

# the herald

NEWS OF ZION LUTHERAN | ANOKA

MARCH 2025



**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

#### March 1-2

Luke 9:28-36

#### March 8-9

Luke 4:1-13

#### March 15-16

Luke 13:13-31

#### March 22-23

Luke 13:1-9

## Lent 2025

### Unbroken: A Living Faith

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.*



When so many people identify themselves as Christian how can we spend some 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 strong enough that they couldn't do it. We are a part of this great tradition that will not and cannot be broken.

Our noon Lenten service will be a prayer service, with hymns, prayer and a sermon. Our service at 6:30 p.m. will be a traditional evening prayer service with special music, evening liturgy, and a sermon following our Lenten theme.

Each weekend and mid-week service will center on one of "The 7 Principles of A Living Catechism." The concept of Living Catechism flows from the fundamental idea that, as God's beloved people, we are always discerning, always reforming, and always leaning into what it means to be the people of God in each unique time and place. It asks how we articulate the core understanding of a Lutheran perspective and take seriously the complex realities of life today.

Please join us this Lenten Season for worship on Sundays and Wednesdays.



**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.**

# Prayer, Reflection, and Conversation in Lent

Part of the traditional Ash Wednesday service includes this explanation, not just for Ash Wednesday, but for Lent as a whole:

*"Friends in Christ, today with the whole church we enter the time of remembering Jesus' passover from death to life, and our life in Christ is renewed.*

**Unbroken**  
A living faith

*We begin this holy season by acknowledging our need for repentance and for God's mercy. We are created to experience joy in communion with God, to love one another, and to live in harmony with creation. But our sinful rebellion separates us from God, our neighbors, and creation, so that we do not enjoy the life our creator intended.*

*As disciples of Jesus, we are called to a discipline that contends against evil and resists whatever leads us away from love of God and neighbor. I invite you, therefore, to the discipline of Lent—self-examination and repentance, prayer and fasting, sacrificial giving and works of love—strengthened by the gifts of word and sacrament. Let us continue our journey through these forty days to the great Three Days of Jesus' death and resurrection.*

**In other words, Lent is a time for practice. For exercise. For finding new "spirituality muscles." Or perhaps rediscovering those we haven't used in a while.**

Sometimes in Lent, people give up or abstain from something they might see as a temptation—caffeine (as if!) or chocolate or second helpings. And perhaps that abstinence and denial actually has some way of drawing our hearts and minds to God—think of Israel's 40 years in the Wilderness, relying utterly on God for all that they needed for daily life; or Jesus' 40 days in the Wilderness during His temptation. (By the way—want to guess how many days there are in Lent?!)

**But sometimes in Lent, people will ADD to their faith practice, perhaps something they'd like to grow stronger in such as prayer or daily devotional readings.**

As your pastors, we would like to invite you to be a part of a brief gathering **after each of our Wednesday Lenten services—both the NOON service and the EVENING service—for Prayer, Reflection, and Conversation.** When we gather, we'll be using a format called "the Faith5," first pioneered by the Faith Inkubators organization. This format invites followers of Jesus into an easy-to-remember, practical, and portable way of practicing our faith:

1. We **SHARE** what's going on in our lives, most often calling that what's-going-on "Highs & Lows."
2. We **READ** a piece of scripture.
3. We **TALK** about what we've read.
4. We **PRAY**—think of our Christ Care Prayers with which we start every small group gathering here at Zion.
5. We **BLESS** one another—think about the Baptismal blessings we often bestow on our children during the Word for Kids on Sunday morning.

And, we'll actually be adding a **SIXTH** practice:

6. We imagine ways we might **SERVE** God by serving other human beings.

Just about anyone can do these steps at any time, in any place. **So please be encouraged to give it a try! Our time during Lent is a perfect, low-impact, safe way and place to practice this format so that you can "take it home" with you!**

## **PLEASE NOTE:**

We will be providing a devotional booklet that will also be following this year's Lenten theme, "Unbroken: A Living Faith." **Please sign up at the Welcome Desk to reserve yours.**

# welcome

## Look Up

By Colleen Nelson

During the winter, a fun activity as a child was to look out the car window to spot bird nests in the bare deciduous trees. Now I find myself encouraging my grandchildren to look up as I point out nests and recently, I noted thirteen while driving from my house to the grocery store. A bald eagle's nest can hardly be missed since they range from 5-6 feet wide and 3 feet high, and I am fortunate that one of these massive abodes is built on a towering utility pole, along a road I frequent. It thrills me when there's activity at the nest.

While it's novel to play the nest game in the car or at the park, the act of looking up could also be considered a gesture to seek the Lord our God. "To you I lift up my eyes, O you who are enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of the maidservant to the hand of her mistress, so our eyes look to the Lord our God, till he has mercy upon us." Psalm 123:1-2. One afternoon last summer while walking my dog, I was ruminating over a difficult situation in my life. Similar to other times in the past, my thoughts played like a tape with a continuous loop. As I was nearing the end of my walk, I looked up to see a fish symbol representing Jesus on my neighbor's garage wall. After I allowed the surprise to settle in, I realized it also shredded the tape looping in my brain and served as a reminder that God encourages us to surrender our worries through prayer. I don't know for certain but I believe it was a reflection from the sun bouncing off a metal plant hanger on their porch. What a marvelous reminder that God is good, all the time!



## Stewardship Update - Building and Technology Improvement Fund

Part of Zion's 2025 Stewardship Campaign includes the Building and Technology Improvement Fund to help repair and upgrade Zion's facilities and technologies. One of those areas is to replace key pieces of audio and video equipment in the Sanctuary. Thanks to all of your financial support, over \$85,000 was put into the Building and Technology Fund to go towards the projects. Two new soundboards, new wiring for the video system, two new projectors, and an unforeseen purchase of new amplifiers for the sound system have been purchased and installed in the Sanctuary. The total amount for this project was \$103,266.62. Thank you, Zion!



## American Red Cross Blood Drive

MONDAY, MARCH 31 | 1 PM – 6 PM | CLC

To make an appointment, please call 1-800-RED-CROSS (1-800-733-2767) or visit [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and enter Sponsor Code: Zion.

# welcome and worship

## JOYA Welcomes Chuck Lazarus - March 16

Join us for an unforgettable concert with Chuck Lazarus and the Lazarus Band on March 16 at 3 p.m. in Zion's Sanctuary. "An Afternoon of Reimagined Jazz Standards and Joyful Originals" will take you on a musical journey, blending timeless jazz classics with fresh, vibrant originals. Whether you're a long-time jazz lover or new to the genre, this afternoon promises to be a celebration of rhythm and soul that will lift your spirits and get your feet tapping. Don't miss out on this FREE CONCERT—come for the music, stay for JOY!



## Noisy Offering for Camp Ministries

Thank you to everyone who brought in their Noisy Offering in February! We gathered \$483 which will go toward our camp ministries. The next weekend our Noisy Offering buckets will be out is March 1 & 2. 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.

## Support our Youth Mission Trip

This summer, Pastor Mike and Katie are thrilled to be taking eleven Zion high school youth on a mission trip to Wilderness Canoe Base in the Boundary Waters. Half of the week we will be doing service projects at camp and the rest of the trip we'll be out canoeing. We have several students who are participating for the first time this year! When asked why they are going on the trip, several shared excitement for fishing and canoeing and one shared the hope that the challenges of the wilderness would bring them closer together and to God. These trips would not be possible without the generous support of donations from the congregation. Please consider a gift to our 2025 summer mission trip!



Katie Weiland, Pastor Mike, Ben Mc Kigney, Maverick Hill, Simon Anderson, David Downs, Faith Beckius and Brooke Stokes

## Cinnamon Roll Sunday

On Sunday, March 30, we will be serving freshly baked cinnamon rolls during coffee hour as a fundraiser for our mission trip to the Boundary Waters this summer. Our high school youth are partnering with Wilderness Canoe Base in a hybrid trip of service and outdoor adventure. We thank you for your generosity and support in making this trip possible!

## Lenten Mid-Week Principles and Readings

- March 12: "God speaks to us through Scripture and Spirit." Rev. 2:7, John 1:14, and Isaiah 55:11
- March 19: "God becomes human for us in Jesus Christ." John 1:1-5
- March 26: "God feels our pain and suffering." 2 Corinthians 1:3-4
- April 2: "God compels creation toward mercy." Luke 15:11-32
- April 9: "God delights in our goodness and judges sin." Genesis 1:1-2:2



## Minnesota Council of Churches - Ramadan Open Houses

This past year, our adult education has spent time and energy learning about Islam. **The first part of this emphasis** came from a study prepared by LSS of MN called *My Neighbor is Muslim*. **The second part of this emphasis**, “Islam 101”, came from a guest presenter at our Sunday morning Adult Faith Forums, Dr. Tamim Saidi. Both of these, the study guide and Dr. Saidi’s presentations, can be found on Zion’s website or YouTube channel.

I would encourage you to ask the question: **Why? Why are we spending so much time learning about Islam?** And the answer might go something like this:

- To quote from Dr. Rolf Jacobson (Professor of Old Testament and the Alvin N. Rogness Chair in Scripture, Theology, and Ministry at Luther Seminary): *“God has given us new neighbors to love and to bless. In fact, God is always giving us new neighbors to love and bless...Whenever God gives us new neighbors to love and bless, God calls on us to get to know and understand them.”* (*My Neighbor is Muslim*, “Response to ‘What is the Islamic Understanding of Charity,’” p. 31).
- In many ways, this study has invited us to consider our own faith and practices as followers of Jesus: How can WE grow stronger in our witness to God’s grace, mercy and love revealed through Jesus?
- Looking at the way Jesus responded to those labeled as “outsiders”—i.e., those whom the Pharisees called “sinners” (see Luke 5:27-31); note Jesus’ pursuit of the Samaritan woman at the well in Sychar (see John 4); or Jesus’ continual “transgression” of geographical boundaries between “us” and “them” (see Luke 8:26-39)—we do well both as individuals and as a faith community to lead lives that echo Jesus.
- All of this very well—at the very least—might lead us to respond to our Muslim neighbors with curiosity, patience, and kindness, all characteristics we might recognize embodied in Christ.

These things may be all the truer and more needed in our present cultural climate that seems to have normalized casting fear and mistrust on “the other.”

### **Our third part of this program year’s emphasis on Islam: Taking Heart—Iftar Meals During Ramadan**

Someone once said to me, “It’s hard to hate someone when you’re sharing food.” So the third part of our emphasis on Islam comes through an invitation from area mosques and Islamic centers through the Minnesota Council of Churches and the Muslim American Society of Minnesota (MAS-MN) **to attend iftar meals during Ramadan**, which began Friday, February 28. (This was a response that Dr. Saidi encouraged during his presentations.)

Coordinated by the Minnesota Council of Churches and MAS-MN to bring Christians and members of other faith communities together with Muslims for food and conversation during Ramadan, the Taking Heart Open Houses program has been bringing Muslims and non-Muslims together for food and conversation for 18 years. In 2024 over 1,000 community members participated in Taking Heart during Ramadan, the month of the Islamic lunar calendar during which Muslims abstain from food and drink from sunrise to sunset. (In 2025, Ramadan falls between February 28-March 29.) Fasting during Ramadan is one of the “five pillars” of Islam and is performed to learn piety, self-restraint, compassion, and generosity. “Iftar” is one of the observances of Ramadan and is often done as a community, with Muslim people and others gathering to break their fast together after sunset.

There are quite a few mosques and Islamic centers around the Metro opening themselves up to host guests for the iftar meals during the upcoming month of Ramadan, including a number very close to us in Maple Grove, Brooklyn Park, Blaine, Coon Rapids, and Fridley. **I am planning on attending the one at the Brooklyn Park Islamic Center, 2100 93rd Way N on Tuesday, March 11 at 6 p.m. and I would love to have folks attend with me.** If you want to join me, let me know that you’ll be attending [mpancoast@zionanoka.org](mailto:mpancoast@zionanoka.org). To register go to the registration page on the Minnesota Council of Churches website <https://mnchurches.org/what-we-do/taking-heart> and fill out the information requested. Any questions? Please be in touch! –Pastor Mike

## Upcoming Adult Faith Forums

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

- March 2: **Camp Wapogasset, Heather Eggert, Camp Wapogasset Executive Director** – Heather will be with us to share not only about Camp Wapo but their other sites, Ox Lake & Wilderness Canoe Base, as well.
- March 9: **Black Men Teach - We welcome Executive Director of Black Men Teach, Markus Flynn.** A dedicated leader in the Twin Cities community, Markus collaborates with partner schools, teacher training programs, and community organizations to recruit, prepare, place, and retain black male teachers.
- March 16: **Zion Addiction Awareness Ministry, Sheri Cindrach, President and Founder of Recovery Café Frogtown** - This forum will offer an opportunity to learn more about how addiction affects all of us from someone who has experienced it along with an opportunity to ask questions and share.
- March 23: **Confirmation Review Part 1 of 3** - In these forums, we will be previewing some of the material (particularly the Augsburg Confession and Luther's Small Catechism) that we will be covering in our weekly small group Bible study offering "Roots of Our Faith" that we will begin after Easter on April 20. "Roots of Our Faith" is a study intended to help participants better understand their Lutheran heritage—what does it mean that we identify as followers of Jesus in this particularly LUTHERAN way?
- March 30: **Tech Day: A Review of Realm, Josh Myroniuk, Director of Technology & Media Arts** – Join us as we learn about Realm, a church-management software that is utilized at Zion. We will cover the basics, from creating an account to signing up for a registration and everything in between.

## Baptism Class - March 9

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, March 9 at 12 p.m. in the Library. Contact Kristine at [kjohnson@zionanoka.org](mailto:kjohnson@zionanoka.org) to register for the class.

## O.W.L.S Event - "Minnesota's Lost Towns" and Potluck - March 13

Zion's "Older Wiser Lutherans" are hosting Rhonda Fochs, author of "Minnesota's Lost Towns" along with having a potluck on March 13 at 10 a.m. in the Fellowship Hall. Please sign up at the front desk and bring a dish to share.

## First Communion Class - Register Now

Zion Kids are **Walking Wet**, living in God's baptismal promise of everlasting love. Parents, sponsors and the congregation also promise the baptized that they will support them in their faith journey by providing them with a Bible to study along with worship opportunities, including Holy Communion. Instituted by Jesus, Holy Communion is one of two Sacraments in the Lutheran Church. Through Holy Communion, we receive God's gift of forgiveness.

For children in Grades K-5, First Communion instruction will be offered Wednesday, March 19 at 5:30 p.m. or on Sunday, March 30 at 11 a.m. An optional bread baking class will be offered Wednesday, March 26 at 5:30 p.m. We practice open communion here at Zion, so parents, if you feel your children are ready, please sign up. Please register all children, and at least one accompanying adult. Children will receive their first communion at the service of your choice. You can register at [www.zionanoka.org](http://www.zionanoka.org) under Registration Events or scan the QR Code to the right. Paper forms are located in the lower lobby. Contact Ann [acampbell@zionanoka.org](mailto:acampbell@zionanoka.org) for more information.

**Walking  
Wet**  
Holy Communion



## Zion Pages Book Group - March 24

On March 24, at 6:30 p.m. in the Library, we will be discussing *Has Anyone Seen My Toes?* by Christopher Buckley. All are welcome to attend.

## Camp Wapo - Register NOW!

Registration for Camp Wapo is open! Zion 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](mailto:kweiland@zionanoka.org).

## Lutheran Late Night

Join us at Zion from 7-10 p.m. on Friday, March 21 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 make it! Please register here <https://cutt.ly/marlln>.

## Summer Stretch

Zion is partnering with Grace in Andover and Lord of Life in Ramsey for Summer Stretch! Students who have completed 4-8th grade are invited to join us on Thursdays during the summer for service projects in the morning and recreational activities in the afternoon. Register for all six Thursdays or just drop in. \$75 per day or \$375 for all six. Email [kweiland@zionanoka.org](mailto:kweiland@zionanoka.org) to register (\$50 discount before 5/31/25). Scholarships are available. Tentative activities: 7/10 Feed My Starving Children and Grand Slam; 7/17 Blessing Blankets/Sandwich Man and Urban Air; 7/24 Gale Woods Farm and Big Stone Mini Golf; 7/31 Matthew Bags and Anoka Aquatic Center; 8/7 Nursing Home Visit and Minnesota Zoo; 8/14 Valley Fair.

## Registration for Kids Summer Camps Opens March 3!

Families and volunteers! It's time to start planning for Zion Kids Camps! Online registration opens March 3 at <https://www.zionanoka.org/registration-events/>. Paper copies are available at the front desk.

### "Snorkel!" Family VBS

For families with kids ages 0-5 + siblings  
Sundays, 10-10:50 a.m.  
June 8, 15, 22

### "Snorkel!" VBS for Preschoolers

For kids ages 3-5  
T-TH, 9-11 a.m.  
July 15-17

### "Snorkel!" VBS for Gr. K-5

For kids grades K-5 completed  
M-TH, 9 a.m. - noon  
June 23-26



### Music and Dance Class

For kids ages 2-5 and a caregiver  
Wednesdays, 11:15-11:55 a.m.  
June 11, 18, 25; July 2 & 9

### Sport Camp

For kids grades K-5 completed  
M-TH, 9 a.m.-noon  
July 7-10

### Summer Stretch (see above)

For kids grades 4-8 completed  
Thursdays, all day  
July 10, 17, 24, 31; Aug 7 & 14

# care and serve

## Grief Support Group

MARCH 11, 18 & 25 | 6:30-8 PM | LEGACY ROOM

All are welcome to attend a grief support group Tuesdays in March from 6:30-8 p.m. in the Legacy Room.

Contact Pastor Sue with questions [swallager@zionanoka.org](mailto:swallager@zionanoka.org).

## Family Promise Commitment Week - March 9-15

Zion's next opportunity to provide hospitality for five to six Family Promise families in shelter is March 9-15.

During this week, we are asked to provide snacks and treats as requested by the families and two meals to some of the families. To help with purchasing items or making meals, contact Pat at [pat.stearns@comcast.net](mailto:pat.stearns@comcast.net) by March 2. If you would like to give money to support the purchases, please donate money to Zion, include a note stating it is for the Zion Family Promise Account and your Zion offering envelope number. A Family Promise email is being sent out each month. To be included on the list, let Pat Stearns know at the above email address.

## Thank You Recent Zion Radio Broadcast Donors

Every Sunday morning at 9:10 a.m., Zion's worship service is broadcast on BOB-FM (106.1). Our radio broadcast covers a good portion of Minnesota and reaches several hundred listeners each Sunday, including many who do not have internet capability. Special gifts to support Zion's Radio Broadcast Fund are welcome. Gifts may be given in memory of a loved one or in honor of a special occasion, such as a wedding anniversary. 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.

Thank you to our recent Radio Broadcast Fund donors:

Norm & Pat Dahl  
Bob & Sonja Spilde  
Dianne Carlson  
Linda Hadden & Bob  
Brickzin  
Bonnie King  
Shirlie Johnston  
Cara Fish  
Joe & Barb Ridge  
Glenn & Colleen Virgin

Bob & Verle Ktytor  
Carol Mann  
Dianne Edling  
Tom & Nancy  
Blaska  
Ruth Beck  
Kristine Johnson  
Craig Bakken  
Lois Peterson

Tim & Mary Sheie in memory of Dee Berg  
Bev Fraser in memory of Jim Fraser  
Mary Wheeler in memory of Everett Wheeler  
Pinky Pendergrass in memory of Dee Berg  
John & Sandy Steinbring in memory of Jay Rock  
Marilyn Herbold in memory of grandson Joshua Levonson  
Nancy Bever in memory of great-granddaughter Elora Jean  
Toikka  
Dianne Pederson in memory of Mark Braaten  
Judy Bendiske in memory of Mark Braaten  
Bev Fraser in memory of Mark Braaten  
Bob Fischer in memory of Sharon Fischer

## about our people

### Baptisms

Feb 9 - Anna Gabrielson  
Feb 15 - Graham  
Douglass

### Deaths

Lila Schmidt  
Sylvia Frolik  
Mark Braaten  
Donna Sheforgen



# caring for our world and each other

## Social Justice Gathering - March 6

*And what does the Lord require of you but to do justice and to walk humbly with your God. Micah 6:8*

There will be a Social Justice gathering on March 6 at 6 p.m. in the Legacy Room. The purpose of the gathering is to develop action steps by reviewing the gaps people in our community are experiencing or will be experiencing as new restrictions appear. We will explore how we can help bridge these gaps for our neighbors. All are welcome for this discussion and planning session.

## From Zion's Creation Care Team - Adopt a What?

Did you know: Minnesota has 11,842 lakes (10+ acres); 69,200 miles of natural rivers and streams; and 10.6 million acres of wetlands (source: MN DNR), plus innumerable neighborhood streams and ponds. Our waters flow north to Hudson Bay, east to the Atlantic Ocean and south to the Gulf. All these, to some degree, provide food, water, shelter, recreation, and flood control for ALL of God's creatures. Sadly, our lifestyles are one cause for their decline: whatever is on our streets (organic material, garbage, roadway contaminants) ends up in a waterway. Garbage harms aquatic life, while organic materials that enter any body of water consume oxygen as it decomposes, harming aquatics due to decreased oxygen levels. Decomposition also releases nutrients that lead to algal blooms, which are toxic to humans, animals, and the environment.

What can we do to reduce this water pollution? Adopt a storm drain! This is a nationwide program where ordinary folks like you and me can 'adopt' a neighborhood storm drain (or 2 or 3 or more!). By cleaning it regularly, you can prevent garbage and organic material from entering local bodies of water. You can lighten your work by educating your neighbors, too. For example, many communities don't allow grass clippings to be directed onto the street due to their harmful effects on local waters (they're a great and free source of nutrients for your yard, too!). This is a great family or do-on-your-own activity! To learn more and sign up <https://mn.adopt-a-drain.org/>.

## From the Zion Addiction and Awareness Ministry (ZAAM)

Our program ministry has been diligent in creating, scheduling, planning, and learning through educational programs, interviews and tours in order that we may present educational experiences relating to how addiction and faith affect our lives. Prevention of addiction begins with education. We also want you to know any personal concerns you may have can be brought to Zion's prayer team for prayers and further communication if requested.

Future Guests -Mark your calendars now!

- March 16: Sheri Cindrich, president and founder of Recovery Café, will provide information on this faith-based ministry of care and hope to those seeking information and direction about drugs, alcohol and mental health issues affecting self, family and our community. The forum will offer an opportunity to learn more about how addiction affects all of us from someone who has experienced it along with a time for questions.
- May 4: MN Adult & Teen Challenge Addiction Treatment Facility. Their choir will provide music and worship programming followed by fellowship. Watch for further bulletins and information.

Facts:

- Roughly 1:7 Minnesota drivers have a DWI arrest on their record. About 40% of those will re-offend.

References:

- <https://namimn.org/> 651-645-2948 - National Alliance on Mental Illness: suicide prevention and support, mental health, crisis teams, fact sheets.
- Al-Anon - For families with alcohol or drug addicted members. For information/meetings call 888-425-2666.



1601 4th Avenue  
Anoka MN 55303

**ZION**  
LUTHERAN † ANOKA

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A WELCOMING FAITH COMMUNITY.  
GROWING. CARING. SERVING.

## Zion Pre-K Indoor Fun



We are making the most of the winter cold with some fun inside days at Zion Pre-K.

...PJ's and stuffies make for a perfect movie day in the CLC.

...Looking out for *Harold and the Purple Crayon*. We provide the paper so kids can use all the purple they can find for their mural.

...And a Wacky Wednesday means we do art under the table! WHY? Because it's WACKY!

### WELCOME

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

### CONTACT US

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