

# SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF SOUTH ZUMBRO LUTHERAN CHURCH

April 2017

## The Big Three!

Well then, March madness is over, the final four is done, there were winners and losers. For us who believe, there is the big three: Christmas, Good Friday, and Easter! All of them are important, each special in their own way. Each of these special days plays a very important part in our faith life and our journey on earth. To say that one was more important than the other would lessen the importance of all of them. Each time we gather for worship, our service contains a bit of Christmas, Good Friday, and Easter. To separate them would be like trying to separate the Trinity, one God but still Father, Son, and Spirit, each very important and vital for our faith.

April is upon us, Holy Week and Easter will soon be here. For us who believe there are only winners, as we are part of God's Kingdom! Look for our worship schedule in this newsletter.

May you be blessed in the days ahead! See you in Church!

*Pastor Elden*



South Zumbro is a welcoming, spiritually alive family of God, caring for one another and reaching out to encourage others to know Christ and His love.



## South Zumbro Lutheran Church

Pastor Elden Simonson  
4830 120th Ave. S.W.  
Kasson, Minnesota 55944  
(507) 365-8110 – church  
(907) 654-7336 – cell  
eksimon1978@gmail.com  
www.szlc.org

# South Zumbro Bulletin Board

- Visitation Team Meeting, April 20 @ 7 pm. All those interested in pursuing this opportunity to give Christ-centered emotional and spiritual care to others in our church and community—please join us.
- If there are any needs in the congregation that you know about, please contact our Parish Nurse, Cindy Bernards, or Pastor Elden.
- Our thoughts and prayers are with Sterling, Tim, Coltan Ness and family as they grieve the loss of Sue. Her funeral was on March 19. Blessed be her memory.
- The family of Doris Iverson is in our thoughts and prayers. She went home to be with the Lord on March 28.
- Congratulations to Nick and Megan Evans on the birth of Piper Marie on March 24. Happy grandparents are Tom and Deb Groll.
- Thoughts and prayers of the congregation go out to the family of Betty Wohlfiel, who passed away on March 29. Blessed be her memory.

Thank you for all the cards, calls, and visits I received from the South Zumbro congregation. Thanks for the Christmas cheer bag of all the goodies. Thanks to Pastor Elden Simonson for coming to the nursing home and for Dennis Aarsvold for bringing him.

God's blessings to all!

*Marlys J. Arends*



Thank you so much to our South Zumbro family for all the thoughts and prayers during and after Sue's illness and passing. Thank you to the ladies who provided for and served the lunch at the funeral, to Sandy Ness for playing the organ, and to Pastor Elden for all that he did for us. Thank you to everyone for their support during this difficult time—it was so appreciated!

*Sterling, Tim, and Coltan*



## Congregational Meeting

A potluck lunch followed by the Spring Congregational meeting will be held after church services on Sunday April 23 in the fellowship hall. Child care will be provided by the Junior League.

There are two major items for discussion: 1) Sanctuary remodeling project (final plans, estimated cost, how to pay for it, followed by paper ballot vote); and 2) Call Committee update.

Please bring a dish to pass, and plan to attend.

Thank you.

*Marilyn Aarsvold,*

Council President



## MUSIC NEWS CPR (Celebrate, Praise, Rejoice)

All are invited to a contemporary worship service on Saturday, April 22, 2017, at 7 pm in our Social Hall. It is a time to praise God and feel the Spirit of God alive in our presence. All are invited to attend. Bring your friends. Make plans to be a part of our contemporary worship services on Saturday nights.



## Open House

A celebration to congratulate Marlys Arends in honor of her 90th birthday will be held on Saturday, April 15, from 1:30 to 5:00 pm, at Field Crest Care Center Assisted Living in Hayfield. Enter the main lobby and follow the signs. This celebration is given by her family.

# Lenten Schedule

Lent is 40 days of getting ready for Easter. The number 40 reminds us of Noah's 40 days on the ark (Genesis 7:4), the Hebrews' 40 years in the wilderness (Numbers 32:13), and Jesus' 40 days of temptation in the desert (Matthew 4:2). During these times, God's people prepared to receive a new promise. So, too, Lent is a time of preparation for us.

The Luther League will host a soup supper every Wednesday evening and Good Friday. All are invited to use the 40 days to reflect and prepare for the celebration of Easter. Here is the Lenten schedule at South Zumbro.

Wednesday, April 5: Midweek Lenten service with theme of, "Be Humble and Care Free" at 7:30 pm.

Sunday, April 9: Palm Sunday, festive worship service at 10 am.

Friday, April 14: Good Friday, worship at 7:00 pm.

Sunday, April 16: Easter Sunday, with two worship services at 7:30 am and 10:00 am with an Easter breakfast in the Fellowship Hall served by the Luther League between the services.

## WOW Invitation

Ladies of South Zumbro, Naomi Circle invites each of you to a special WOW Lenten meditation, "The Quiet Voices of Lent." This will be held on Saturday morning beginning at 10:30, April 8. We will begin with a brief business meeting followed by the program, "The Quiet Voices of Lent," and a light brunch.

The program is a meditation of song and Bible passages focusing on the passion of Christ, as seen by some of the ordinary people found in the Bible, who observed the happenings of that week first hand. Come to our church fellowship hall for a time of meditation and fellowship together. Come, Saturday, April 8 at 10:30 am as we listen to some of the quiet voices of Lent, these small voices, these minor characters of Lent. They have a lot to share with us.



## Hospital Policy

If you are hospitalized in Rochester or know of someone from South Zumbro who is, please contact the church and let us know about the hospitalization. Mayo Clinic no longer supplies patient lists for pastors to view and we are dependent upon hearing from our members about their hospitalization. We want to be a support for you, so let us know if you need care at the hospital.



## South Zumbro Vision & Mission Statements

### VISION STATEMENT:

South Zumbro is a welcoming, spiritually alive family of God, caring for one another and reaching out to encourage others to know Christ and His love.

### MISSION STATEMENT:

South Zumbro is a family where you belong, a home where you are loved, and a sanctuary where you can seek healing. We desire to become servants of Christ by serving each other, our church, our community, and those beyond our borders. We are committed to equipping Christians through Biblical preaching and investigation of God's Word. We rely on prayer for direction in our personal lives and in the life of the Church.



# March 2017

## South Zumbro Council Minutes

Attendance: Marilyn Aarsvold, Jeff Bernards, Corey Carlson, Sara Johnson, Wayne Larsen, Dale Ness, Don Ness, Don Rosenberg, and Pastor Elden Simonson. Absent: Brian Herbst, Steve Jurrens, and Lynn Knutson Guests: Dawn Nemechek, Dennis Aarsvold, Bill Stromme, Michele Stromme, and Sandy Tjaden

Prayer and Bible Study: Nehemiah (Hand Me Another Brick – Lesson 11): Deacons

Secretary's Report: Mot/sec – approved

Treasurer's Report: Reviewed; Mot/sec – approved with the following balances (note: Feb 26 income numbers are not in yet):

General Fund	\$27,886.42
Building Fund	\$ 8,243.63
Stocks/Bonds	\$15,032.52
Medical	\$ 455.71
Vision Fund	\$10,320.00
Total Assets	\$61,938.28

### March Attendance

135, 142, 144, 138

### February/March Offerings

2-26-17

\$3327.73, home budget; \$50, building vision fund; \$35, Good Samaritan fund; \$25, cemetery fund.

3-5-17

\$4746.56, home budget; \$240, building vision fund; \$200, Luther League; \$90, cemetery fund; \$50, Good Samaritan fund.

3-12-17

\$2354, home budget; \$120, building vision fund; \$115, missions; \$25, cemetery fund; \$50, Good Samaritan fund.

3-19-17

\$4114, home budget; \$800, building vision fund; \$350, Good Samaritan fund; \$60, cemetery fund.

3-26-17

\$1877, home budget; \$1345, building vision fund; \$215, missions; \$6, Easter plants; \$25, cemetery fund; \$575 Sue Ness memorials (\$80, building vision fund; \$30, cemetery fund; \$50, kitchen; \$415, memorial fund).

### Pastor's Report:

- Baptisms: 0
- Marriages: 0
- Funerals: 0
- 16 visitation calls: 710 miles
- Worship Dates: Lent started; Easter is April 16th;
- Vacation: Last week of April and 1st weekend in May
  - o May 7th- Pastor Mark Schwartz will cover; April 30th - still undetermined
- Confirmation is May 7th (Pastor Mark Schwartz)
- Met with Call Committee, Music Committee, FIRES Committee, area pastors, Deacons, and Dodge County paper (look for upcoming article!)
- Pastor is leading worship at Prairie Meadows 3/23 and Fieldcrest 5/14. They request we provide music as neither Center will be able to provide any music for the program. Pastor will discuss with the Music Committee.
- Discussion on having a New Members class. Pastor Elden will create a draft.

### Committee Reports:

- Call Committee: Dennis A, Bill S, Sandy T were present to give an update on recent progress

### Old Business:

- Benevolence Assignment: Mot/sec – approved for +MAP International
- Updates:

# Council Members

Council President:  
Marilyn Aarsvold  
507-365-8402  
aarsvold@kmtel.com

Vice President:  
Steve Jurrens  
507-398-7102

Deacons:  
Jeff Bernards  
507-634-4561

Sara Johnson  
507-259-8178

Brian Herbst  
bherbst@kmtel.com

Trustees:  
Wayne Larsen  
507-202-3411

Dale Ness  
507-365-8604

Don Rosenberg  
989-996-0083  
don@dnbrosenberg.com

Secretary:  
Corey Carlson  
507-365-8939

Treasurer:  
Don Ness  
507-365-8101  
ddness@kmtel.com

Financial Secretary:  
Lynn Knutson  
507-365-8175

\*\*\*

## Office Hours

### Pastor

Pastor Elden's office hours are  
Wednesday thru Saturday  
9 am to noon.



### Secretary

Our church secretary, Michele  
Stromme's office hours are Fridays from  
10 am to 12 noon.

- o Fire Alarm / Motion Monitoring - Contract has been completed with Custom Alarm
- o Stevenson Insurance – Refund for higher deductible is coming; We will investigate additional bids during 2017;
- o Sanctuary Updates (Trustees): discussed an adjustment needed for the wainscoting
- o Discussed updating church lighting to LED to save on electricity costs

### New Business:

- Gilderhus Fund: Bill Stromme discussed the two bank funds we currently have and options for its use. The current information about the fund is outdated, so Bill will contact the Gilderhus family.
- Alpha Jensen found a service project providing picnic tables being donated to non-profit organizations. Mot/sec – approved obtaining 2 picnic tables for the parsonage and church.

Meeting adjourned and closed with prayers from council members.

Respectfully Submitted,

*Corey Carlson*



There are two events planned for our church family that everyone can be a part of. First, we have a movie night at the church on April 1st. We will be showing the movie "Risen" starting at 6:30 pm. There will be a kids' movie showing in the Sunday School rooms as well. Snacks will be provided. There is no cost.

On May 21st there will be a "Kick Off to Summer" event immediately after church. There will be a picnic lunch with grilled hot dogs, chips, carrots/celery, cookie or bar, and beverages. The only cost for this event is a freewill offering for the meal to help cover the costs. You may bring your own lunch if you prefer. Following the meal there will be an intergenerational ballgame in the field south of the parsonage. Those who want to play in the game wear casual clothes and sneakers. If you want to be in the cheering section bring a lawn chair and watch the

fun!. There will be a Plan B if the weather prevents outdoor activities. We will then be inside the church. So mark your calendar and plan to stay after church for a rousing good time!



# Missions: Not Impossible...with God!

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth (Acts 1:8).

## Koski family leaving AIM for Samaritans Purse

Last month's mission article was about African Inland Mission (AIM). This is a mission that South Zumbro has been supporting for several years. More specifically, we have been supporting Jonathon and Rachel Koski in East Africa where he was serving as a bush pilot. They have shared recently that after prayerful consideration, Jonathan has decided to serve with Samaritans Purse instead of AIM. Samaritans Purse has a different system for supporting their missionaries and Koski's are no longer in need of our direct financial support. They expressed their deep gratitude for our past support and ask for our continued prayers. The church council is currently considering other missions that the congregation may wish to support in place of AIM.

## MAP International

This ministry was the recipient of South Zumbro's benevolence donation in March. It is a global Christian health and relief organization that partners with people living in conditions of poverty to save lives and develop healthier families and communities. Believing that everything begins with health, their goal is to provide health and hope to 10 million people in over 100 countries each year through medical aid. They provide disease prevention, relief, and community health development to over 2500 health care providers in the world's poorest communities. They have been recognized for their charitable commitment and fund raising efficiency. With an extensive global procurement and logistics network, MAP International has provided over \$5 billion in medicines and medical supplies to those who need it the most since 1954.

## South Zumbro Mission Coordinator Wanted!

As members of LCMC (Lutheran Congregations in Mission for Christ), each of us are called to do our part to reach our community and our world for Christ. The church council is asking for someone to take on the task of coordinating those efforts. Sara Johnson has agreed to serve as the council liaison and work with the Mission Coordinator.

Some of the ways a Mission Coordinator could serve the congregation include:

- Become informed about the missions South Zumbro currently supports and keep abreast of their needs. Share updates with the congregation.
- Prepare a brief article for the monthly newsletter about one these organizations.

- Arrange for our missionaries to come to South Zumbro to speak to the congregation.
  - Work with organizations within the congregation to keep members informed about opportunities for mission outreach and encourage "hands on" participation (examples include making layettes and school kits for Latin American Lutheran Missions, building homes for Habitat for Humanity, participating in fundraisers, helping members of the congregation in need of assistance).
  - Research other missions worthy of the congregation's financial support and share with the church council.
  - Plan mission trips.
- Please prayerfully consider this opportunity to serve. If you are interested and would like more information, please contact Sara Johnson.



Our annual spring cleaning of the church will be held the weeks of April 17-29. All men, women, and children of the church are invited to help out. There is something for everyone! The list of things to be done is posted on the bulletin board in the narthex. Your Family Service Group Leader will be talking to you about getting together. National Volunteer Week is April 23-29, so let's all do our part and "volunteer!"

## Items Available

The church has two electrical panels that were donated when we did Joyful Noise in the Kasson Park if anyone would like them. The approximate cost at that time would have been around \$100-\$200 per panel. Each panel is 220 volts, 100 amps. All the plug ins are GFI. The panels were hardly used and are not weather proof (we used them in a tent at the park). If anyone is interested in them make an offer as a donation to the church. Talk to Bruce Sandeno or Don Ness.

## Spring Cleaning

Every day we are faced with challenges—some new, some longstanding, some are “acceptable,” some “unacceptable” by our religious standards. We know that drugs and alcohol and pornography are unacceptable. Now, some ladies I know have a serious addiction...to shopping. In our current American culture, this is “acceptable.” Another acceptable addiction is exercise because exercise is good. How about food? It is acceptable to overeat on Thanksgiving or Christmas. Or is it?! How do we know when we have started on a slippery slope down into addiction? Abuse of alcohol and/or drugs can develop into drug dependence or alcoholism. It is important to recognize the signs and symptoms early. If we are worried about our own drug or alcohol use or that of a friend, neighbor, or family member, some of the warning signs include:

- Temporary blackouts or memory loss.
  - Relationship issues with recurrent arguments or fights with family members, friends, coworkers, supervisors, teachers, classmates as well as irritability, depression, or mood swings.
  - Loss of control with continuing use of a substance “to relax,” “to cheer up,” “to sleep,” “to deal with problems,” or to feel “normal,” more than one wants to, longer than intended, or despite telling themselves that they wouldn’t do it this time.
  - Withdrawal when one stops including headaches, anxiety, insomnia, jumpiness, shakiness, trembling, sweating, nausea or vomiting, depression, irritability, fatigue, loss of appetite.
  - Flushed skin and broken capillaries on the face, husky voice, trembling hands, bloody or black/tarry stools or vomiting blood, chronic diarrhea.
  - Secrecy including drinking alone, in the morning, or in secret, unexplained injuries or accidents, going out of one’s way to hide amount consumed.
  - Neglecting other activities that used to be important (friends, family, hobbies, exercise, drop in attendance and performance at work, school, church).
  - Change in appearance/hygiene, lack of showering, messy appearance, unclean clothes.
  - A family history of addiction can dramatically increase the predisposition to substance abuse.
  - Risk taking in order to obtain one’s drug of choice.
  - Continued drinking or drugging despite negative consequences on the job, in relationships, for one’s health.
- Growing older brings on many changes: in health, lifestyle, family obligations, work roles, and sources of support. It can also bring physical pain, stress, loneliness, and lack of mobility. Widowers over the age of 75 have the highest rate of alcoholism in the United States. Abuse of alcohol or drug dependence to benzodiazepines (a type of tranquilizing drug) is often hidden, overlooked, and misdiagnosed. Symptoms of alcoholism and drug dependency may mimic symptoms of other disorders such

as diabetes, dementia, and depression. Due to an increased rate of illness, changes in the body’s ability to process medications, and the potential for drug interactions, older adults may be more likely to experience prescription drug abuse and addiction. Or a person may have had a problem for a long time that has continued to get worse over the years. Many relatives are ashamed of the problem and choose not to address it or may not seek professional help for a “private matter.” Behavior considered a problem in teenagers and younger adults may not inspire the same urgency for care among older adults.

Older adults may be unaware of the increased risk they are taking by using benzodiazepines (Xanax, Librium, Diasepam, Valium, Ativan) for anti-anxiety, anti-depressant, or to help with sleep. There can also be a lack of knowledge about the dangers of mixing alcohol with certain prescription drugs. It is important to have a specific list of the current medications we are taking and what they are for, even if taking only occasionally. Talking with a pharmacist, a trusted doctor, addiction support group, therapist, pastor, or faith community nurse can help determine the cause of the problems and guide them toward a solution. Please ask.

One of the first things we say to teenagers in dealing with drugs or alcohol is, “Don’t be afraid to say no.” This comes down to developing the virtue of self-control that Paul spoke to Governor Felix about in Acts 24:25, doing the right thing and developing self-control. Self-control is one of the proofs of a life changed by God as spoken by Paul in 2 Timothy 3:2-5. Here he lists all the negative habits to get rid of...a kind of personal spring cleaning. In 2 Peter 1:5-7, Peter writes to believers to keep close watch on their personal lives. But none of us can choose to do this on our own. We need the power of the Holy Spirit to indwell us as written in Galatians 5:22-23. “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”

Pay attention to those who we are choosing to be with. Plan ahead who to call when we need help. Make connections with other adults at church who are choosing to say no to drugs and alcohol. Enjoy life without alcohol and drugs. Get involved in the school, community, church, theater, music, sports, and art. Study the Bible. Determine to be a role model and set an example for someone else. Take control. Let us take responsibility for our life, our health, our safety. Treat others with the love and care of Jesus.  
Your Parish Nurse,

*Cindy Bernard*



# South Zumbro Lutheran Church

4830 120th Ave. S.W.  
Kasson, Minnesota 55944  
(507) 365-8110 church

CHANGE SERVICE REQUESTED

NON PROFIT ORG.  
U.S. POSTAGE  
PAID  
Kasson, Minnesota  
Permit No. 6



SOUTH ZUMBRO  
LUTHERAN CHURCH

