, ekstasis — they were really standing. It means literally standing in a different place. So though they were still in the tomb and they hadn’t reacted yet, nevertheless, everything had changed. And because of the resurrection, we, all of us, are standing in a different place. The whole of creation is standing in a different place. And the word for fear, phobos, phobia we get from that. But it’s really a sense of trembling in the presence of God, of awe that they were actually filled with awe — not paralyzed by fear but filled with awe. And I hope this Eastertide and all year round, we have a sense of the presence of God that fills us with awe.

And it also says that they were seized with fear. Well, the word means “possessed.” And yes, we believe that in baptism because of the resurrection, Jesus sent the Holy Spirit and we now are all Spirit-possessed.

When things seem to be staying the same, when things seem to be happening and coming at us so quickly, I think it’s very important to take time to be a little amazed, to be standing in a different place, to have a sense of this awe and trembling before the Lord, and to allow ourselves to be possessed by the Spirit, who will give us power and courage in these times.

My favorite hymn is “Lord Jesus, You Shall Be My Song.” It’s ELW 808. And the last verse goes like this: “I fear in the dark and the doubt of my journey; but courage will come with the sound of his steps by my side. And with all of the family Jesus saved by his love, we’ll sing to his dawn at the end of our journey.”

Be well, dear church. Happy Easter.

IN MEMORY OF ALLEN SUTTER

Undesignated

Bruce & Diana McLean



IN MEMORY OF TODD ASENDORF

Undesignated

Monte & Beth Cole

Rebecca Telin

Jane & Stan Hirst

Mike Uran

Deb Mahoney

Nathan & Anne Mugaas

Timothy & Laura Mihalick

Jenna & Damon Williams

Armend & Rane Lynner

Charles & Sandy Swenson

Nancy & Dean Ziegler

Roger and Deb Guttormson

Carolyn Lyon

Manley & Janet Olsoe

Larry Wahlund

Helene Anderson

Jeffrey Drawz

Milt Korslien

Cindy & Dennis Nordquist

John & Sandi Thompson

Joyce & Hilmer Maas

Ray & Brenda Lakoduk

Jacky Smith

Gladys Garrison

Connie Knudson

Sonja & Joel Hernes

Sandra & John Reiser

Shirley Stenvold

Rhonda Johnson

Richard & Bev Roen

Shirley Hartung

Floyd & Millie Rude

Cathy Aberle & Ann Hambek

Karen Hennesy

Jacky Smith

Melissa Gietzen

Dave and Myrna DeMers

Joe & Beth Stenvold

Craig & Jane Nelson

Cindy Palen

Jen & Ryan Callahan

Marlys Sundbakken

Eunice Simbalenko

Donna Desjardins

Mitch & Lisa Moldenhauer

DuWayne & Joann Hendrickson

Lisa Grey & Dawn Mehl

Julie, Cody & Jessie Colby and families

Matt & Diana Stephens

Dianne & Don Thomas Jennifer & Jayden

Brian & Janet Hornecker

John & Brenda Zepper

Floyd & Millie Rude

Rod & Chris Torgeson

General

Emily & John Mackner

ZLCW

Sonja & Joel Hernes



Feb/March 2025- Baptisms

Kennedy Porterfield 2/26
Hennie Van Grinsven 2/26
Cole Justin Whitcher 3/2
Sheldon Lee Whitcher 3/2

Feb/March 2025-Funerals

Marj Brandt 2/28
Leif Snyder 3/24
Shirley Johnson 3/24



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

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, Rich Jensen, and Shelley Cole will be hosting breakfast and Ordean Huus will lead the devotions. This group meets once a month.



Next meeting is Saturday, April 26th @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, April 10th @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!

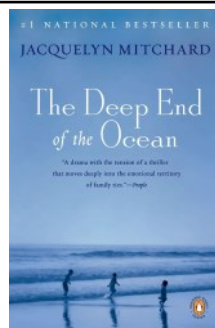
Next meeting is Monday, April 21st @ 9am.



Meets every Tuesday 1pm in North Board Room. 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.



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

April's book discussion is *The Deep End of the Ocean* by Jacquelyn Mitchard

The Deep End of the Ocean imagines every mother's worst nightmare—the disappearance of a child—as it explores a family's struggle to endure, even against extraordinary odds. Filled with compassion, humor, and brilliant observations about the texture of real life, here is a story of rare power, one that will touch readers' hearts and make them celebrate the emotions that make us all one. *Excerpt from Amazon.com

****The Next Book Club Meeting is Tuesday, April 8th at 6:30pm****



Widows & Widowers
Support & Treats with
Pastor Elaine.

The next meeting is
Wednesday, May 7th @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.



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.

Prayer Circle

Gather with others, on the last Wednesday of the month, to pray for people in our congregation, needs in the community, state and world.

Next Meeting: Wed. April 30th at 2pm in the Board Room.

Financials

	Year to Date
Income	\$112,721.13
Expenses	\$113,394.66
Net	-\$673.53

Thank You

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

Please scan this QR code to give an offering to ZLC



Worship Date	On-Site	Online	Total
Feb 8th, 9th, & 12th	189	235	424
Feb 15th, 16th, & 19th	202	286	488
Feb 22nd, 23rd, & 26th	309	396	705
March 1st, 2nd, & 5th	298	442	740

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

Every financial gift is important to Zion. 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.

Coming up!

Lenten and Holy Week Worship Schedule

Palm Sunday– Sun. April 13th 10am—Kids Sabbath with parade of palms

No Worship Wednesday April 16th

Holy Week– Maundy Thursday– Thurs. April 17th 7pm with choir

Good Friday- Fri. April 18th The Way of the Cross Worship at noon & Good Friday Evening Worship at 7pm with soloists

No Worship Saturday April 19th

Easter Sunday– Sun. April 20th 8am & 10am with special music

Food Faith Family Update & Meals for April

April 2nd— Meatballs, gravy, mashed potatoes, mixed vegetables, salad bar

April 9th— Chicken gnocchi soup, chili, salad bar

April 23rd— No FFF

April 30th— "Cook's Choice", salad bar

May 7th— Sandwich bar, chips, fruit, salad bar

*Expenses as of Mar 19th: \$1,538.42

*Income as of Mar 19th: \$2,523.00

**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!



Holy Communion Education
FED & FORGIVEN



- *There will be a Holy Communion Education/Enrichment Event on **Wednesday, April 16th 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, APRIL 13th.** 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 Celebrations

- Easter: Come dive into the Resurrection Story through stations, games and music!**
 - Wednesday—April 23rd
 - Sunday—April 27th
- End of the Year Celebration with BINGO and games—Wednesday, April 30th**
- Wednesday, May 7th—Supper at 5:15pm and Worship at 6:15pm ONLY**

***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.



- * Our next meeting is **Tuesday, April 8th at 7pm.** 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! Contact Chris for more information.

The Prodigal Son

- ***Wednesday, April 2 & 9 & Sunday, April 6**
- * **Kids’ Sabbath-PALM SUNDAY**
 - * **April 13th at 10:00am**
- *Join us Palm Sunday for a special Kids’ Sabbath as we share what we have learned as well as share some special Palm Sunday Music.



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



CAMP METIGSOHE

- * Any Zion Youth attending Camp Metigoshe (or another Bible Camp in Western ND) is encouraged to let us know. We are putting 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.



CONFIRMATION UPDATE

Here are your final weeks of confirmation!

Wed. April 2nd - 6th-8th grade class

Wed. April 9th - 6th-8th grade class

Wed. April 16th - NO CLASSES

Wed. April 23rd - 6th-8th grade class

Wed. April 30th - 6th-9th grade class

Wed. May 7th - Youth Led Worship/End of the Year Celebration

UPCOMING FUNDRAISERS

Thank you to everyone that supported us in our March Fundraisers. We are eager to see how much we brought in with our *Double Good Popcorn* sales! Thank you for your continued support. Here is an upcoming fundraiser!

April 13th - Palm Sunday
Caramel Rolls! Everyone's morning sweet treat! Grab half or a whole dozen to take home! Youth will be selling them before and after worship!



YOUTH GROUP/BIBLE STUDY 9TH-12TH GRADERS

Every Wednesday from 8-9:30pm

Here is your April & May schedule of Youth Group & Bible Study!

Wed. April 2nd - Youth Group

Wed. April 9th - Bible Study

Wed. April 16th - NO YOUTH GROUP

Wed. April 23rd - Youth Group

Wed. April 30th - Bible Study

Wed. May 7th - Youth Group

KORTNI'S CORNY CORNER

Q: Why was the calendar so scared on April 1?

A: Because it knew it was about to be fooled!

Q: April Fool's Day is the favorite holiday for which animal?

A: The silly goose!

DID YOU KNOW?

Did you know, "approximately 35% of adults in the United States have a vitamin D deficiency?"
-Cleveland Clinic

At least once a winter, I think "my mood isn't affected by the lack of sunlight I'm getting, this winter isn't so bad." And yet, if you were to call and ask my mother... she would tell you otherwise. It's something we all seem to know, we simply feel better when the cold North Dakota winters fade in the first warm dose of weather.

Why do we feel so much better when the sun starts to shine a little more? "Sunlight stimulates the brain to release serotonin" also known as the happy hormone. As little as 10 to 30 minutes of sun exposure can have some huge benefits on your health. Sun exposure can help you sleep better, uplift your mood, increase energy, lower blood pressure and so many other things.

When we had that one week of warmer weather, I tried my hardest not to get my hopes up - that winter had finally ended, that this wasn't "fake spring." I spent as much time outside as I could after work, walking around, sitting on my patio, and soaking in the sunshine. Now as I stare at the snow outside my office window, I crave that weather. I felt better when I could be outside. I was more excited about things again.

I know that warmer weather is around the corner, and when it arrives, I have a challenge for you: try to get outside for 10 to 30 minutes each day once North Dakota winter decides to leave. Pay attention to how your mood shifts with just that little bit of nicer weather. You might be surprised at the difference it makes.

*Lord, creator of all things,
thank you for creating the sun.
Amen.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL	APRIL	1 1pm: Watercolor Group	2 11:30am Lenten Lunch & Worship 4:30pm: Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm: 10th Grade Mentor Mtg, Church School & Confirmation 8pm: HS Youth Grp	3 7:30pm: Narcotics Anon. Mtg.	4	5 5pm: Worship
6 9am: Church School 9:15am Coffee Fellowship 10am: Worship 12pm: Karlie Froseth Bridal Shower 6pm: Grief Support Grp	7 	8 1pm: Watercolor Group 5:30pm: Prayer Shawl 6:30pm: Book Club 7pm: Children's Ministry Mtg	9 11:30am Lenten Lunch & Worship 4:30pm: Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm: 10th Grade Mentor Mtg, Church School & Confirmation 8pm: HS Bible Study	10 2pm: Hannah Circle 7:30pm: Narcotics Anon. Mtg.	11 	12 5pm: Worship
13 Palm Sunday 9am: Caramel Roll Sale 9:15am Coffee Fellowship 10am: Worship- Kids Sabbath	14 6pm: Finance Mtg	15 1pm: Watercolor Group 6:30pm: Council Mtg	16 No Worship 5:30pm: Fed & Forgiven	17 Maundy Thursday 7pm: Maundy Worship 7:30pm: Narcotics Anon. Mtg.	18 Good Friday Noon: Way of the Cross Service 7pm: Evening Worship	19 No Worship
20 Easter 8am: Easter Morning Worship 9:15am Coffee Fellowship 10am: Worship	21 Easter Monday Office Closed 9am: Sewing Day	22 1pm: Watercolor Group 7pm: Trust Mtg.	23 4:30pm: Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm: Confirmation & Church School 8pm: HS Bible Study	24 7:30pm: Narcotics Anon. Mtg.	25	26 5pm: Worship
27 9:15am Coffee Fellowship 10am: Worship	28	29 Pastor Elaine's Birthday!  1pm: Watercolor Group	30 2pm: Prayer Circle 4:30pm: Church School 5:15pm: Food Faith Family 6:15pm: Worship 7pm: Confirmation & Church School 8pm: HS Youth Grp			

HOLY WEEK

Zion Lutheran Church
1800 Hiawatha Street
Minot, ND 58701

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Permit No. 261



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
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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
Pastor Natasha Kolles