

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF SOUTH ZUMBRO LUTHERAN CHURCH

January 2019

Happy New Year! Last year was a great year, and 2019 is filled with “Hope and Possibilities.” Our denomination is holding “THREE DAYS of PRAYER.” Some see prayer as a last resort, but we at South Zumbro see it as an opportunity to spend valuable time with our Lord! So please take some time to be with our Lord. Since we are done reading the Bible in a year, this can fill a bit of time during the first three days of the new year!

Day One: January 1

This is a day focused on confession. We have made our lives, our relationships—and even the church—in our own image. We confess that the church belongs to Jesus and not to us. We gather to lay down our pride, our sin and our agenda and ask the Lord of the church for forgiveness, which He gives freely and with mercy.

Day Two: January 2

This is a day of petition. Pray for your congregation, for the pastor, for the leaders, for those who carry out ministries, for the Sunday School teachers, for the Confirmation leaders, for those leading adult Bible studies and for those leading small groups. Pray for those in hospital

and nursing home ministries. Pray for all those connected to your church that they might know God’s redeeming love for all in Christ. This is also the day we start to formally look for your new pastor, the open call notice is posted today on line! Please pray that God is lifting up and preparing your Pastor!

Day Three: January 3

This is a day for vision. Pray that the Holy Spirit will again move through the hearts and minds of leaders and pastors that God’s vision for His church might be revealed and fulfilled. This is a time of prayer for renewal, revival and encouragement. Pray for God’s vision. If God speaks to you about South Zumbro and what we should be doing, please speak to me or one of your council members! Many members of this church have been working to bring us to the point where we are ready to call a settled pastor. Thank you for all the work you have done!

May your New Year be merry and bright!
May God Bless us and keep us!

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

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South Zumbro Bulletin Board

- The thoughts and prayers of the congregation go out to the family of Donald Boyum who passed away on December 15. His funeral was held at South Zumbro on December 22. Blessed be his memory.
- The Annual Congregational meeting will be held on Sunday, January 27, following a potluck lunch served after the worship service. Please plan to attend to be a part of the decision-making process of South Zumbro for the future!
- **Please** have all items for the Annual Report to Michele by Sunday, January 13! Thank you!
- Plan to join us on Sunday, January 13, for worship when Minnesota Adult and Teen Challenge will be sharing with us. A potluck lunch will follow.

Dear Secret Prayer Sisters,

I hope you all had a wonderful and blessed Christmas and enjoyed this past year of supporting your sister.

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 February 21, with a WOW meeting prior to the program and revealing, followed by a lunch. All women are encouraged to come.

Diana Coats

A big thank you to my family and my South Zumbro church family for all the beautiful cards, best wishes, and gifts for my birthday. I love you all!

Colleen Ness



Thank you, members of Faith Circle and WOW, for the cheer gifts and the beautiful prayer shawl. I appreciate them and the thoughts and prayers so much.

Margaret Johnson

Generous Givers,

That is one way to describe our South Zumbro Congregation. Each month you give of your time, your talent, and your money. The Church Council is grateful for your generosity. Thanks be to God, as we have been able to take care of our building (renovations, paint walls, and make well repairs), improve our tools (projectors and screens, copy machines, computers, and snow blowers), and support our missionaries without the need to ask for money. God knows our needs before we do and provides. Thank you to the people of South Zumbro for your generous giving of money to support the worship here at our church.

There is a group of hard working people who continuously share their talent with us. Their work really shines throughout the month of December. We have a core group of people with an eye for color and design. They pull together, share their ideas and work to create a sanctuary full of beauty to honor our God. We thank you for the work that you do, not only in December, but throughout the year. You dream, you imagine, you create, you take risks, and you work hard that we might enjoy a church that pleases the eye and warms the spirit of joy as we gather for fellowship and worship.

In this New Year of 2019, we thank God for the rich blessings of people gathered here at South Zumbro. We look forward with wonder as each day unfolds, and trust that our Lord and Savior is guiding us along the way.

Sandy Tjaden





A Time To Pray

The Call Committee will post our opening for the full time pastor position here at South Zumbro this first week of January. At this time more than ever we seek the prayers of our congregation. We ask for:

- Applicants to apply for the position
- God's chosen leader for South Zumbro to apply
- Wisdom and discernment as we read through the applications
- Patience in the process of selection
- Determination to follow God's lead

The Call Committee is hoping to begin first round interviews in February. We appreciate your prayers in this process.

Thank you,

Sandy Tjaden



Dear Friends and Volunteers of Faith in Action,

We are looking for volunteers! Opportunities to serve right here in our community. I know how Jesus felt in Mathew 9:37 when he said to his disciples, "The harvest is plentiful but the workers are few." Our volunteer list is dwindling, and our client list is growing. On behalf of myself and the FIA Board Members, we are hoping that you can help us get the word out there.

Faith in Actions mission is: *To enhance the quality of life for senior citizens through partnership with their faith communities; Faith In Action provides volunteer services that assist senior citizens in maintaining their independence in the home environment of their choice.*

Ways to spread the word about what we do and who we are:

- Simply share your experience as a volunteer, while talking to your friends.
- If your church has a mission outreach or announcement time during their Sunday service, take a minute and tell your congregation about us.
- Forward this email to someone you know who might be interested. Many people want to help others, but aren't sure how to get involved.
- Give them our phone number and I'd be happy to answer all of their questions.

Some, but not all of the services we provide are transportation, light housekeeping, friendly visits, errands and respite. If you like to drive, use that talent to drive one of our senior citizens to a Dr appointment. If you like to talk, (or listen) we have plenty of "shut ins" that would love a friendly visit. Is tidiness your thing? Although we take vacuuming our own floors for granted, so many can't do it. You can help in one or all of these areas. Any gift you have been given and would like to share would be appreciated.

Signing up to become a volunteer is simple. All you have to do is call me or go to our website and fill out the volunteer form and send it in. The time commitment is as much or as little as you choose. If you think you might have 1 hour a month to spare, we'll make that work. If you'd like to help once a week, that works too!

1 John 3:18 Dear Children, Let us not love with words and speech but with actions and in truth.

Please prayerfully consider spreading the word and helping us in our mission to serve senior citizens in Dodge County. If you have any questions, please call me.

Thank you,

Dodge County Faith in Action
Cyndi Reed, Coordinator
www.fiadodgecounty.org
507-634-3654

Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



December Attendance

89, 50 (Holden), 175, 44 (Holden), 161, 250 (program), 113, Christmas Eve 97, 165, 39

Offerings

12-2-18

\$3164, home budget; \$130, building vision fund; \$25, cemetery fund; \$50, Good Samaritan fund; \$50, music ministry.

12-9-18

\$4941.83, home budget; \$230, building vision fund; \$200, Luther League; \$10, WOW; \$40, cemetery fund; \$150, Good Samaritan fund; \$25, Jr Choir

12-16-18

\$7613.93, home budget; \$100, building vision fund; \$50, missions; \$30, Mountain Movers; \$45, cemetery fund; \$50, Good Samaritan fund; \$825, memorial fund in memory of Fran Boyum; \$50, Sunday School in memory of Charlotte Aarsvold.

12-23-18

\$5672, home budget; \$35, building fund; \$45, cemetery fund; \$50, Good Samaritan fund; \$10, memorial fund in memory of Don Boyum.

12-24-18

\$2746, home budget; \$125, cemetery fund.

December 2018 South Zumbro Council Minutes

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

Prayer and Bible Study: (Experiencing God – Chapter 12): Deacons

Secretary's Report: Mot/sec/approved

Treasurer's Report: Mot/sec/approved

Pastor's Report (11/13 – 12/10)

- Baptisms: 0
- Weddings: 0
- Funerals: 0
- 21 visitation calls: 574 miles
- Led services at Prairie Meadows; Visited the Dodge Center Nursing home
- Pastor Elden and Confirmation class are planning to help Place at the Table again Jan 30th
- Special Worship Services:
 - Advent service with Holden Evening Prayer December 12th
 - Christmas Eve services at 1:30pm, 5:30pm, and 8:30pm; There will be continuous Communion
 - Pastor Elden will be doing a Christmas Eve service at Prairie Meadows Dec 20th at 2pm
- Pastor Elden will share his bread recipe in an upcoming newsletter

Committee Reports:

- No reports this month

Old Business:

- Benevolence Assignment: Mot/sec/approved for TEAM – Rochester (Together Evangelizing and Ministering)
- Trustee updates:
 - Various electrical repairs completed (new outlet by elevator, new light outside Fellowship Hall back door)
- Name Badge computer arrived; Don N will connect it to badge printer; It will be stored in the office
- Mot/sec/approved purchase of up to \$900 on the snowblower recommended by the trustees (Ariens 24")

New Business:

- 2019 Budget: discussed topics to consider for 2019; Council will hold a separate meeting in January to develop a proposed budget;
- Wireless microphones: a Memorial was recently given for the purpose of upgrading the current wireless microphones that are over 20 years old. Bill S is evaluating the microphone options.

- Don R gave a synopsis of his experience at the LCMC annual meeting; He will also present this to the congregation in the near future
- Teen and Adult Challenge will be at SZ on January 13th; Loose offering will be designated to Teen and Adult Challenge that day, and a potluck will be after the service
- Pastor Simonson has declared \$22,000 for his Housing Allowance in 2019
- The next Council meeting will be January 15th rather than January 8th

Meeting adjourned and closed with prayers.

Respectfully Submitted,

Corey Carlson



Communion Bread Recipe

Sift dry ingredients together three times: (important!)

2 c whole wheat flour

1 c white flour

1 & 1/4 tsp baking powder

1 & 1/4 tsp salt

Stir in 4 tsp oil. Set aside.

Mix wet ingredients together until dissolved:

3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)

3 Tbsp honey

3 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Divide into four balls and flatten each into a 1/4 inch thick disk.

Scored bread with a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving. Alternatively, you could score a cross onto the loaf.

Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.

Council Members

Council President:

Sandy Tjaden
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Vice President:

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Don Rosenberg
989-996-0083
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Todd Aarsvold
507-259-9707

Secretary:

Corey Carlson
507-365-8939

Treasurer:

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

Financial Secretary:

Lynn Knutson
507-365-8175

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.

Office Hours

Pastor

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





Biblical Cookbook: Spices and Herbs

There are many references to herbs and spices mentioned in the Bible. The International trading route ran from Egypt through Emmaus to Capernaum through Syria to Turkey. That means there was quite a variety. Let's look at some of them.

Exodus 30:23-25 gives Israel directions for God's holy anointing oil that includes myrrh, cinnamon, calamus root which is a pungent initially sweet spice similar to a mixture of cinnamon, nutmeg, and ginger. Most of us are familiar with these in a holiday pie or sweet rolls. Delicious!

During the Christmas season we are familiar with the Magi, experienced with traveling the trade route, who brought their gifts of gold, frankincense, and myrrh. Frankincense is a resin from a tree used for incense in the temple at Jerusalem. It has a sweet, woody essential oil used for healing many physical problems including stress, anxiety, pain, and inflammation. It can also be used as a disinfectant, a digestive aid, an expectorant, and skin care for dry skin, wrinkles, and scars! Myrrh is also a resin but is used more specifically for soreness and swelling usually in the mouth, gingivitis, and canker sores but also has use for bed sores and wounds.

Song of Solomon 4:14 mentions a variety of different spices: "nard and saffron, calamus and cinnamon, with all trees of frankincense, myrrh and aloes." Saffron is an expensive spice hand-picked and created from the stamen flowers of the crocus. Saffron is primarily harvested in India, Afghanistan, or Spain (another need to the importance of the trading route).

Aloes are also mentioned in Psalm 45:8. Aloe has a very bitter taste. But it is known as a natural healer of burns, calming both itching and inflammation. Jeremiah :22 speaks about the obvious absence of "a balm in Gilead," a mountainous area east of Jordan with many balsam trees, an area marked by a "heap of stones of testimony," reminding everyone of God's presence with them. Gilead was an important source for spices and medicinal herbs (Genesis 31:47-48).

Genesis 16:31 tells of manna "that was like white coriander seed, and the taste was like wafers made with honey." Coriander is another name for cilantro. That sounds like quite a flavor combination. Coriander seed was also used as medicine for digestion, an upset stomach, nausea, vomiting, or diarrhea. We all remember the complaining of the Israelites in Numbers 11:4-5, "a mixed multitude who were among them yielded to intense craving; so the children of Israel also wept and said, 'Who will give us meat to eat? We remember the fish which we ate freely in Egypt (as slaves!), the cucumbers, the melons, the leeks, the

onions, and the garlic..." All of those flavors together sound like a marvelous vegetarian salad, with health promoting vegetables.

Matthew 23:23 speaks of the scribes and pharisees paying tithes of mint, dill, anise, and cumin (quite a mouthful of flavors)—but forgetting about justice and mercy and faith. Matthew 13:31 speaks of the mustard seed, one more tasty flavor in the Biblical cookbook.

One of the main spices that we use today in American and all over the world is salt. Leviticus 2:13 mandates that every offering shall be offered with salt. God wanted well-seasoned meat for the Levites. In Matthew 5:13 Jesus continues the lesson: "You are the salt of the earth; but if salt loses its flavor, how shall it be seasoned? God wants each of us to be a sweet, enticing fragrance, to live lives that draw others closer to Jesus.

John 12:3 tells us of the story of Mary of Bethany who "took a pound of very costly oil of spikenard and anointed the feet of Jesus. And the house was filled with the fragrance of the oil." This testifies of the love that Mary had for Jesus. It was likely that this fragrant oil was her dowry for her wedding night. And she didn't anoint Jesus' head with it—she became like a humble servant and anointed Jesus' feet with it and dried it with her hair. Respectable women did not ordinarily unbind their hair in public. That was a very private, intimate way that Mary displayed her extravagant love for Jesus. How can we demonstrate our love for Jesus?

Your Faith Community Nurse,

Cindy Bernards

Looking Ahead:

**This summer the Health and Wellness Ministry will sponsor a Healthy Cooking Class using a variety of different recipes and spices. Reserve Saturday mornings from 9 to 11 am on June 22, July 20, and August 24.

**South Zumbro on the Move @ Empower You Wellness from 10 to 11 am beginning February 1 through March 22.

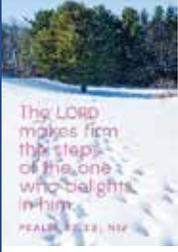
**Next Stepping On Fall Prevention Class for all those age 55 and above: Wednesday, March 13 – April 24, 2019, from 10 am to 12 noon @ Holy Family Catholic Church

**Five Wishes Advance Directives Class on Sunday, March 10, at 1 pm @ Holy Family Catholic Church

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 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Faith Circle has duties this month.	Service Group Leaders: Ben & Randi Finley	1 <i>New Year's Day</i> 	2	3	4	5 7 am MOB 9 am Take down Christmas decorations Mavis Berge's birthday
6 9 am Sunday School 10 am Worship with Holy Communion Betty Charon's birthday	7 7:30 pm Bible Study @ Bill & Michele Stromme's	8 1:30 pm Faith Circle @ Church (Betty Charon, hostess) 7 pm Naomi Circle @ Church (Sara Johnson, hostess) 7 pm Esther Circle @ Colleen Ness'	9 9:30-11:30 am Stepping On Booster Class for those enrolled last September & October 6:30 pm Confirmation	10 Don Ness' birthday	11 Lil Aarsvold's birthday	12 
13 9 am Sunday School 10 am Worship with MN Adult & Teen Challenge  11:20 am Potluck lunch following service	14	15 7 pm Council meeting; Todd Aarsvold serves	16 6:30 pm Confirmation	17 	18	19 7 am MOB
20 9 am Sunday School 10 am Worship	21 <i>Martin Luther King Jr.</i> 7 pm Health & Wellness mtg @ Church 7:30 pm Bible Study @ Church	22	23 6:30 pm Confirmation	24	25 	26
27 9 am Sunday School 10 am Worship 11 am Potluck lunch 12:15 pm Annual Congregational meeting	28 	29	30 6:30 pm Confirmation	31	Please turn in all reports for the Annual Report to Michele by Sunday, January 13. Thank you!  Please turn in Erdman receipts from July 1 to December 31, 2018, by Sunday, January 27. Thanks!	

South Zumbro Lutheran Church

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