

the herald

NEWS OF ZION LUTHERAN | ANOKA

MAY 2024



ZION
LUTHERAN † ANOKA

WORSHIP SCHEDULE

In-Person Worship

5 pm (Sat)
8, 9 & 11 am (Sun)

Livestream Worship

9 & 11 am (Sun)

Cable TV

10 am & 5 pm (Sun)

Radio Broadcast

106.1 (BOB-FM)
9:10 am (Sun)

Gospel Readings

May 4-5
John 15:9-17

May 11-12
John 17:6-9

May 18-19
John 15:26-27, 16:4b-15

May 25-26
John 3:1-7

Zion Lutheran Church

SUPER SALE

Thursday, June 6

9 AM – 6 PM

Friday, June 7*

9 AM – Noon

*free-will offering

No Admission Charge

Volunteers Needed

- Set up days - June 2-5
- Perk sale for volunteers - June 5 from 5-6:30 p.m.
- Sale days - June 6 from 9 a.m.-6 p.m. | June 7 from 9 a.m.-12 p.m.
- Clean up - June 7 from 12 p.m. to completion

Contact Bob Stearns 612-418-0618 or Pat Stearns 612-418-0617 for more information, or sign up to help at the Welcome Desk in the lower commons.

a message from your pastors



I'm going to go Lutheran nerd on you! As Lutherans, our primary confession of faith is "The Augsburg Confession." The first four articles confess our faith in: 1) God, 2) Original Sin, 3) Son of God and 4) Justification. Article 5 professes our faith in "The Ministry (or Duty) of the Church." *In order that we may obtain such faith, God has instituted the ministry of the word, that is, has given the gospel and sacraments. Through these, as through means [God] gives the Holy Spirit, who works faith where and when he pleases in those who hear the gospel, the good news that teaches that we have a gracious God through Christ's merit, not through our own merit, when we believe this.*

This article describes how God chooses to redeem God's people: through the "Means of Grace", which are the Gospel and the Sacraments. It is into this office that all pastors are called and ordained and charged with the duty of making sure these "Means of Grace" are administered, that is the pastoral office which God gives to the congregation (not to the pastor). You are probably wondering, "So what?" What I have been thinking about lately is that of the "Shared Office." No, that doesn't mean that we will all be co-lead pastors. Nor will I be sharing my physical office with Pastor Sue or Pastor Mike, but we do share the Office (authority) of Pastor when it comes to the Gospel and the Sacraments. The Office of Pastor means we, as your pastors, are servants of the word. As we welcome Pastor Mike Pancoast, you will see that we all share the Office of Pastor – Pastor Sue, Pastor Mike and I all preach, teach, preside at the altar and do pastoral care. In this section of the newsletter, now called "A Message from your Pastors", we will all take turns writing articles, not because I can't come up with things to say each month, but as the shared office, we all have something to say. As a shared office, all three of your pastors share the joy of serving you. And, remember, another important tenant of our Lutheran belief: The Priesthood of All Believers. This means that all who believe in Christ have access to God and we don't need an intermediary, we can all share Christ's word and love. You, too, can share the joy of proclaiming God's good news.

Pastor Connie

Spring is Sprung

By Colleen Nelson

"Spring is sprung, the grass is riz, I wonder where the birdies is." Author unknown

I used to welcome spring with these words as a kid. Those who boast the virtues of living in the Upper Midwest, cite one of the benefits of the region is its four distinct seasons. However, these are probably the same people who complain when winter runs too long, too cold or too snowy. And I pity those who are forced to live with their grouchy loved ones. As for me, when winter arrives early, I ask myself, "Why do I live here?" The answer is simple—family; be it ancestors, family of origin, or my children and grandchildren. And besides, winter can be very enjoyable when you consider sports that thrive in this environment. For instance, my husband and I have taken up snowshoeing and it's been a welcomed pastime to spend with our dog. Also, with a plethora of outdoor rinks, most of us know how to ice skate, or at the very least, have played a friendly game of broomball. As for me, spring in Minnesota far out ranks the other three seasons by a long shot. Who doesn't like the longer, warmer days of spring? And isn't it delightful to watch neighborhood gardens come to life as hyacinths, daffodils and tulips poke through the soil; not to mention the first hint of perennials scattered against the backdrop of greening grass? Revelation 21:5 states, "And he who was seated at the throne said, 'Behold, I am making all things new.'" As God's children, we are made new in the waters of baptism. In Romans 6 we read, "Do you know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in the newness of life." Contact Kristine at kjohnson@zionanoka.org or Pastor Connie at ctiede@zionanoka.org if you are interested in more information about baptism at Zion.

welcome

Annual Plant Sale - May 4

Zion's annual flowering plant sale will take place on Saturday, May 4 from 8 a.m. to noon. Plants will be sold on a first come, first served basis at \$35 per planter. If you want to pre-order your sun, shade, or red geranium planter, please register at <https://cutt.ly/plantsale2024>. Thanks for supporting our youth and their mission trip to Tacoma, Washington this summer!

Upcoming Baptism Class - May 5

If you are expecting, have had a baby or adopting and would like to know more about baptism, we will be having a baptism class on Sunday, May 5 at 12 p.m. in the Library. Please contact Kristine at kjohnson@zionanoka.org to register for the class.

Senior Blessing - May 12

On Sunday May 12, we will be having a graduation blessing for all our high school seniors in anticipation and celebration of their graduation. We invite all seniors and their families to worship with us at the 9 a.m. service for this blessing.

New Member Coffee/Orientation

A New Member Orientation will be led by Pastor Connie on Sunday, May 19 from 10-10:50 a.m. in the Legacy Room (which is on the lower level next to the Fellowship Hall). To sign up for the class, email Pastor Connie ctiede@zionanoka.org or call the church office at 763-421-4656.

Habitat for Humanity Week - Save the Date

This year, Zion's week for Habitat for Humanity will be July 8-12. It is a rehab (not a new build) located in Columbia Heights. We will need ten volunteers per day. Watch for more details in June.

Zion Pre-K 2024-2025 Registration

It's time to register for Zion Pre-K. We are taking registrations for the 2024-25 school year. All 3 through 5-year-olds welcome. Register at <https://www.zionprekanoka.org/registration-tuition/> or scan the QR code. Share with all your friends and family!



Zion Pre-K Summer Camps Registration

Zion Pre-K staff will lead multiple sessions of Z+ and Summer Camps! Classes are from 9 a.m.-2 p.m. for children ages 3 (by January 1, 2024 and potty-trained) through age 5 (not yet in Kindergarten). To register go to: <https://www.zionprekanoka.org/class-descriptions-zion-pre-k/>.

welcome and worship

Pentecost Weekend - May 18 & 19

Pentecost derives its name from the Jewish festival celebrating the harvest and the giving of the law on Mount Sinai fifty days after Passover. Fifty days after Easter, we celebrate the Holy Spirit as God's presence within and among us. In Acts, the Spirit arrives in rushing wind and flame, bringing God's presence to all people. Paul reminds us that, though we each have different capacities, we are unified in the Spirit that equips us with these gifts. Jesus breathes the Holy Spirit on his disciples, empowering them to forgive sin. We celebrate that we, too, are given the breath of the Holy Spirit and sent out to proclaim God's redeeming love to all the world.

Wear **RED** as we celebrate the Holy Spirit!

Noisy Offering for Camp Ministries

Thank you to everyone who brought in their Noisy Offering in April! We gathered \$612 which will go toward our camp ministries. The next weekend our Noisy Offering buckets will be out is May 4 & 5. We will also have a bucket at the Welcome desk if you would like to drop off your Noisy Offering during our normal office hours.

Family Promise Hosting Month

Zion's next opportunity to provide hospitality for six to seven Family Promise families in shelter is May 20 and we are asked to provide kid-focused supplies for a month. If you care to help with purchasing items, please contact Pat Stearns at pat.stearns@comcast.net by May 12. If you would like to give money to support the purchases, please donate money to Zion, include a note stating for the Zion Family Promise Account and your Zion offering envelope number. Zion is also committed to providing six to seven meals to families during our hosting month. If you would like to donate a meal, please contact Pat at the email address above and she will send you the link and instructions. Meals can be ingredients to make a meal with instructions, a prepared meal, gift card to a common restaurant or frozen meals. Delivery is made to the families directly on the day of your choice.

Contact Pat Stearns if you have any questions or would like to know about other Family Promise volunteer opportunities as there are now many more options from which to choose. Thank you for your continued support of Family Promise.

Children's Choir

Grades 2-5

Questions? Contact Jonathan Campbell

jcampbell@zionanoka.org or 763-506-8113

May Dates

Rehearsals on Wednesdays from 4:30-5:15 p.m.

May 1, 8 & 15

Sing in Worship

Pentecost Sunday, May 19 @ 9 & 11 a.m.

Weekly Worship Opportunities

In-Person Worship

Saturdays @ 5 pm and Sundays @ 8 am, 9 am & 11 am

Livestream Worship

Sundays @ 9 a.m. & 11 a.m.

Radio (BOB-FM, 106.1)

Sundays @ 9:10 am

Cable TV Channel 6 Broadcast

Sundays @ 10 a.m. & 5 p.m.

A Message from Zion's Director of Technology and Media Arts

Spam Alert! Phishing Attacks

Phishing is defined as the fraudulent practice of sending emails or other messages purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

Ever get an email that appeared to be from your bank, Target, UPS, Best Buy, or even from Zion? The email may look authentic, uses the right colors, language, and other formatting that normal emails from the company might use. The email contains an urgent message to make you, the user act quickly.

Messages that scammers often use:

- They notice some suspicious activity or log-in attempts.
- Claim there's a problem with your account or your payment information.
- Confirm some personal or financial information.
- Include an invoice you don't recognize — it's fake.
- Want you to click on a link to make a payment — but the link has malware.
- Claim that you're eligible to register for a government refund — it's a scam.
- Offer a coupon for free stuff — it's not real.

Email and messaging scams can look like they come from a variety of places, and some scams are more obvious than others. However, there are always steps you can take to avoid being scammed.

1. Ask yourself if you have an account with the company that is messaging you.
 - a. **If yes**, do not click on any links or download any attachments, instead, go to the website or call the company to verify if anything is wrong.
 - b. **If no**, the email is probably a scam. Report and block the email sender and delete the email.
2. Does the email look legitimate?
 - a. Verify the email address: scammers cannot replicate emails used by companies, so the email addresses are never correct. If the email address appears different or wrong, report, block, and then delete the email.
 - b. Bad spelling, grammar, or weird images: Scammers will put together scam emails with whatever they can get a hold of. Often, these could be wrong or outdated images.
3. Text Message scams:
 - a. Scams can also come from text messages. Often, text message scams are sent as group messages. Do not reply to these messages and do not click on any links. Block the number and report the message. Most messages from companies come from **short codes**. These are **5-6-digit numbers**, and these messages are used more for reminder notifications.

(continued on next page)

technology news

Spam Alert! Phishing Attacks continued

Protect your info and devices:

1. Keep automatic updates on your devices turned on. This helps to ensure that your device's security is up to date.
2. Protect your accounts with multi-factor authentication. A lot of companies require multi-factor authentication, but if not, it is recommended that you use it.
3. Back-up your data. You can back up your data with external hard drives or cloud storage.

Summary

1. Most companies will not ask you to verify your information or ask for money over email or text so always remember to verify information by calling those companies directly or logging into your accounts through a web browser.
2. Never click on links or download attachments from emails that may appear to be scams. The links and attachments can often include malware.

If you have questions about any of this information, please contact Josh at jmyroniuk@zionanoka.org.

Zion Tech Help Days - Mark Your Calendars

NOVEMBER 2024 | SUNDAY ADULT FORUMS

Join us in November for Tech Help Days! Tech Help Days will feature a refresher on scams to help prepare people to stay away from unwanted scams during the holidays. We will also provide simple tech help for things related to your mobile phones, tablets, and laptops. Help will be in the form of simple solutions to questions like how to access a certain app, or logging into certain accounts. We won't be able to provide support for device repair, or virus/malware removal. So, please bring your devices and questions with you to Tech Help Days! Dates are to be determined, so stay tuned.

AED Locations at Zion

Zion has three AED's in the building (the most recent one added last fall).

- On the lower level located to the left of the elevator doors
- On the lower level down by the CLC to the right of the men's restroom
- On the upper level located in the Narthex between Door 6 and the back of the Sanctuary doors

Hopefully, we never need to use them but it is good information to know as we gather for worship on weekends and for funerals, small groups, Bible studies and other events during the week.

Small Group Study - "Acts: The Revolution of Faith"

We continue our study of Acts as bestselling author and pastor Randy Frazee guides small group members through the growth of the early church. Frazee reveals what the author's words meant to his original readers - and how they apply to us today. Below is the remaining schedule.

Week of May 6: *Elephant or Virus?* / Acts 16:6-19:20

Week of May 13: *Cry Uncle* / Acts 19:21-28:31

Lutheran Late Night - May 10

Join us at Zion from 7-10 p.m. on Friday, May 10 for Lutheran Late Night! This event is for middle and high school students and functions like a lock-in, but you go home at the end of the night. Snacks will be provided and night games will be played. This month our friends from Grace Lutheran in Andover will be joining us. Hope you can make it!

Summer Stretch

Zion is partnering with Grace Lutheran in Andover for Summer Stretch! Students who have completed grades 4-8 are invited to join us on Thursdays during the summer for service projects (Feed my Starving Children, Global Health Ministries...etc.) and recreational activities (Urban Air, Bunker Beach...etc.) around the area. Register for all six Thursdays or just drop in - the choice is yours. High School students can also participate as a Junior Leader for a discounted price! Email kweiland@zionanoka.org for more information.



Zion Kids Summer Camps

Zion Kids Summer Camps are filling up! It's easy to register! Scan the QR code at the right or register online at <https://www.zionanoka.org/zion-kids-camps-registration/>.



Zion Summer Camps
2024

Offerings include the Family "Blessing Bus" VBS, Preschool VBS, Grades K-5 VBS, Sports Camp, Camp Create It, and more! To volunteer, contact Lee lneitge@zionanoka.org or Ann acampbell@zionanoka.org.

Youth Volunteers: Join the Z-TEAM!

If you're in Grades 6-12, you're perfect for the Z-TEAM, a specially trained crew of young people serving kids at Zion! Choose from two training options: Wednesday, May 15, 6-7:30 p.m. or Thursday, June 13, 10-11:30 a.m. You'll learn simple but effective skills for leading younger kids and keeping them safe. Then, we'll deploy you to the summer day camps of your choice! This training also applies for youth serving with Sunday School and Whirl Wednesdays. Enlist now at <https://www.zionanoka.org/registration-events/> or click on the QR code at the right. Contact Ann Campbell at acampbell@zionanoka.org for more information.



Z-Team Training
2024

care

Grief Support Group

TUESDAYS IN MAY | 6:30 P.M. | LEGACY ROOM

This support group offers help and encouragement after the death of a spouse, child, family member or friend. Meetings are open to anyone who has suffered the loss of a loved one, or knows someone who has. The format is video presentations and small group discussions lead by Pastor Sue Wallager. See below for the schedule. Contact Pastor Sue for more information at swallager@zionanoka.org.

May 7 - Your Grief Journey

May 14 - Self-Care

May 21 - Anger and Other Feelings

May 28 - Grief and Your Daily Life

Hospital Visits and Pastoral Care

If you or a family member are in the hospital or have had a change in your health status and would like a pastoral visit, please call the church office at 763-421-4656, email Kristine kjohnson@zionanoka.org or Pastor Sue swallager@zionanoka.org or let any of the pastors know. The pastoral staff is very happy to visit you and provide pastoral care.

Thank You Recent Radio Broadcast Fund Donors

Special gifts to support Zion's Radio Broadcast Fund are welcome. To make a gift to the Radio Broadcast Fund, note "radio broadcast" on the memo line of your check. If it is in memory of a loved one or in honor of an anniversary or birthday, enclose a note or post-it.

Dianne Carlson
Dianne Edling
Lyle & Marlene Willock
Greg Nelson
Glenn & Colleen Virgin
Kristine Johnson
Craig Bakken
Lois Peterson

Cara Fish in memory of Mel Iseminger
Randy & Janis Korus in memory of Mel Iseminger
Judy Bendiske in memory of Mel Iseminger
Jamie & Suzanne Gaboury in memory of Mel Iseminger
Bev Fraser in memory of Mel Iseminger
Mike & Arlene Kelly in memory of Mel Iseminger

about our people

Baptisms

April 7 - Piper Blegen

Deaths

Arlene Tesch
Jay Hayford
Bruce Swanson
JoAnne Messner
Jane Haney
Gordon Matson
Lorny Ness
Clayton Berg

Weddings

Jeanette Gebhardt &
Jeremiah Howell

New Members

Jake & Katelyn Swan
Bob & Connie Svendsen
Bradley Engels & Mark Meyers
John & Kathleen Harris
Betsy Ebner
Dave, Mollie, Nolan, Henry & Graham Dvorak
Jake & Mariah Blegen

Global Health Ministries - Zion's Local Connection to the World

Global Health Ministries began in 1987 after several Lutheran Missionaries met to discuss ideas for what could be done about the lack of, or non-existence of, medical supplies in their mission fields. What began in rented garages with supplies and a few volunteers under staff direction, has now merged into a multifaceted, technologically advanced, professional personnel directed warehouse with an enormous volunteer powered work effort to get supplies to where they are needed. The present director, Pastor Doug Cox, started GHM in 2015.

The goals of GHM are to enhance health systems for the world's most vulnerable people by weaving together programs of leadership, scheduled shipments of medical supplies, training and scholarships. Zion Lutheran supports GHM through a Foundation Grant. In addition, the Women of Zion give quilts and rolled bandages (with the help of participants from The Gathering) and health kits. Twice a month, Zion volunteers assist in processing incoming medical supplies for future shipments to more than 13 countries. Volunteers are ALWAYS NEEDED!

On Monday, May 20 at 10:30 a.m., you are invited to take a tour of the huge warehouse, hear stories and see photos of GHM impact in God's world. Please sign up at the Welcome Desk so GHM will know how many to expect. Car pooling is also encouraged. If you have any questions contact Ron and Marty Gray at 763-427-1902.

News From the Zion Creation Care Team

We do not inherit the Earth from our ancestors; we borrow it from our children. Native American Proverb

Wondering what you can do for God's creation? Think about planting native plants and creating an enticing environment to help your fellow beings (insects, reptiles, mammals, and birds). As part of God's earth, we are interdependent on other plants and animals. We need the plants to transform the sun's energy into food and would not exist without them. Plants and animals have evolved over time establishing relationships with each other. Some insects will feed or lay eggs on diverse plants, but some will eat or only lay their eggs on one type of plant like the monarch butterfly. Our lawns consume a lot of resources as well as our time as we water, mow and fertilize them, and they offer little to wildlife. So think about converting a small area in your yard or adding natives to an existing garden bed to develop an area as a refuge for local wildlife.

Native plants, once established, have long roots, which help enrich soil and tolerate drought. When adding natives think about plants that flower throughout the seasons from spring through fall. You will want different plants for each season. You also should think about having groups of plants. Some native bees will collect pollen and nectar from a variety of plants, but some will only collect from one plant type. Most native bees are solitary and do not have hives, instead nesting in the ground or in plant stems. Which means you should leave your plants in the fall or only cut them to 18 inches. Also think about leaving leaf litter which protects overwintering animals and limit pesticide use, which not only kill pests but weakens or kills beneficial insects.

The Xerces Society has resources on how to grow native plants and transform your lawn. Additionally, the Anoka Garden Club will be selling plants at St. Stephens on May 17 and the Anoka Master Gardener sale will take place on May 16 and 17 at the Anoka County Fair Grounds. Other places to get native plants are the Mother Earth Gardens, Prairie Restoration, Landscape Alternatives, and Prairie Moon Nursery, just to name a few. The Minnesota Board of Soil and Water even has the Lawns to Legumes Grant you can apply for to increase native plants in your yard, but you need to apply by May 15.



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Anoka MN 55303

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LUTHERAN † ANOKA

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A WELCOMING FAITH COMMUNITY.
GROWING. CARING. SERVING.

news from Zion Pre-K



Spring is here and we are enjoying every moment that we can. Our school year will wrap up soon and we will jump into summer. A wonderful and crazy time of the year!

2024-2025 registration is open, contact pre.k@zionanoka.org for more information.

WELCOME

You are invited, you are welcome to come and experience God's love at Zion Lutheran Church.

CONTACT US

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www.zionanoka.org