

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF SOUTH ZUMBRO LUTHERAN CHURCH

February 2019

A Clean Slate

Many look forward to the start of a new year because there comes with it the sense of a new beginning – of starting over with a clean slate. And that actually is not a bad idea. There is indeed an important truth to the need of a clean slate and living with one each day.

With the closing of the past year and the sense of looking back, I imagine that all of us have at times anguished over something in the past – have desperately said to ourselves, "I wish I could have done this... or I wish I would have done that.... If only I could do it again. If only I could turn back the clock."

Expressions like these all point us to the past. We wish we could go back and make a change, go back and do it all over again. But we can't go back, knowing what we know now, and do it over, do it better, make fewer mistakes. That day no longer belongs to us. It is past, gone. There is nothing that we can do to erase the past. That is something only God can do (and did do in Christ).

And therefore, what we can do is give the past to the One who can do something

and has done something with it—to give the past to our dear heavenly Father, commend it to His forgiveness and mercy, and ask Him to right what is wrong, to help us finish what is undone, and to renew us for today. God has forgiven us. Our sin, guilt is gone, as far removed from us as the east is from the west. Our sinful past is gone! Period. God has forgiven us, and therefore He wants us to forgive ourselves.

And yet, sometimes that is the hardest part. Even though we know that God has forgiven us, and even when other people have forgiven us, we find it so hard to forgive ourselves. We begin to feel more and more burden from guilt, unable to find a way to forgive ourselves.

There is the gift of Confession and Absolution – the wonderful reassurance that God has indeed removed our guilt from us as far as the east is from the west. And not only do we have the opportunities for such reassurance in the Divine Service. Of course, there is the wonderful, tangible, external reassurance of forgiveness and grace received in the Supper. There, as we partake of the Bread and Wine, we know without any doubt that we are taking the

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South Zumbro Bulletin Board

- Congratulations to Amy and Isaac Fjerstad on the birth of their daughter, Layla Clare, on January 11, 2019.
- The thoughts and prayers of the congregation have been with Alpha Jensen and family on the death of her son, Robert, and also with Amy Olson and family on the loss of her cousin, River Heaser. Blessed be the memory of these two men!
- **There** will be a new member Sunday on February 24. If interested or know of someone who may be interested, contact Pastor Elden for details.



The new year of sister support starts March first. There will be forms on the table in the narthex to fill out your information and prayer requests. You can then leave your form any time in the accompanying basket. There were 30 sisters participating last year so I pray you all will consider being a part of this program again. Also, we have had a number of new members join so am asking the new ladies to be involved as well.

The evening of revealing our Secret Prayer Sisters will be Thursday, February 21 at 7 pm, with a WOW meeting prior to the program and revealing, followed by a lunch. All women are encouraged to come.



Thank you to all of South Zumbro for the prayers and support following the death of my son, Robert (Bob) Jensen, on January 7. God bless you all!

Alpha Jensen



I want to say a huge “Thank you!” to everyone who brought food and helped set up, serve, and clean up following the two potlucks we had in January. We have so many great cooks in this church—you never cease to amaze me with the food that you share with all of us. I so appreciate all the help that was offered as well. It is fun to work in the kitchen, and you all help make it that way! Thanks again!

Michele



April 26-27 @ Autumn Ridge Church
\$57 registration by March 31, 2019
Let’s gather a group from SZ to go!

(continued from page 1)

very forgiveness of God within us – how much more can it be a part us, tangible for us, real for us!

That is how we can live with our past sins/mistakes, and not in it. By the forgiveness of God we know that the past is truly gone, that our guilt is washed away. That we have a clean slate!

And it is that same forgiveness that God has accomplished for us that can enable us to deal with the mistakes and hurt others have committed against us in the past that can enable us to truly forgive them. Resentment, anger, or revenge over the past can poison our lives. But again, these things are in the past. Instead of grievances turning us bitter, we are to let go of them and let God handle it. God will take care of them. He is the Just One, the One who will see that True Justice will take place and Who says, "Revenge is mine." He would tell us to let others offenses against us go, leave it to Him, forgive, and go on.

And how can we do that, when sometimes what others have done can cause us so much anger, pain, and hurt? How can we truly turn it over to God and forgive them? By focusing on just how much we have been forgiven each day. Only that will help enable us to be able to actually forgive those who have wronged us. And with the pain of our own sinful past/mistakes gone, as well as the burden of others sins against us forgiven, indeed we can rejoice that much more in today - with those burdens gone! For we live with a clean slate.

Pastor Elden Simonson



Winter Wonderland Safety

This has been quite a month of weather...anything from record 47 degrees the first week of January to -10 degrees and wind chills of -25 degrees despite the sunshine to cloudy and snowy with beautiful frost and ice on the trees. Significantly slippery! We need to be prepared for every kind of weather every day and stay safe. I think most of us have a story of how inclement weather contributed to a fall. I want to share with you a few tips that we learned from our “Stepping On” fall prevention program.

Reduced sunlight in the winter could impair our visual acuity, making it harder to see outdoor hazards. It is important to first protect our eyes. Wear amber or grey sunglasses especially with the glare of the sun on the snow. Even without eye diseases that come with age (macular degeneration, glaucoma, cataracts, or diabetic retinopathy), it is important to see contrast and identify the edges of borders and objects.

Foot wear also needs to be checked for safety. Many of us wear slippers at home for warmth during the majority of the day in the winter. Warm slippers contribute to shuffling and discourage “heel to toe” walking. Slip-ons are also unsafe and contribute to poor gait. Even our favorite warm winter boots need to have supportive firm arch support as well as good tread. Heels need to be textured for traction with a pattern and depth that will grip less resistant surfaces.

For even more stability, traction devices such as “Yak Trax” can be worn over shoes/boots. Snow and ice walkers, which fit over regular shoes or boots, are sometimes called ice cleats. Some of these feature the coil and netting design, some use tough beads on a wire to provide traction, and some use a strong plastic overshoe to give traction (STABILicers or Monster Grips). Don’t wear them indoors because they can be slippery on tile or vinyl floors.

There are devices called ice tips that prevent canes from slipping on ice/snow. They are retractable prongs that attach to the base of a cane. They can be flipped up to expose the rubber tip at the end of the cane or flipped down to provide stability for walking over snow or ice.

Use the hand rails near steps. They are there specifically for us to use. If we feel unsteady, remember to ask for help—it’s a sign of strength not weakness! Plan ahead so we don’t have to rush. Take slower smaller steps when walking over snow or ice.

Cold weather may contribute to decreased activity in older adults. Isaiah 41:10, “Fear not, for I am with you; be not dismayed for I am your God. I will strengthen you, yes I will help you, I will uphold you with my righteous right hand.” Hip protectors may

reduce hip fractures and contribute to increased confidence about getting out. They may be especially beneficial to people with osteopenia or osteoporosis, thin small framed people with not a lot of soft tissue padding, and people with a significant fear of falling. There are two kinds of hip protectors: energy shunting (usually hard shelled) that divert the force away from the bone to the surrounding soft tissue and energy absorbing (soft shelled). This type may be preferred for use at night for sleeping. Hip protectors are worn as a brief or panty and are available in a variety of sizes for both men and women. The cost (40-175 dollars) is not covered by insurance.

Finally, keep sidewalks and driveways well shoveled. If needed get help with shoveling or plowing after a storm. Dodge County Faith In Action (507-634-3654) has volunteers to help. Apply rock salt, other melting products, or sand to create traction on icy patches. Use caution and be aware that ice may not be visible. Take slower and smaller steps and understand that activities like crossing streets or parking lots will take longer. Have a neighbor watch when you go out for the newspaper or mail. Take your charged cell phone with you so that you have your emergency phone numbers with you. Be safe in our winter wonderland!



South Zumbro on the Move

Stretching, strength, balance

EmpowerYou Wellness, Kasson

Fridays with Paula Ricke

February 1, 8, 15, 22 from 10 – 11 am

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.



January Attendance

143, 185, 117, 115

Offerings

12-30-18

\$8693.46, home budget; \$65, building vision fund; \$100, Good Samaritan fund; \$50, memorial fund in memory of Clarence & Alice Boyum

1-6-19

\$4340, home budget; \$235, building vision fund; \$50, Good Samaritan fund; \$50, cemetery fund.

1-13-19

\$2647, home budget; \$45, cemetery fund; \$85, Good Samaritan fund; \$10, memorial fund in memory of Robert Jensen; \$2173.36, MN Adult & Teen Challenge.

1-20-19

\$3799, home budget; \$35, Fellowship of Christian Athletes; \$35, MN Adult & Teen Challenge; \$25, cemetery fund; \$50, Good Samaritan fund.

January 2019 South Zumbro Council Minutes

Attendance: Todd Aarsvold, Jeff Bernards, Corey Carlson, Sara Johnson, Dale Ness, Don Ness, Don Rosenberg, Mary Sue Sandeno, Pastor Elden Simonson, Sandy Tjaden, and Pete Wyttenbach. Guests: Michele Stromme, Dawn Nemechek Absent: Lynn Knutson

Prayer and Bible Study: (Experiencing God – Chapter 13): Deacons

Secretary's Report: Mot/sec/approved

Treasurer's Report: Mot/sec/approved

Pastor's Report (12/11 – 1/14)

- Baptisms: 0
- Weddings: 0
- Funerals: 2
- 20 visitation calls: 547 miles
- Led Christmas service at Prairie Meadows (thanks to Dennis for helping with music); Visited the Dodge Center Nursing home
- Mot/sec/approved having Classic Brass perform Easter music
- Christmas Eve services went well with 301 attending the 3 services
- Pastor will be speaking at New Hope Lutheran church (La Crosse) February 17th for LCMC
- Mother's Day breakfast after church – Men will serve
- Pete W is planning for a group to help at A Place at the Table again Jan 30th
- Special Worship Services:
Pete will give the sermon on Jan 20 and Jeff will give sermon on Feb 17

Committee Reports:

- No reports this month (Sunday School Superintendents will present at the February meeting)
- Call Committee said that 9 applications have been received so far with applications accepted through Feb 1

Old Business:

- Benevolence Assignment: Mot/sec/approved for Food for Friends (Food shelf at K-M school)
- Mot/sec/approved Christmas Eve offering (\$2,746) to be divided equally between Dodge County food shelf, Food for Friends, and Byron school food shelf
- The offering for Adult and Teen Challenge collected \$2,163
- Trustee updates:
New cement pad raised due to expansion – it will go back down in the Spring
Discussed possible future need for different lock on east Narthex door

New Business:

- The Remind app that is currently being used for church notices and reminders is undergoing changes for Verizon customers, so its use is being evaluated
- Discussed the thoughtful pledges from the estates of Marlys Ahrends and Marlene C. Klinepier
- Went over details of the proposed 2019 Budget; mot/sec/approved the proposed budget to be presented to the congregation at the upcoming annual meeting; a sincere Thank You to the Treasurers and Financial Secretary for their work and planning the budget
- 2019 Annual Meeting agenda was discussed; A potluck is planned

The council extends a heartfelt Thank You to outgoing members Sara Johnson and Dale Ness for their time on the Council!

Meeting adjourned and closed with prayers.

Respectfully Submitted,

Corey Carlson



Neighborly love

As an ordained minister, Fred Rogers harnessed the power of television to tell children they were loved — and to show them how to love others. In *You Are Special*, he writes, “When we love a person, we accept him or her exactly as is: the lovely with the unlovely, the strong along with the fearful, the true mixed in with the façade, and of course, the only way we can do it is by accepting ourselves that way.”

In a review of the touching documentary *Won't You Be My Neighbor?* a writer for *Variety* notes: “Rogers’ real secret was ... that the call to love your neighbor as yourself isn’t a slogan to hang in your kitchen with flowers around it — it’s a decision you make at every moment, to view every man, woman and child on earth as your neighbor. If you don’t see and feel that, and act on it, then you’re just another narcissist with a kitchen slogan.”

Last October, when a synagogue shooting shattered the peace of Rogers’ real-life former neighborhood, residents of all religions embraced one another as neighbors. Afterward, the Fred Rogers Center stated, “We long for a day when there is no more tragedy born from hatred.”

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.

Council Members

Council President:

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Pastor

Pastor Elden’s office hours
are Monday thru Thursday
9 am to noon.



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Faith Circle has duties this month.		Service Group Leaders: John & Kelly Van Camp		Birthdays: 22 – Lynn Knutson & Brian Herbst 25 – Carol Meyer 29 – Bob Senjem	1 10 am SZ on the Move @ EmpowerYou Wellness	2 Groundhog Day 7 am MOB 
3 Super Bowl 9 am S. School 9:45 am Senior Choir Practice 10 am Worship with Holy Communion	4 7:30 pm Bible Study	5 1:30 pm Faith @ Church (Verla Holtan, hostess) 7 pm Esther @ Jeanie Wyttenbach's 7 pm Naomi @ Church (Mary Hansen, hostess)	6 6:30 pm Confirmation 7 pm Senior Choir 7:30 pm Mountain Mover practice	7 9 am Quilting; bring sack lunch	8 10 am SZ on the Move @ EmpowerYou Wellness	9
10 9 am S. School 10 am Worship with Holy Communion		12 7 pm Council meeting; Jeff Bernards serves	13 6:30 pm Confirmation 7 pm Senior Choir 7:30 pm Mountain Mover practice	14 Valentine's Day 9 am Quilting; bring sack lunch 	15 10 am SZ on the Move @ EmpowerYou Wellness	16 7 am MOB
17 9 am S. School 10 am Worship	18 Presidents Day 7 pm Health & Wellness mtg @ Church 7:30 pm Bible Study 	19	20 6:30 pm Confirmation 6:30 pm Junior Choir 7 pm Senior Choir 7:30 pm Mountain Mover practice	21 9 am Quilting; bring sack lunch  7 pm WOW mtg & Secret Prayer Sister Reveal	22 10 am SZ on the Move @ EmpowerYou Wellness	23 11:30 am Luther League @ Feed My Starving Children
24 9 am S. School 10 am Worship	25	26	27 6:30 pm Confirmation 6:30 pm Junior Choir 7 pm Senior Choir 7:30 pm Mountain Mover practice	28 9 am Quilting; bring sack lunch		



PRAYER calendar

FEBRUARY 2019

God is our refuge and strength, an ever-present help in trouble.

— Psalm 46:1, NIV

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Nearly 767 million people live on less than \$1.90 per day, making them extremely vulnerable to natural disasters, illness, food shortages or instability of any kind.

Source: UNICEF



FEB. 20

WORLD DAY OF SOCIAL JUSTICE

www.compassion.com/socialjusticeday

1

Pray for God to heal the father of Sujit in Sri Lanka, who has been paralyzed due to a stroke last year.

2

Pray for Ryan in Brazil, who suffers from sickle cell anemia and whose health is fragile. Pray that Ryan will grow into a strong and healthy boy.

3

Pray for God's protection of our children in Burkina Faso during the dusty, dry and cold season. Many children have recurring colds, coughs and lung problems.

4

Pray for the family of Pastor Djefry in Indonesia, who recently passed away due to high blood pressure complications. Pray that God's love and mercy may strengthen his wife and children.

5

Pray for Yamir and his siblings, Jhonatan and his family and Anahi and her brother — each of these Bolivian children lost a parent recently. Pray for peace and comfort.

6

Pray for Emma and her entire family in Kenya as they grapple with the difficulties of life. Pray for her father to find work and for provision.

7

Pray for Natthaphoom in Thailand, who is suffering from a brain tumor and is in intensive care because his condition worsened after he got an infection from recent surgery.

8

Please continue to pray for 251 children and their families in Urabá, Colombia, as they deal with continuous rains and flooding. Pray for grace and for the rains to subside.

9

Pray for Bernise in Rwanda, who was diagnosed with diabetes in October. She is currently admitted to University Teaching Hospital of Kigali. Pray for her total healing.

10

Pray for Shanto in Sri Lanka, who slipped while taking a shower and badly injured his spinal cord. Pray for his healing and recovery.

11

Pray for Leandro in the Dominican Republic, who fell from the second level of a building and remains unconscious. He is hospitalized in intensive care and needs healing.

12

Pray for the pastor from a center in Tanzania, who has been sick since August 2018 and needs healing.

13

Pray for God to heal Maruf in Sri Lanka, who was diagnosed with a hole in his heart, which has gradually led to complications with his blood circulation.

14

Pray for God to heal 22-month-old Yulady in Ecuador, who suffered second- and third-degree burns on her face and chest after reaching for a cup containing boiling water.

15

Pray for God to heal Gédéo in Togo, who is suffering from chronic renal failure and is undergoing dialysis.

16

Pray for the health and healing of a 14-year-old boy in the Philippines who is suffering from cancer.

17

Pray for a 14-year-old child in El Salvador who is currently hospitalized due to headaches and seizures. Pray for comfort and healing.

18

Pray for Margret in Uganda, who has cerebral malaria and lives under the care of a physically disabled caregiver.

19

Pray for the staff from two centers in Sri Lanka that have limited programs due to their buildings sustaining damage from heavy rains.

20

Pray for our offices throughout the world as we continue our commitment to vulnerable children by promoting social justice and providing opportunity for all.

21

Pray for Francisco in Guatemala, who suffers from brain paralysis and his mother doesn't want to give him the required medicine. Pray for his healing and a change of heart for his mother.

22

Pray for 679 children and their families in Sri Lanka affected by a recent cyclone and heavy rains. Pray for grace as they recover.

23

Pray for 513 children and their families in Nicaragua affected by recent heavy rains and for center staff as they distribute the necessary supplies to families.

24

Pray for comfort and provision for Mumo and her sisters in Kenya, who continue to struggle after the death of their mother. They are temporarily living in a rescue center.

25

Pray for Nithurlay in Thailand, who has Down syndrome. He is currently in intensive care waiting on two operations for heart disease. Pray for his healing.

26

Pray for Andy in Peru, who has cardiovascular problems that require multiple surgeries. Pray for healing and that God may provide for his treatment.

27

Pray for a 10-year-old child in Rwanda who is suffering from anemia because of an enlarged spleen and is hospitalized. Pray for his quick recovery.

28

Pray for our children and staff in Chilaw and Colombo, Sri Lanka, where strong winds caused damage to several homes and center facilities.



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LUTHERAN CHURCH

