

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF SOUTH ZUMBRO LUTHERAN CHURCH

February 2017

I want to start with a thank you, all of you have welcomed Karen and me into your church family with open arms. From the cleaning, fixing and stocking of the parsonage, to the welcome party that helped unload our car. Then the welcome at church that first Sunday till now, thank you, thank you! We are grateful to be here and look forward to our time together.

I have been asked, "how do you know when you are doing what our Lord wants you to do?" Many times, you will get a feeling within your soul that tells you, you're doing the right thing. Or something will happen that shows you're doing the right thing or going where you are to go. I want to share with you the story of our trip through the mountains of Washington, Idaho, and Montana. We were told to be very careful about driving through the mountain passes in the winter, the snow can pile up and you could be stranded. So, we did the best we could to prepare. We bought chains for the car, we found they can turn you away from the pass if you don't have them. A new shovel went into the back of the car, how we found room for it I do not know, but it went in the back. Some snacks and some water and the morning of the second of January we were off.

The day before there had been a snow storm, there was deep snow high up in the passes, and there was a cloud before us as we drove east.

"The LORD was going before them in a pillar of cloud by day to lead them on the way, and in a pillar of fire by night to give them light, that they might travel by day and by night. He did not take away the pillar of cloud by day, nor the pillar of fire by night, from before the people."

Exodus 13:21 & 22.

We followed that cloud every day. We drove on dry clean roads the whole way here. A storm cloud before us and one behind us. When we stopped for the night, the storm behind us slowed down. As we pull off to find a room people would tell us how bad it had been the day before. Yet our travel day was safe, and we made good time. On the third day, we had this overwhelming feeling that God was in the car with us and would see us safely to South Zumbro. Yes, I will lead you home! We looked at each other--all we could say was, Oh My!

Worship and visitation is a main stay in what I do as your interim pastor, so if you would like a visit, give me a call. My cell number is 907-654-7336. An additional part of interim ministry is to reassure you that you have everything you need to worship our Lord and Savior, last Sunday proved that to be true! 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

The sympathy of the people of South Zumbro is shared with the family of Larry Kylo who died on Wednesday, January 25, at Maple Manor Senior Living in Rochester. The funeral will be held at South Zumbro on February 1. God bless Larry's family during this time of loss.

Congratulations go out to Nick Jurrens and Kelly Heaser on their marriage. May God bless your married life together.



Thank you for the Christmas basket and poinsettia. They were very much appreciated. It was nice to be remembered. Blessings to all.

Sterling & Sue Ness

Dear South Zumbro Lutheran Church,

Thank you for your generous \$500 donation. The money will be used to provide supplemental food to preschool and elementary school students. And now we are providing food and personal care items to middle school students who need these items too. The money received from donations to Food for Friends is used to provide for the needs of those who need it. Your donation was matched dollar for dollar from a grant Food for Friends received and therefore went twice as far. It is greatly appreciated, and we thank you.

Those of us at Food for Friends

Brothers & Sisters in Christ,

Thank you for your generous offering toward the mission and ministry of Barefoot Christian Community. We thank God for your support and encouragement as we join Jesus on His mission in Niagara. Enclosed, please find a copy of our December 2016 update letter (posted on bulletin board in the Narthex). God's Blessings,

Pastor Jonathan

Dear People of South Zumbro Lutheran Church,

Thank you for all you did to make my final worship service on January 1st so memorable. The worship service was wonderful. I enjoyed all the special music, the service of Farewell and Godspeed, bringing new members into the church, sharing communion one last time and finishing it off with Randy Ness singing "the Lord's Prayer". I also was humbled and very touched by the standing ovation at the end of my sermon. All I can say to that is "go, go, go!"
A big thank you for the touching program

after the service. The meal was excellent. Anne and I were overwhelmed by all the generous gifts. The quilt is very beautiful and is in our guest bedroom right now. It reminds us of all the people of South Zumbro. Thank you to all the quilters who worked on this! The clock is hanging on our entryway wall and reminds us of South Zumbro at the top of each hour. We love it. The windowpane with South Zumbro photos is also beautiful and keeps the church close to us. Finally, thank you for the gift of money. Wells Fargo found a way to cash the huge check and we appreciate all the kindness of each of you. Special thank you's go out to Marilyn Aarsvold and the deacons for the special service of Farewell and Godspeed. It was very meaningful. Also, thank you to the church basement ladies for their special appearance and the Gillis family for their "thank you note" skit. Thanks to all the people who shared special memories too. One in particular was Kent Kruckeberg. You brought tears to my eyes and I will always remember what you shared. Thank you to everyone who wrote a note in the guest book, gave a hug, or shared a greeting. Each of you is very special to me. God bless you during this new year of 2017 and all the years to come. Thank you for the opportunity and joy of being your pastor for 26½ years.

Pastor Mark Schwartz

SECRET PRAYER SISTERS

Please continue to consider being involved in the Secret Prayer Sister program for 2017. We had 28 sisters involved in 2015 and 2016 !!! Personal information sheets are on the table in the narthex. Fill out a sheet and leave it in the basket. You can choose a Sister at any time or we will do the final selection at the revealing on February 16th meeting. Your new Sister relationship begins March 1. It is a great opportunity and blessing to support sisters of our congregation in prayer.

Diana Coats

SECRET PRAYER SISTER EVENT... WOW meeting

The Secret Prayer Sister Revealing will be held February 16, 2017 in the fellowship hall, following the WOW business meeting that is at 7:00.

Pastor Elden will share with us his mission work on the big island of Hawaii with the School of the Nations. We would like to invite all women of the congregation to share the evening with us. It will be a wonderful opportunity to hear about Pastor and Karen's experiences with these young people. Gift donations received will go to the School of the Nations.



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.



South Zumbro Fun Night Saturday, Feb. 4th @ 5:30pm

Please join us on Saturday February 4th for a South Zumbro Fun Night in the fellowship hall. We will meet at 5:30pm. Please bring appetizers and/or dessert to share. Drinks will be provided. We will start the evening activities at 6pm. We will provide a couple of games to play, but please feel free to bring a fun board or card game that you might have as well. Kids of all ages are welcome!! Let's have an evening of good food, good fun, good fellowship and lots of laughs!



Contemporary Worship Service CPR (Celebrate, Praise, Rejoice)

All are invited to a contemporary worship service on Saturday, February 25, 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. Make plans to be a part of our contemporary worship services on Saturday nights.



January Attendance

232, 169, 282, 147, 170

January Offerings

1-1-17

\$4193.20, home budget; \$500, building vision fund; \$200, Luther League; \$24, poinsettias; \$50, Good Samaritan fund; \$100, Sunday School; \$25, cemetery fund.

1-8-17

\$4069, home budget; \$1055, building vision fund; \$24, poinsettias; \$85, missions; \$50, cemetery fund; \$50, Good Samaritan fund; \$100, Sunday School.

January 2017

South Zumbro Council Minutes

Attendance: Marilyn Aarsvold, Jeff Bernards, Corey Carlson, Sara Johnson, Steve Jurrens, Wayne Larsen, Travis Nemechek, Don Ness, Pastor Elden Simonson, and Michele Stromme. Guest: Dawn Nemechek. Absent: Lynn Knutson, Dale Ness

Welcome: Welcome to new Interim Pastor Elden Simonson

Prayer and Bible Study:

Nehemiah (Hand Me Another Brick – Lesson 9): Deacons

Secretary's Report: Mot/sec – approved

Treasurer's Report: Mot/sec – approved with the following balances:

General Fund	\$24,337.96
Building Fund	\$ 4,368.63
Stocks/Bonds	\$11,099.22
Medical	\$ 454.71
Vision Fund	\$10,320.00
Total Assets	\$50,580.52

Pastor's Report:

No Report submitted this month

Committee Reports:

- No Committees reporting at this time

Old Business:

- Benevolence Assignment: Mot/sec – approved for Mission Experience - Haiti
- Updates:
 - o Fire Alarm / Monitoring – Steve got a quote from Custom Alarm for installing additional sensors and having a monitoring service for the Sanctuary. Price is locked for 5 years. There are no impacts to the insurance coverage. Mot/sec/ approved installation and monthly monitoring of the fire alarms.
 - o Insurance –Stevenson agency has notified us our current premium will increase significantly. Search for other insurance carrier turned up no other better alternatives. Discussion on increasing deductible to higher levels to offset cost. Mot/sec/approved raising deductible from \$1000 to \$2500 and to be reviewed again in one year from now.
 - o Sanctuary Updates (Trustees): Discussed adding additional items to the plan (such as ceiling fans); Discussed timelines for the construction to occur; The remodeling plan and estimate of costs will be presented at the upcoming Annual Meeting.

New Business:

- Pastor Eldon thoughts on Looking Forward for the congregation;

- o Declared \$4,500 of Pastor Eldon's salary as a Furnishing allowance
- o Will have a Good Friday service rather than a Maundy Thursday service this year
- o Mot/sec/approved having Communion two times a month rather than once. Communion will be offered the first and second Sundays of each month with Words of Institution
- Annual Meeting (Jan 29th) discussion:
 - o Parishioner Visitation Team
 - o The Mission Coordinator
 - o Sanctuary Remodeling
 - o 2017 Budget Proposal
- Mot/sec/approved – the 2017 Proposed Budget to be presented at the Annual Meeting

Meeting adjourned and closed with prayers from council members.

Respectfully Submitted,

Corey Carlson



Concordia College Band Concert

The Concordia College Band from Moorhead, MN will present a joint concert with the KMHS Concert Band on February 9th at 7:00 PM in the KMHS Performing Arts Center.

I am very excited about this opportunity and I am in need of help in a specific way. Whether they are simple or elaborate, double, single, hide-a-beds, or bunk beds, we are looking for a few good beds! Following the concert, Concordia students will need a place to rest. If you have an extra bed that you are willing to share, here is what we will need you to do:

Pick up 2 or more (3 is also fine, 4 would be great) Concordia students from the high school after the concert on Thursday night.

Provide the students with a bed (2 to a double or queen bed is OK), shower, and breakfast.

Bring them to the high school by 7:45 on Friday morning. Earlier is fine if needed.

If you can help with housing for the students, here is the information I will need from you:

Name:

Phone:

Street:

City:

Number of students you can host

Preference: Male Female No Preference

Pets in the house: Dog(s) Cat(s) No Pets

Anthony Boldt

Director of Bands - Kasson Mantorville High School

Symphonic Band, Concert Band, Jazz Band, Pep Band

Middle School Musical Co-Director

School Phone #: (507) 634-1156

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.

PROMOTING HEALTH AND WELLNESS

At the beginning of the Sermon on the Mount (Matthew 5:3-12), Jesus tells us, “Blessed are the poor...Blessed are those who mourn...Blessed are those who hunger...” This is distinctly opposite of what our world tells us. Instead of being selfish, we should think of others. Instead of doing whatever we want, whenever we want to do it, perhaps we should stop and think. Instead of eating whatever we want and as much as we want, perhaps we should use discernment. We should promote health and wellness. We are fortunate at South Zumbro to have a mission statement guiding our Health and Wellness practice: “Promote wellness by encouraging our members to take an active role in improving their health (body, mind, spirit) by providing support, education, referrals and resources.”

In the past HWM has organized blood pressure checks, coffee hours promoting healthy snacks like Greek yogurt, Ezekial bread, smoothies and salads. We bought an AED for heart safety, organized blood drives through the American Red Cross, and exercise with South Zumbro on the Move. Besides these concerning physical health, we have emotional resources such as “Experiencing Grief,” resources on caregiving, support through Good Samaritans Funds as well as spiritual resources for WOW retreats and gifts of Daily Text Devotionals to leaders of the church. Our goal is to promote health, do the hard stuff and help others.

Mayo Clinic is promoting “12 Habits of Highly Healthy People” that we would encourage all of us to incorporate into our lives. We each need to make daily choices to improve our health: 1. Physical Activity, 2. Forgiveness, 3. Portion Control, 4. Preventive Healthcare Testing, 5. Adequate Sleep, 6. Try Something New, 7. Strength and Flexibility, 8. Laugh, 9. Family and Friends, 10. Address Addictive Behaviors, 11. Quiet Your Mind, 12. Gratitude. Which one convicts you? Something should. Dodge County has a plan outlining health

problems in our County and how to promote health. This list won't surprise you—our County is a replica of the entire USA. Top of the list is overweight/obesity—in both children and adults. The next is lack of exercise, and the third is related—unhealthy eating habits. Dodge County has a plan, and it's up to us to be “opposite” of the world, to be in the world but not of the world.

We can all make choices every day and every hour to do something about these health problems and to help each other. How do we combat being overweight or obese? My husband would tell you “all of life is about math!” Individual calorie needs are based on body weight and how active a person is. So if we eat 2000 calories a day, we need to burn 2000 calories a day with activity and exercise, or we will keep extra calories and gain weight. Ensuring that these calories are healthy fruits, vegetables, lean proteins and grains is paramount. Yes, it can be more expensive—we need to do the hard thing and pay for it. Have you ever watched an infant eat? They eat when they are hungry (ever 3-4 hours) and stop when they are satisfied. They listen to both their hunger and satiety cues and eat accordingly. Hunger cues might include a feeling of emptiness, fatigue, slight irritability or a rumbling in our stomach. Satiety can include physical satisfaction, disappearance of hunger cues, and a sudden burst of energy. We adults may eat because of habit, boredom or emotions. Stop. Do the hard thing. Think about it. Now, we may choose to eat at a fast food establishment because it is convenient. It may seem “cheaper” but it will be expensive—in fat, calories and sugar. It may be less expensive all around if we do the old-fashioned “pack a lunch” with vegetables, fruit, cheese, lean proteins, rice, beans. It may be more time consuming, but we will be filling our stomachs but not adding fat to our gut and hips. We can minimize sweets from sodas and desserts

and substitute with fruits that have the vitamins and minerals our bodies need. Perhaps we can choose to have healthy potlucks at church with more vegetables, green salads, and fruit instead of dessert?! Making correct choices may be time consuming—but perhaps we simply need to choose to plan ahead. This will help ensure healthy eating habits. If we don't buy chips, soda or ice cream then it won't be at home to make a wrong choice when we may be vulnerable to emotional eating. Another choice is to incorporate exercise into every day. Do the hard stuff. Now it doesn't have to be running 5 miles. Take a walk for 6 blocks and then return—we have walked a mile on our lunch break! Use the stairs instead of the elevator at work. Visit K-M fitness center, Dan Abraham Healthy Living Center at Mayo, or Paula Ricke at Empower You Wellness in Kasson. South Zumbro on the Move will be meeting Wednesday mornings from 10 to 11 am (followed by lunch for Parish Pioneers), February 1 through March 8, 2017, for 6 weeks of stretching, flexibility and balance. Our goal is to promote health.

Jesus gave us direction again in Matthew 7:13-14 to live our lives differently, to be opposite of what the world esteems when He told us to make hard choices to “enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction and there are many who go by it. Because narrow is the gate and difficult is the way which leads to life and there are few who find it.”

Your Parish Nurse,

Cindy Bernardts



Healthy
Living Tips

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

This is the third article in a series on missions supported by South Zumbro.

YWAM

Youth With A Mission (YWAM) is an international movement of Christians from many denominations dedicated to serving Jesus throughout the world. Coming from different backgrounds and working in a wide range of situations, their passion is to know God and to make Him known. Back in 1960 when they began, the main focus was to get youth into short-term mission work and give them opportunities to reach out in Jesus' name. Today, they still focus on youth, and they involve people of almost every age – even people who choose to spend their “retirement” in active service! Their many ministries fit into three main categories: evangelism, training, and mercy ministry. They are currently operating in more than 1,000 locations in over 149 countries.

YWAM's beliefs are bible based. As citizens of God's kingdom, they are called to love, worship, and obey our Lord, to love and serve His Body, the Church, and to present the whole gospel for the whole person throughout the whole world.

Caleb Bartel is a 2011 graduate of Kasson Mantorville High School has been called in the missionary service with YWAM and will be located in Bluefields, Nicaragua. YWAM Bluefields is located on the southeast coast of Nicaragua, on the Caribbean Sea. Caleb left Minnesota in August 2016 for fulltime mission service in Bluefields. In conversation with Caleb, he told us that YWAM believes that the

Bible is God's inspired and authoritative word, revealing that Jesus Christ is God's son, that people are created in God's image; that He created us to have eternal life through Jesus Christ; that although all people have sinned and come short of God's glory, God has made salvation possible through the death on the cross and resurrection of Jesus Christ; that repentance, faith, love and obedience are fitting responses to God's initiative of grace towards us; that God desires all people to be saved and to come to the knowledge of the truth; and that the Holy Spirit's power is demonstrated in and through us for the accomplishment of Christ's last commandment, “Go into all the world and preach the good news to all creation” (Mark 16:15). This information is also found on the website.

At YWAM Bluefields, they have a passion to serve in the community. The ministries that they have developed to date include:

Bibles for the Caribbean of Nicaragua: At YWAM BL, they have a goal to make the bible accessible to every home in the Caribbean of Nicaragua, as well as every ethnic group (Criolle, Ramas, Miskitos, Mayangna, Garifuna) in their mother language.

GOL Ministry: The word “GOL” is the Spanish word for “GOAL” in English. GOL means “Generation of Leaders”. With this ministry the GOAL is to train and equip this generation, through seminars, youth camps, kids camps so they can develop their potential in leadership.

The vision for YWAM Bluefields is to impact every sphere of society through biblical principles and to raise up a new wave of missionaries from Bluefields and others nationalities to be sent into the nations, mainly the unreached people groups. We will train them and equip them with a biblical worldview and Christian character so they will be able to transform Bluefields, Nicaragua, and the nations with Biblical truth.

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.



VISITATION TEAM

Visitation Team: All deacons and members of South Zumbro are invited to attend an informational meeting on Sunday, February 12, at 11:15 am to discuss potential formation of a Visitation Team to visit SZ members who are hospitalized, homebound, or in an assisted living facility.



If you find yourself a bit irritated or overwhelmed, it is a sign that you are spending less time with God and more time with this world.

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**

