

the herald

NEWS OF ZION LUTHERAN | ANOKA

FEBRUARY 2025



Lent 2025

Ash Wednesday is March 5. Worship times will be at noon & 6:30 p.m. and we will have the imposition of ashes and Holy Communion as part of both services. Our mid-week Lenten theme this year is: *Unbroken: A Living Faith*.

With so many people identifying themselves as Christian, how can we spend time thinking deeply about what we really believe? What is the what? What are the foundational beliefs and how are they living and moving with us as we change and grow? Faith is passed down from generation to generation. It's an unbroken line of ancestry that connects us all the way back to Jesus. The powers of the world wanted to break Jesus and yet this faith that we rest on is so strong they couldn't do it. We are a part of this great tradition that will not and cannot be broken.

Our noon service will be a Lenten Prayer Service, with hymns, prayer, and sermon. Our Traditional Evening Prayer Service at 6:30 p.m. will have special music, our evening liturgy, time for kids and a sermon following our Lenten theme.

Annual Meeting - February 23 at 10 a.m.

The Annual Meeting of Zion Lutheran Church will be held at 10 a.m. on Sunday, February 23 in the Sanctuary. The meeting will also be livestreamed.

- You may attend the Annual Meeting in person at 10 a.m. in the Sanctuary or you may watch it online (go to Zion's Facebook page, YouTube Channel or website at www.zionanoka.org and click on the "Worship on Livestream" button.)
- Copies of the annual report will be available at the front desk by mid-February. We will also be emailing the annual report to our membership email list. The agenda and all necessary information will be in the report.
- If you will not be attending the meeting in person, you may vote by absentee ballot. Two ballots are enclosed in this Herald. Ballots should be received no later than February 26. You may mail them in, drop them off, or scan and email them to kjohnson@zionanoka.org. Each confirmed member should only fill out and return one ballot. If you need additional ballots for your household, you may stop by or call the church office.



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)

Scripture Readings

February 1-2

Luke 4:21-30

February 8-9

Luke 5:1-11

February 15-16

Luke 6:17-26

February 22-23

Luke 6:27-38



Worship in person Saturdays at 5 p.m. and Sundays at 8, 9 & 11 a.m.

Livestream on Sundays at 9 & 11 a.m.

Cable TV Channel 6 Broadcast Sundays at 10 a.m. & 5 p.m.

Radio Broadcast BOB-FM 106.1 Sundays at 9:10 a.m.

a message from your pastors



Celebrating 20 Years of The Gathering Program

In October this past year, we joyfully celebrated the 20th anniversary of *The Gathering* program! For two decades, this ministry has been a beacon of hope and support for caregivers and their loved ones facing the challenges of memory loss. Together, we have created a space where compassion, connection, and respite thrive.

A Ministry of Care and Community: Since its inception, *The Gathering* program has provided a much-needed reprieve for caregivers, offering them the opportunity to rest, recharge, and tend to their own well-being. At the same time, their loved ones are welcomed into a safe and nurturing environment where they can engage in meaningful activities, build friendships, and experience moments of joy. This ministry has grown to become a vital part of our church's mission to serve others. It is a testament to the power of community and the unwavering love of Christ working through us.

Celebrating Milestones and Memories: Over the past 20 years, we have shared countless memories: the laughter of participants during a favorite activity, the heartfelt connections formed between volunteers and families, and the peace that comes from knowing you are not alone on this journey. These moments remind us why *The Gathering* program remains such an essential part of our church ministry.

Gratitude for Our Volunteers and Supporters: None of this would have been possible without the dedication of our incredible volunteers. Your compassionate hearts and willing hands have made a difference in the lives of so many. To the families who have entrusted us with their loved ones and to those who have supported this ministry through prayers, time, and resources—thank you. Your partnership has allowed this program to flourish.

A Call for Volunteers: As we look to the future, we are in need of more volunteers to continue the vital work of *The Gathering* program. In particular, we are seeking more male volunteers to help provide balanced support and connection for all participants. If you feel called to serve in this ministry, we encourage you to reach out. No special experience is required—just a willingness to share your time and compassion.

Looking Ahead: As we celebrate this milestone, we also look forward to the future. Our commitment to supporting caregivers and their loved ones remains steadfast. We pray for continued opportunities to expand this ministry and to touch even more lives in the years to come.

May God's blessings continue to guide *The Gathering* program as we serve as His hands and feet in the world.

With gratitude and joy,

Pastor Sue

A Thank You from Pastor Mike

Dear Disciples of Christ here at Zion: I cannot say THANK YOU enough for the joy-filled day on Installation Sunday this past January 12. From Pastor John Hulden's presence and Word for Kids, to Pastor Connie's powerful sermon challenging our faith around "what happens when what you expect is not what actually comes to pass," from the lovely cake, to all the congratulations and encouraging words from many of you, that day was brimming and overflowing with joy! Pastor Connie's words resonated so with me because, as I said on that Sunday, I had a completely different set of expectations for my time with you here at Zion. I was tired and borderline burned out after a grueling slog, post-pandemic and post-cancer. I could no longer be the pastor I had once been, and out of that, my expectation had become that I would be a traveling bridge pastor, filling in wherever I might be called to fill a need. But I believe God had something more in mind for us than those expectations, and that trust certainly was embodied in the 12th's installation service and festivities. Thank you again! Pastor Mike

welcome

Hanging in There

By Colleen Nelson

It was well into winter when I noticed a single leaf holding on to a branch, as if defying the odds. I considered a time in my life when I was hanging by an emotional thread and even though there were people about, I felt like a deserted island in a sea of loneliness. Maybe you can recall a period of grief or loss when you had similar feelings. Did you reach out to share your struggles? Were you met with one of these platitudes?

Well-Meaning Platitudes

It'll be alright • Everything turns out at the end
Look at it this way, it could be far worse
God never gives you more than you can handle
I know how you feel • Time heals all wounds
Don't worry • Bad things happen to good people
Since it's God's will, it's probably for the best
Don't let it get you down • This too shall pass
You need to put this behind you and move on



Compassionate Responses

Hang in there • Jesus loves you and so do I
I'm by your side for as long as you need
I'm listening • That's what friends are for
Would you like me to contact a pastor?
God is faithful, a rock in sinking sand
You'll be in my prayers • Allow me to help
You are not alone • You can count on me
I'll check in with you soon • Keep the faith

Although, most likely unintentional, any of these platitudes could be construed as flippant, which may tempt the recipient to draw further into their cocoon. It doesn't matter whether these responses are delivered by a family member, close friend or colleague. The reaction is the same, "Ouch." As God's people, Jesus teaches us in Matthew 11:33, "No one after lighting a lamp puts it in a cellar or under a basket, but on a stand, so that those who enter may see the light." In this season of Epiphany, let us be reminded that we are called to be the light of Christ, supporting those who suffer and rejoicing with those who rejoice.

The Gathering

Every Thursday from 10 a.m. to 3 p.m. in the Youth Room, Zion volunteers spend the day with a group of people from our congregation and our community experiencing early stages of dementia and other memory loss diseases. This group is called *The Gathering*.

This is a well-organized program that is provided by Anoka County Family Caregiver Connection and staffed by volunteers of the Zion congregation. The day is spent visiting, doing crafts, exercising, and learning about whatever the topic for the day is covering. Laughs and good fellowship are the orders of the day. While this is going on, the caregivers for these people are given a valuable break from the day-to-day stress involved with caring for a loved one and the client is given a chance to interact on a comfortable social level with people that care.

Over the next several months, the Zion Neighborhood Engagement Team (NET) will be posting on Zion's website examples of how this program has helped some of our friends and neighbors. To view the first example visit: <https://www.zionanoka.org/care/the-gathering-2/>. For more information about the Anoka County Family Caregiver Connection (ACFCC), please visit their website <https://www.anokacountymn.gov/658/The-Gathering>.

If you know someone that may need this kind of assistance or if you would like to volunteer for *The Gathering*, please contact Jill Thomas (ACFCC) at 763-324-1608 or Pastor Sue Wallager by email: swallager@zionanoka.org.

welcome and worship

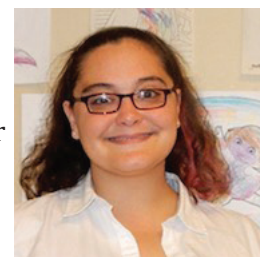
New Member Orientation - February 16

A New Member Orientation will be held on Sunday, February 16 at 10 a.m. in the Legacy Room and will be led by Pastor Connie. To sign up please email Pastor Connie at ctiede@zionanoka.org or call the church office at 763-421-4656.

Thank You, Samantha

Samantha Sigafoos has been the Child Care Coordinator in Zion's Nursery for the past 15 years. We are grateful for her dedication and faithfulness to Zion's littlest of members and for the love and care she has given to all these children throughout the years!

Thank you and God's blessing to you, Samantha! We wish you well in your future endeavors!



Los Angeles Fires - How You Can Help

If you are interested in finding out more about the ELCA's response to the recent wildfires that have devastated the Los Angeles area and how you can help, go to www.ELCA.org/wildfires. To donate by mail, go to Zion's website www.zionanoka.org/ziondocumentcenter/ and click on "Adult Ministry" to download the form. To donate online, scan the QR code to the right. You can also donate through Zion by making your check payable to Lutheran Disaster Relief and indicating in the memo line that your donation is for U.S. Wildfires.



Noisy Offering for Camp Ministries

Thank you to everyone who brought in their Noisy Offering in January! We gathered \$116.10 which will go toward our camp ministries. The next weekend our Noisy Offering buckets will be out is February 1 and 2. We will also have a bucket at the Welcome Desk if you would like to drop off your Noisy Offering during our office hours.

Local Schools Need Our Help

For many years Zion has been in partnership with Anoka Middle School for the Arts and Lincoln Elementary School helping in whatever ways we can – most recently we collected snacks for Lincoln. We have since added another local school to that partnership, Sandburg Regional High School. Sandburg (formerly Crossroads Main) creates an environment that honors and invites students of diverse backgrounds to be part of an inclusive learning community. Their small size allows them to form important relationships that not only help academic success but promote students' gifts and talents as they plan for their future careers and college pursuits. It is also a school that focuses on the individual student while still providing a rigorous diploma program using the Anoka-Hennepin School District's high school curriculum. Like Lincoln, they need individually wrapped items such as: Goldfish, Veggie Straws, Pirates Booty, granola bars without nuts, Rice Krispies Treats, Scooby Snacks, cheesy sandwich crackers and any allergy friendly/gluten free options (brands like Partake or Made Good). Sandburg also needs personal hygiene products like deodorant and feminine hygiene products (pads & tampons).

Snack donations for both schools and personal hygiene products for Sandburg can be dropped off at Zion's front desk during normal office hours. A printed list of requested items is also available for you to pick up. Thank you for your help!

Glen Semanko, Liaison to Lincoln Elementary, Anoka Middle School for the Arts & Sandburg Regional High School

Zion Lutheran Church 2025 Absentee Ballot

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Church Council Nominees (vote for 5):

Ken Benson*
 Carol Kronholm*
 Steve Randall*
 Bill Norquist
 Heather Rule*
 Other _____

Zion Foundation Nominees (vote for 1):

Bill Goodrich*
 Other _____

Zion Pre-K Board (vote for 3):

Bev Semanko
 Andrea Southard*
 Lois Tinker
 Other _____

Nominating Committee Nominees (vote for 3):

David Guptill
 Karen Johnson
 Michelle Olson
 Other _____

Voting Members for Minneapolis Area Synod Nominees (vote for 6):

Andy Johnson
 Karen Johnson
 Doug Jones
 Carol Loyd
 Bill Travis
 Pam Travis
 Other _____

I vote for the 2025 General Fund, Building Fund and Pre-K Budgets Yes No

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Upcoming Sunday Adult Faith Forums

Grab a cup of coffee and join us Sundays at 10 a.m. in the Fellowship Hall.

- February 2: A Nepal Travelog – This past October, Pastor Connie had the opportunity to travel with husband Mark, daughter Linnea, and son-in-law Nikesh to Nikesh's home country of Nepal. Nestled among the Himalayan Mountains, in between India to the south and Tibet to the north, Nepal is the home to approximately 30 million people and the birthplace of Siddhartha Gautama, the Buddha. Come hear about their trip to a part of the world most of us probably know very little about!
- February 9: Islam 101 (Part 3) – Dr. Tam Saidi
- February 16: "God Loves You Cookie Day" - Join the CYF team in Fellowship Hall from 10-10:50 a.m. We'll be decorating sugar cookies - one to eat and one to share! Everyone is welcome! (This is in lieu of Kid City, Holy Shenanigans and Adult Forum!) To volunteer contact Ann acampbell@zionanoka.org. *Note: The Tech Day – "A Review of Realm" forum that was originally scheduled for February 16 has been moved to March 30.
- February 23: No Adult Forum – Annual Meeting

Small Group Ministry - The Chosen Season 2

Our Bible study for February continues with viewing and discussing Season 2 of "The Chosen."

- Week of February 2 Episode 5 – "Spirit"
- Week of February 9 Episode 6 – "Unlawful"
- Week of February 16 Episode 7 – "Reckoning"
- Week of February 23 Episode 8 – "Beyond Mountains"

Camp Wapo Registration

Registration for Camp Wapo is now open! We will be at camp for Seeds Weekend (completed grades 1-3) June 13-15, and week-long camp June 15-20 (completed grades 4-8). 8th graders are expected to attend camp for the completion of their 8th grade retreat in preparation for their confirmation day in the fall of 2025. Please use the following link to register <http://lwlbc.com/zion-anoka>. Only pay the deposit at time of registration, all members of Zion will receive some scholarship dollars for camp thanks to the generous support of the congregation. For more information about camp, or if you have financial concerns, please email Katie kweiland@zionanoka.org.

Lutheran Late Night - February 7

Join us at Zion from 7-10 p.m. on Friday, February 7 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. Friends welcome, hope you can come! Please register here <https://cutt.ly/feblln>.

Cinnamon Roll Sunday - February 23

On Sunday, February 23, we will be serving fresh baked cinnamon rolls during coffee hour as a fundraiser for our Mission Trip to the Boundary Waters this summer. Thank you for your support of this ministry!

Zion Pages Book Group - February 24

On February 24, at 6:30 p.m. in the Library, we will be discussing *The Hidden Life of Cecily Larson: A Novel* by Ellen Baker. All are welcome to attend.

grow and care

Upcoming Ski Trip - February 17

Zion is partnering with Grace Lutheran of Andover for a ski trip to Wild Mountain on Presidents' Day, Monday, February 17. We are inviting all adults, families, children, youth and friends to this event - no previous experience necessary. We will meet at Grace Lutheran at 9 a.m. and return to the church by 5 p.m. The lift ticket costs \$31, ski or snowboard rental is an additional \$25, and you also have the option to buy a lesson with an instructor for \$12 (but Will from Grace is also a good coach). Please plan to bring a lunch or money for food and snacks. Register on Realm before Wednesday, February 5 <https://cutt.ly/graceski>.

Coins for Srimathi and Dinesh

Since 2022, Zion's children and youth have sponsored the education of two children through Lutheran Partners in Global Ministry's Project: Education India. Our kiddos are Dinesh (age 11) and Srimathi (age 9). Dinesh lives and studies at the Saron Boarding home in Tiruvannamalai, India, which serves 300 boys in grades 1-12. Srimathi lives and studies at the Siloam Boarding Home in Thirukoilure, India. Siloam serves 700 girls in grades 1-12. We provide \$40 per month per child. From January 26-February 23, our kids and youth and their families will collect coins for Dinesh and Srimathi, using M&M's MINIS containers. Our goal is to collect \$240 to cover three months of school for each child. Want to help? You can donate in person on February 16 at our intergenerational Cookie Day event (10 a.m. in Fellowship Hall), or you can give online www.zionanoka.org and click on the "Give Today" button.



Srimathi
Age 9

Dinesh
Age 11

Thank You Recent Zion Radio Broadcast Donors

Duane Jeska
Scott & Char Pendergrass
John & Carol Loyd
Barb Hauff
Lyle & Marlene Willock
Chris & Louise Hughes
Margaret Steinbring
Ron Johnson
Dianne Carlson

Kristine Johnson
Craig Bakken
Lois Peterson

Donna Iseminger in memory of Mel Iseminger
David Holmes, Deb, Tom & Sue in memory of Dee Berg
Ken & Sandy Benson in memory of Dee Berg
Janet & Gary DeGuise in memory of Dee Berg
Charles & Mary Kucera in honor of their anniversary
Greg & Ann Bergeron in memory of Dee Berg
Jane Freeburg in memory of her mom, Carol Freeburg
John & Sandy Steinbring in memory of Jerre Olson
Mike & Arlene Kelly in memory of Deloris Berg
Judy Bendiske in memory of Deloris Berg & Duke Grosslein

about our people

Baptisms

Jan 18 Arthur Mingo

Deaths

Lyle Anderson (Nov 2024)
Leila Syverson
Deloris (Dee) Berg
Phil Levenhagen

Deaths

Robert Jensen
Jay Rock
Mitch Jones
Lois Strand

caring for our world and each other

From Zion's Creation Care Team

Salt Alert

Using salt on your sidewalk and driveway is a balancing act - you want to be safe and prevent accidents, but salt can harm plants and animals and is corrosive. One teaspoon of salt can permanently pollute five gallons of water.

Five Winter Salting Tips from the *Minnesota Star Tribune*

- Use an ice scraper on ice build up.
- Shovel as soon as possible after snowfall to prevent build up of ice.
- Use sand when it is below 15 degrees.
- Limit salt to a coffee cup to 10 sidewalk squares.
- Sweep up excess salt.

Zion's Creation Care Team meets the 1st Tuesday of each month.

From the Zion Addiction and Awareness Ministry (ZAAM)

ZAAM continues to grow in knowledge, possibilities and awareness of the effects of alcohol and drug abuse and to share that information. A reminder of the posters located on the 1st floor bulletin board and in restrooms; "Are you worried about someone's drinking?" with pull tab references to the Al-Anon phone number. On Sunday, March 16, ZAAM will sponsor the 10 a.m. Adult Faith Forum with guest speaker, Sheri Cindrish, the President and founder of Recovery Café. This organization offers hope, information, and direction about drugs, alcohol and mental health issues affecting self, family and our community.

Members of ZAAM visited with staff and toured the Minneapolis location of Teen and Adult Challenge, a Christian-focused drug and alcohol treatment facility. They were very impressed with the options, program and staff. Watch for more information in the future about this organization.

Some facts and education

1. The American Association for Cancer Research found that excess levels of alcohol increase the risk for 6 different types of cancer.
2. Signs of a 'borderline alcoholic': People who appear as functional but still drink excessively, sometimes struggling to realize they might have a problem in the first place.
3. Anoka-Hennepin School District is hosting a Drug and Alcohol Awareness series aimed at substance use by teens, Tuesday, February 28, 7-9 p.m. at Anoka High School showing the film event, *Chasing the Dragon*, an FBI produced film exploring opioid addiction. On Tuesday, April 19, there will be a presentation event at Andover High School, with panels of substance-use experts and first-hand accounts from students. Resource tables will be available before and after the programs. Go to www.anoka.k12.mn.us/substanceuse for more information.

ZAAM meets the 4th Tuesday at 6:30 p.m. All are invited and welcome.



1601 4th Avenue
Anoka MN 55303

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LUTHERAN † ANOKA

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A WELCOMING FAITH COMMUNITY.
GROWING. CARING. SERVING.

2025-2026 Pre-K Registration Now Open



It's time to register for Zion Pre-K. We are taking registrations for the 2025-26 school year. All 3 through 5-year-olds welcome. Register at www.zionprekanoka.org. Share with your family and friends!

WELCOME

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

CONTACT US

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763.421.4656
www.zionanoka.org