

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF SOUTH ZUMBRO LUTHERAN CHURCH

March 2017

Ashes

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. It is observed by Lutherans and Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the pastor applies the ashes to a person's forehead, he speaks the words: "from dust you came, and to dust you shall return." Alternatively, the pastor may also speak the words, "Repent and believe in the Gospel." Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

I will administer ashes during our Ash Wednesday service and all are invited to

accept the ashes as a visible symbol of penance. The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday. Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

As we move into our season of Lent some of us will give something up for Lent. Others take something on. May I suggest that you spend 15 minutes a day in God's word this lent season. Then say a prayer when you are done reading. Ask God to continue to bless South Zumbro, its many families, and your family too! And to watch over all who need your healing touch. In Jesus' name, Amen. I am sure your time will be well spent and you will also be blessed. 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

- Our prayers are with Don Thoe who is recovering from a broken hip.
- Arnold Severson is in our prayers after being hospitalized with cardiac issues.
- Prayers go out to Karen Engler who is recovering from knee replacement surgery.
- Our thoughts and prayers are with Alpha Jensen after being hospitalized with cardiac issues.



A very special thank you to the South Zumbro Lutheran Church for participating as Salvation Army bell ringers during the past Christmas Season. You are probably aware that 100% of the funds dropped in the kettles in Kasson stays in Dodge County. There are virtually no other income sources outside of this for the Dodge County Salvation Army.

I am very pleased to inform you that the 2016 Salvation Army kettle total for Dodge County was \$15,415.00 which was a 10% increase over the 2015 total, which was also a record amount. Obviously, it makes a huge difference in the amount of giving when a live person is ringing their bell.

A total of \$1,347.07 was given during your period of ringing!

Thank You!

Curt Wendland

Dodge County Chairman



UPCOMING SPRING MEETING

A Spring Meeting of the Congregation will be held immediately following services on April 23 in the fellowship hall.

The major subject will be to discuss final plans, cost and paying for the remodeling of the sanctuary. A paper ballot vote will follow discussion to determine if we proceed or not. If there is anything else you would like on the agenda please let me know in advance. Please mark your calendars and plan to attend if possible. Thanks.

Marilyn Aarsvold,
Council President

CPR (Celebrate, Praise, Rejoice)

All are invited to a contemporary worship service on Saturday, March 18, 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.



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.

At South Zumbro, Lent begins on Ash Wednesday, March 1, with our service of healing, Holy Communion, and the imposition of ashes. We continue with midweek services every Wednesday evening. 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, March 1: Ash Wednesday, worship with service of healing, Holy Communion, and the imposition of ashes at 7:30 pm.

Wednesday, March 8: midweek Lenten service with theme of, "A Living Hope" at 7:30 pm.

Wednesday, March 15: midweek Lenten service with theme of, "Belonging" at 7:30 pm.

Wednesday, March 22: midweek Lenten service with theme of, "Blessing" at 7:30 pm.

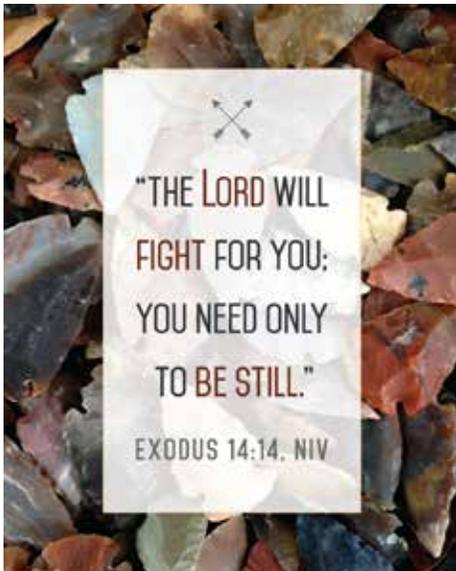
Wednesday, March 29: midweek Lenten service with theme of, "Service" at 7:30 pm.

Wednesday, April 5: midweek Lenten service with theme of, "Doing Good" at 7:30 pm.

Sunday, April 9: Palm Sunday, festive worship service.

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 served between in our Fellowship Hall.



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.



February Attendance

152, 144, 156, 138

January & February Offerings

1-15-17

\$3123, home budget; \$125, building fund; \$85, Good Samaritan fund.

1-22-17

\$3318, home budget; \$255, building fund; \$30, WOW; \$105, Good Samaritan fund; \$40, Sunday School.

1-29-17

\$2796, home budget; \$230, building fund; \$15, missions; \$100, Parish Nurse; \$50, Good Samaritan fund; \$25, cemetery fund; \$50, Sunday School; \$10, memorial fund in memory of Phyllis Dorschner.

2-5-17

\$4888, home budget; \$230, building fund; \$200, missions; \$25, cemetery fund; \$125, Good Samaritan fund; \$140, Sunday School.

2-12-17

\$2625, home budget; \$85, missions; \$100, Sunday School; \$100, Luther League; \$25, cemetery fund; \$10, memorial fund in memory of Larry Kylo.

2-19-17

\$3238, home budget; \$385, building vision fund; \$200, Luther League; \$30, missions; \$250, Good Samaritan fund; \$25, cemetery fund; \$40, WOW; \$60, in memory of Larry Kylo (\$40 to memorial fund; \$20 to building fund).

February 2017

South Zumbro Council Minutes

Attendance: Marilyn Aarsvold, Jeff Bernards, Corey Carlson, Brian Herbst, Sara Johnson, Steve Jurens, Wayne Larsen, Dale Ness, Don Ness, Don Rosenberg, and Pastor Elden Simonson. Guest: Dawn Nemechek. Absent: Lynn Knutson

Prayer and Bible Study: Nehemiah (Hand Me Another Brick – Lesson 10); Deacons

Welcome: Brian Herbst as Deacon, and Don Rosenberg as Trustee

Secretary's Report: Mot/sec – approved

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

General Fund	\$28,002.70
Building Fund	\$ 6,878.63
Stocks/Bonds	\$11,099.22
Medical	\$ 454.71
Vision Fund	\$10,320.00
Total Assets	\$56,755.26

Pastor's Report:

- Baptisms: 0
- Marriages: 0
- Funerals: 1 – Larry Kylo (February 1)
- 20 visitation calls, 6 home visits: 901 miles
- Worship Dates: Lent starts March 1st with Ash Wednesday; Gideons will talk at church April 2nd; 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 will preside)
- Group in Dodge Center wants to start a program called "Revival", Pastor Elden will attend and report

Committee Reports:

- No Updates

Old Business:

- Benevolence Assignment: Mot/sec – approved for LCMC
- Annual Meeting Comments
- Discussion on handling Medical co-pays
- Updates:
 - o Fire Alarm / Motion Monitoring - Contract is being updated and should be completed soon

Council Members

Council President:

Marilyn Aarsvold
507-365-8402
aarsvold@kmtel.com

Vice President:

Steve Jurens
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 Stevenson Insurance – Moved to higher deductible (refund coming); Valuation of parsonage by insurance carrier is being evaluated
- o Sanctuary Updates (Trustees): Meeting on 2/23 to discuss updates with Bob Holtan; stain glass window will be done after the construction; estimate on bigger ceiling fans was obtained;
- o Parish Nurse's Parishioner Visitation Team – Cindy is leading this effort and will come to the council as needed
- o Mission Coordinator: Sara will be Liaison to help with communication with the board

New Business:

- Spring Meeting:
 - o Date of April 23 proposed
 - o Subject Matter: vote on Sanctuary remodeling based on obtained bids
 - o Other topics?
- Koski's Mission will not need support as of April 1st. Additional mission options to be discussed at the next meeting.
- Discussion on an updated video system with possible monitor in Narthex and Projector in Fellowship Hall

Meeting adjourned and closed with prayers from council members.

Respectfully Submitted,

Corey Carlson



Relentless prayers

Are you reluctant to bring the same prayers to your heavenly Father over and over? Maybe you don't want to trouble God; after all, he already knows what you're going to say. Plus, you're not worthy to ask for anything!

If those thoughts surround you, think about Patrick, Ireland's patron saint. At 16, he was dragged from his home to be a slave. Patrick tended sheep in the cold. Hungry and miserable, he begged God for mercy and deliverance.

In his Confessio, Patrick recalls praying "a hundred times in the day and almost as many at night." Without ceasing, he told God of his needs, wants, thanksgiving and confession. And God heard his prayers.

Pray relentlessly. God is always listening!

—MaryAnn Sundby



Willing to worship

Lamentation is a powerful, and meaningful, form of worship because it places our love for God above even the worst of circumstances in our life. ... God does not ask us to deny the existence of our suffering. He does want us to collect it, stand in those things and make him an offering.

The Holy Spirit, our Comforter, helps us to do this: He aligns himself with our will and says, "I will help you to will to worship God." The glory of the majesty of God is that he helps us will and do.

—Graham Cooke

Annual Meeting Minutes

Meeting called to order: President Marilyn Aarsvold

Devotions/Prayer: Pastor Elden Simonson

Secretary's Report: 2016 Annual Meeting minutes were presented - followed by mot/sec/ approved as read. 2016 Annual Meeting Reconvene minutes were presented - followed by mot/sec/approved as read.

Treasurer's Report: The 2016 treasurer's report was presented - followed by mot/sec/ approved as printed.

Pastor's Statistical Report: presented as printed.

COMMITTEE REPORTS:

President Aarsvold called for review and comments of committee reports as printed in the Annual Report booklet.

President Aarsvold gave a review and thanks for the past year as well as a preview of upcoming changes in 2017.

ELECTION OF OFFICERS:

President Aarsvold thanked the Nominating Committee as well as outgoing Trustee Travis Nemecheck for his service the past year. Also a special thank you to outgoing Deacon Michele Stromme for her many years of service on the Council - she will be missed.

Church Council:

The following members were voted in:

One Year Terms:

President: Marilyn Aarsvold *

Vice President: Steve Jurens *

Secretary: Corey Carlson *

Treasurer: Don Ness *

Financial Secretary: Lynn Knutson *

Three Year Terms:

Deacon: Brian Herbst *

Trustee: Don Rosenberg*

The following members are continuing their current elected terms:

Deacons: Sara Johnson, Jeff Bernards

Trustee: Wayne Larsen, Dale Ness

Other Nominated/Elected Positions:

Cemetery Board: Bruce Sandeno* (three year term)

Board of Education: Lu Clifford* (three year term)

[*unopposed nominees - elected by unanimous ballot]

Updated Committees/Positions:

Convention Delegates: Jeanie Wytttenbach*, Don Rosenberg*

Nominating Committee: John VanCamp, Dennis Aarsvold, Sandy Tjaden, Galen Johnson*

Landscape: Connie Abernathy-Ness, Julie Boyum, Marcia Bungum, Paula Carlson, Erica Gillis, Bryan Kylo, Dorene Ness, Tracy Stephens, Jenny Wytttenbach*

Interior Design: Marilyn Aarsvold, Cindy Bernards, Sara Johnson, Beverly Knutson, Gail Phelps, Connie Aarsvold*, Jenny Wytttenbach*

Health & Ministry: Lynn Knutson, Dorene Ness, Amy Olson, Paula Ricke, Tracy Stephens, Ed Gillis*

[*new committee member]

Unchanged Committees/Positions:

Parish Nurse: Cindy Bernards

Board of Education : Connie Abernathy-Ness, Lu Clifford, Pat Gosch

Cemetery Board: Sandy Dahle, Bruce Sandeno, Joel Senjem

Sunday School Superintendents: Bob Clifford, Paula Ricke, Ryan Wyttenbach

Senior Choir Director: Cindy Bernards

Head Ushers: Family Service Groups

Auditing Committee: Trustees

Music Committee: Dennis Aarsvold, Cindy Bernards, Lu Clifford, Cindy Herbst, Ruth Christie

Memorial/Giving: Ed Gillis, Troy Knutson, Randy Ness, Sandy Ness, Bill Stromme

Family Service Group: Ed & Erica Gillis and Bill & Michele Stromme

F.I.R.E.S: Cindy Bernards, Lu Clifford, Ed Gillis, Cindy Herbst, Don Ness, Bill Stromme

Request was made to include a definition of each committee and what they do.

OLD BUSINESS:

Constitution

- Ratification of the changes to the Constitution and By-Laws was mot/sec/approved

Call Committee Update

- Jeanie Wyttenbach presented activity of the Call Committee
- Call committee members: Julie Boyum, Bill Stromme, Jeff Bernards, Sandy Tjaden, Steve Jurrens, Jeff Patzke, Melanie Hansen, Dennis Aarsvold, Jeanie Wyttenbach (chair)
- Elden Simonson has started his interim term as Pastor
- Committee will start meeting again to search for permanent Pastor

F.I.R.E.S. Update

- Cindy Herbst presented activity of the Committee
- Discussed Missionary goals for South Zumbro; A job description is being created and consideration will be given to finding a Mission Coordinator

NEW BUSINESS:

Additional Missionary Support

- The additional support of a 4th Missionary (Caleb Bartel – YWAM) was mot/sec/approved

Parishioner Visitation Team

- Cindy Bernards presented the organization of a team to give Christ-centered care to others
- Includes the Ride-assistance program
- An organizational meeting is planned for February

Sanctuary Remodel

- President Aarsvold and Trustees Nemecheck and Larsen presented plans for improving the Sanctuary
- Mot/sec/approved to proceed with getting final bids and final design for the construction
- A meeting in the Spring will be held to obtain approval to proceed with construction

2017 Proposed Budget

- General budget presented by President Aarsvold and reviewed by the congregation
- Mot/sec/amended/sec/approved the General budget as printed with the exception of supporting the Caleb Bartel YWAM Mission at \$600 rather than the \$300 in the budget.

Mot/sec/approved to adjourn the Annual meeting

Closed with prayers.

Respectfully Submitted, *Corey Carlson*

WOW (Women of the Word)

Meeting Minutes

February 16, 2017

The meeting was called to order by Co-President Michele Stromme.

The WOW Purpose Statement was read.

The Secretary Report for November 17, 2016 was read by Sandy Tjaden.

A motion was made, seconded and approved to accept the minutes as read.

The Treasurer's Report was read by Mary Sue Sandeno. There is a current balance of \$2647.46. A motion was made, seconded and approved to accept the treasurers' report as read.

Old Business:

Altar Cloths: Sandy Ness reported on the Altar Cloth project. Some catalogs are available to compare prices, but at this time the project is on hold until the Sanctuary remodel is complete.

Kitchen Supplies: The silverware has been counted, thank you Michele!

Two samples of replacement silverware are available to look at tonight.

One sample does match the silverware that we already have. The WOW officers will purchase enough silverware to have 250 of each piece.

Mary Sue has already purchased the glassware needed. Additional rubber mats were purchased to reduce slippery floors around the dish washer, as well as, an additional rack to hold the glassware.

Doreen Ness picked up the additional coffee servers needed to have one per table.

Memorial money designated for Kitchen needs will cover these purchases.

Mitten Tree: The donations of hats and mittens was wonderful! This year they were distributed more locally to the Rochester Dorothy Day House and to the Women's Shelter.

New Business:

Potato Bake will be this Sunday, February 19. The circles have received their information for workers and donations.

Soup Suppers are coming up. March 1 is Ash Wednesday, our first night for Soup Suppers. WOW circles will provide the soup and the bread. The Luther League will provide the workers and additional sides for the meal. This year's Booklets are now available to pick up.

Thank you gift cards to the Hubbell House were given to Alpha and Ruth for heading up the quilt project for Pastor Mark and Anne. They did a beautiful job.

Many thank you notes have come in from our December distributions. These notes were passed around for all to read.

The Business Meeting closed with the Lord's Prayer.

Faith Circle led us in a devotion based on the word SISTER. Secret Prayer Sisters were revealed.

If you were not able to attend, but would like to participate in the prayer sister program for 2017 please contact Diana Coats.

Pastor Simonson shared slides and stories from his mission work in Hawaii with the School of the Nations.

Thank you to Faith Circle for the program and the dessert.

Submitted by,

Sandy Tjaden

About Our Missionaries



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 fourth article in a series on missions supported by South Zumbro.

African Inland Mission (AIM)

AIM is an evangelical Christian mission agency serving in over 20 African nations. Their passion is to see Christ-centered churches established and thriving among all of Africa's peoples. They offer full-term (>year) and short-term (<year) ministry assignments. AIM mobilizes teams dedicated to reaching Africa's unreached and least reached peoples through their 2-year TIMO (Training In Ministry Outreach) and through longer term church planting. AIM has put a high priority on providing and supporting theological education through Bible colleges, seminaries, and lay-leadership programs like TEE (Theological Education by Extension). Africa needs teachers desperately—with as little as 1 year of college some can teach in National schools. AIM is deeply committed to providing a broad range of quality educational options for the children of their missionary team. They need teachers, dorm parents, school administrators, support services (pilots, computers, communication systems) and home school teachers.

Medical and HIV/AIDS Ministries include mobile clinics providing basic medical care in isolated communities, work in large hospitals providing complex surgeries, longer term care, education, and prevention. They provide a short-term 4-8 week elective for medical students.

Business As Mission: Intentional Christian men and women who live and work in nations closed to traditional mission outreach but open to business. Community Development and Agriculture: teaching improved farming methods, finding reliable water supplies, teaching reforestation methods.

South Zumbro has specifically been supporting Jonathon and Rachel Koski and family, who have been living in East Africa, where he has been a bush pilot serving many different missionaries and communities.

Family Service Groups for 2017/2018

March Leaders:

Jeff & Cindy Bernards
Sister Month September
Todd & Connie Aarsvold
Jon & Becky Blaine
Tom & Deb Groll
Troy & Mary Knutson
Don & Dorthy Lhotka
Jeff & Elise Patzke
Levi & Brooke Ranvek
Tom & Paula Ricke

April Leaders:

Dan & Joann Roth
Sister Month October
Ken Boyum
Mike & Diana Coats
Todd & Tammy Donley
Larry & Mary Hansen
Brian & Cynthia Herbst
Wendy House
Jim & Dorothy Larsen
Brett & Laurie Miller
Loren & Jackie Torrens

May Leaders:

Don & Brenda Rosenberg
Sister Month November
Sandy Dahle
Dan, Karen, & Mike Engler
Dan & Raegan Froelich
Ed & Erica Gillis
Reid & Anna Olson
Leslie Rosenberg
Randy & Cindy Rysav

June Leaders:

Ben & Val Bohle
Sister Month December
Dennis & Marilyn Aarsvold
George & Sandra Bolles
Kendall & Julie Boyum
Duane & Emily Hansen
Steve & Linda Jurens
Mary Lou McClamroch
Joel & Todd Senjem

July Leader:

Nick & Kelly Jurens
Sister Month January
Ike & Brenda Currier
LaMar Johnson & Perri Bartley
Nick & Megan Evans
Matthew & Nicole Larsen
Marti McQuarie
Bill & Brook Santjer
Trevor Stromme
Ryan & Laura Wyttenbach

August Leader:

Shawn & Darcy Petersen
Sister Month February
Mike & Cheryl Boyum
Brant & Cassandra Kruger
Greg Naig
Mark & Leah Ness
Randy & Teresa Ness
Kathy Peterson
Jackie Tague
Walt & Jeanie Wyttenbach

September Leaders:

Galen & Marcia Bungum
Sister Month March
Wayne & Mary Aarsvold
Lorie Alwes
Dave & Pat Gosch
Lynn & Beverly Knutson
Don & Dorene Ness
Frank & Sandy Ness
Keith & Marjorie Ness
Jim & Beth Postier

October Leaders:

Mark & Melanie Hansen
Sister Month April
Patty Boyum
Steve & Vicki Bryhn
Corey & Paula Carlson
LuAnn Hrtanek
Heather Link
Rick & Gail Phelps
Beth Senjem
Clint & Patty Skoglund
Bill & Michele Stromme

November Leaders:

Bob & Lu Clifford
Sister Month May
Ryan & Angela Christensen
Jamey Fiksen
Tim & Dawn Nemechek
Dale & Marla Ness
Darel & Barb Ness
Kyle & Carron Shubert
Marv & Sandy Tjaden

December Leaders:

Bruce & Mary Sue Sandeno
Sister Month June
Connie Abernathy-Ness
Mary Beth Harmon
Ann Horsman
Cory & Lilian Ingram
Galen & Sara Johnson
Jeremy & Sarah Johnson
Ryan & Valerie Kimball
Joel & Amy Olson
Meghan Stromme

January Leaders:

Ben & Randi Finley
Sister Month July
Gary Brannan & Tracy Stephens
Kent & Keri Kruckeberg
Travis & Alli Nemechek
Byron & Cheryl Ouren
Christine Purvis
Jordan & Alyssa Swanson
Peter & Jenny Wyttenbach

February Leaders:

John & Kelly Van Camp
Sister Month August
Tom & Ashley Anderson
Dan & Susan Brust
Ruth Christie
Bryan & Genell Kylo
Wayne & Liza Larsen
Kelsey McMurchie
Curt & Sherri Wigham

Prayer

What would a friendship be like if we did not talk to each other? It is in spending time together that we learn about each other, learn honestly the negatives and positives, and deepen our relationship. One of the most beautiful things about becoming a born again Christian is talking directly to God. He does answer our prayers. And even if we don't know the words to say, we can speak from our hearts, and He will listen. He may even give us answers to questions that we didn't know we were asking!

Martin Luther recommended prayer as a daily routine. He suggested to his barber that he begin his devotional discipline by focusing on a small portion of scripture. Luther meditated on scripture by asking questions of the passage. I remember it by the acronym, TRIP: T – What in this verse makes me thankful? R – What in this verse causes me regret? I – What does this text lead me to pray/intercede for? P – What action/purpose does this text encourage me to take today?

Thinking about prayer caused me to turn to the concordance of my Bible. Prayer comes up in 199 different verses, but many more words are used in Greek and Hebrew that relate to prayer. Then I started thinking about the many different types of prayer. Petitionary prayers are outward when we pray a specific prayer for ourselves or someone else's need. Conversational prayer is when we talk to God in our own words to ask for personal guidance, forgiveness, or general blessings. Ritual prayers are memorized prayers like using a rosary, saying "The Lord's Prayer," "the 7 tools" used by the Muslim faith, or the Puritan Prayers of sixteenth and seventeenth centuries. Meditative prayers involve reflection upon and adoration of the Divine, when one asks God to speak, and we listen and experience the love or guidance of God's presence. Inward prayers are those focused on self-examination, confession, forgiveness, and spiritual formation and development.

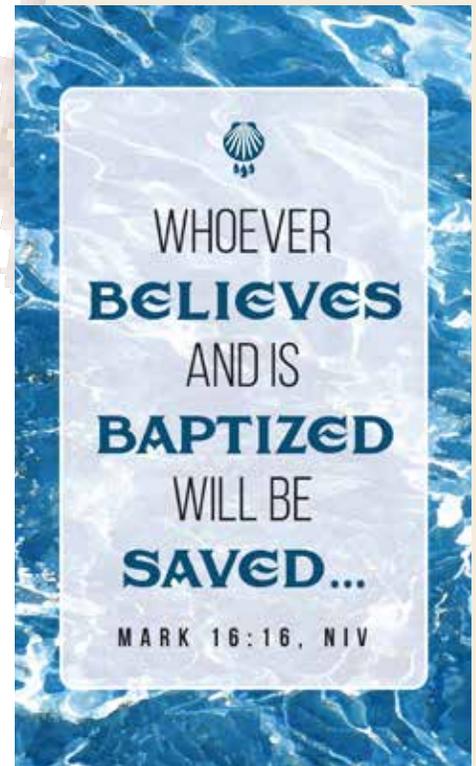
Lamentations communicate our fear, complaint and doubt to God. The Bible has an entire book written by the prophet, Jeremiah. The entire book of Psalms is prayers and songs of praise to God. There are many notable prayers in the Bible to read, study, and learn from: Jacob (Genesis 32:9-12), Moses (Deuteronomy 9:25-26), Job (Job 1:21), Jabez (1 Chronicles 4:9-10), Hannah (1 Samuel 2:1-10), David (2 Samuel 2:1-10 and 1 Chronicles 29:10-19), Solomon (1 Kings 3:6-9 and 8:22-61), Asa (2 Chronicles 14:11), Jehoshaphat (2 Chronicles 20:5-12), Elijah (1 Kings 18:36-37), Jonah (Jonah 2:1-9), Hezekiah (2 Kings 19:15-19), Jeremiah (Jeremiah 20:7-12), Daniel (Daniel 9:3-21), Ezra (Ezra 9:6-15), Nehemiah (Nehemiah 1:4-11), Levites (Nehemiah 9:5-38), Habakkuk (Habakkuk 3:1-19), Jesus (John 17:1-26 and Mark 14:36), and the disciples (Acts 4:24-30). Of course, Jesus taught us all to pray by his example in Matthew 6:9-13: "Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our debts as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For yours is the kingdom, power and glory forever. Amen."

In many instances Jesus went alone to pray before important and essential work. Since now He was human, He knew He needed the mind of God to make important decisions, so He consciously opened His mind to God, activating their long-term relationship in a new way. In prayer we focus more on God than on ourselves. We speak. Our loving, omniscient, all-knowing God knows what we need before we ask. It is in the speaking that we are positively transformed by the experiences of need, loss, pain, illness. We become aware of our needs and dependence upon God for all things. We submit to God's will, knowing that He wants the very best for us. And He promises to walk with us

through our difficulty through the flood (Isaiah 43:1-5).

One of my favorite ways to pray is to sing...because as Martin Luther said, "To sing is to pray twice." So when a hymn comes to mind realize that it is God's reminder to us to pray...twice.

Your Parish Nurse,
Cindy Bernards



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 Lutheran Church

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(507) 365-8110 church

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