

# SOUTH ZUMBRO NEWS

September 2017

A MONTHLY PUBLICATION OF SOUTH  
ZUMBRO LUTHERAN CHURCH



## Wow! Where Did Our Summer Go?

September is here. Sunday school starts on September 17 with Rally Sunday. Confirmation starts on September 20 with Pastor, Parent, and Student Night at 6:30 pm. Parents, please come for our first night. Bring your questions, and we will talk about the year ahead of us. I was so impressed with our youth last year and look forward to another fun year.

You have been great this summer. Worship in the fellowship hall worked out better than we could have hoped for. Thank you for your faithful attendance. As you know, it takes all of us to make a worship service. We are so blessed here at South Zumbro—we have many wonderful musicians, talented singers, people who read our lessons, and those that serve.

We have changed the music committee into the worship committee and invited some additional people into planning our worship. Everyone works together to make

sure we have someone on the organ or piano bench on Sunday, special music is lined up, and some help me pick music. If you have an interest in the worship here and would like to get involved, please give me a call.

The worship committee also is helping with the dedication service on October 15. They are also the people I bounce ideas off of and if needed, we then bring our ideas before the Council for any changes that we make.

So we have sung some new hymns, some old hymns, and in the many kinds of music, God is glorified!

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

- If there are any needs in the congregation that you know about, please contact our Parish Nurse, Cindy Bernards, or Pastor Elden.
- Our congratulations go out to Samantha Groll and Brad Yurkovic on the birth of Layla Jane on July 19. So happy for Grandpa and Grandma (Tom and Deb Groll)!
- Our thoughts and prayers are with Lu Clifford and the family of Brian Severin (Lu's brother). Brian was killed tragically in a car accident. God's blessings be with you all!
- Congratulations to Alyssa and Jordan Swanson on the birth of Kinley Ann on August 19. Excited grandparents are Christine and Todd Purvis and great-grandparents, Frank and Sandy Ness.
- Our thoughts and prayers are with all those affected by Hurricane Harvey. May God keep them safe and give them hope!



## 2017 Fall Bereavement Support Group

Our culture feeds us so much misinformation about grief! Grieve alone. Just be strong. Don't cry. Just keep busy. Time heals all. Chances are, if you have lost a loved one, you have tried one of these approaches, and it hasn't worked. Grief is messy! It hurts, and it lasts a long time. But there is hope for healing and a "new normal" following the death of a cherished loved one.

Unfortunately, there is no one-size-fits-all plan for dealing with grief. That's why South Zumbro Lutheran Church offering a grief support group to help you learn about grief and discover healthy ways to heal. Stepping Stones Grief Support Group is an 8 week traditional support group format which offers a safe space for sharing and

bonding with others who have experienced the death of a loved one. Understanding your grief, by Alan Wolfelt provides the framework for this group.

When: Thursdays, 7- 8:30pm, 7 meetings

September

21 Thursday – Stepping Stones Group 1

28 Thursday - Stepping Stones Group 2

October

5 Thursday – Stepping Stones Group 3

12 Thursday – Stepping Stones Group 4

19 Thursday – Stepping Stones Group 5

November

2 Thursday – Stepping Stones Group 6

9 Thursday – Stepping Stones Group 7

Where: South Zumbro Lutheran Church  
4830 120 Ave SW Kasson MN 5594

THERE IS NO COST. ALL MATERIALS PROVIDED.

Don't wait! Join us at in the fellowship Hall. And enjoy a safe and confidential setting to explore your grief. Call 507-365-8110 or 907-654-7336 for more information and to sign up.

How do I even begin to say Thank you to my South Zumbro family for the prayers, cards, hugs, and support in the wake of the unexpected passing of my big sister, Nancy, and more tragically and unexpectedly, my brother Brian, just 2 months later. A special thanks, also, to Pastor Elden and Karen, who drove 2 hours each way, to be there for Brian's funeral. You're both very special people. I reread the cards frequently, and they continue to bring me peace. Words cannot express the love and support I felt and continue to feel from so many of you. There is no place on earth I would rather worship my Lord and Savior than right here, with all of you. You have all been such a Blessing.

Thank you again and may each of you feel God's Blessings back on you!

*Lu Clifford*

Thank you to my family and friends for making my 90th birthday so special. Thank you for all the cards, flowers, gifts, and calls. Your friendship means so much to me.

God bless,

*Ruth Stevens*

# Women of the Word

## Meeting Minutes

August 17, 2017

WOW Co-President Julie Boyum opened with a word of prayer. The opening devotion based on Psalm 121 was given by Karen Simonson.

Julie called the meeting to order. Those in attendance joined in the reading of the WOW purpose statement.

The secretary report for April 8th, 2017 was read and approved as written.

The treasurer's report with an ending balance of \$2786.00 was read and approved.

### Old Business:

- Altar Paraments have been ordered. They should arrive by the end of August. New communion cloths are now here.
- The Friendship Wagon Train 2017 (Fundraiser for Camp Winnebago, a camp for people with disabilities) stopped at South Zumbro for lunch on June 26. 150 people were served that day. The June 25th coffee fellowship money along with the free will offering for the lunch on the 26th was donated to the camp. A total of \$717 was raised!

### New Business:

- Planning meeting for the October Quarterly Co-chairs will meet Tuesday, September 26th 4:00 afternoon at Michele Stromme's house.

### Future Dates to Remember:

October 7th - Lefsa Baking Day

October 15th - Norwegian/American Day Dinner

November 4th - WOW Bazaar and South Zumbro's Got Talent (Esther Circle will plan the event with assistance from the other circles).

November 16 - WOW Business Meeting along with the annual money distribution at 7:00.

December 3 - Advent by Candlelight

December 10 - Pack Cheer Baskets

- Thank you notes were read by Co-President Julie
- Circles were asked to start thinking about who will serve and host circle meetings and fill out quarterly co-chairs for 2018.
- Please send phone number updates to Michele so our booklets will be accurate.
- The 150 Anniversary of South Zumbro planning committee is in action. Thoughts and ideas can be shared with committee members or Pastor Elden.

The meeting closed with the Lord's Prayer.

Lynn Knutson demonstrated the kitchen layout that works most efficiently around the dishwasher during large gatherings. The recommendation of 5 workers to handle the dishwashing process was given. A print out of where the work stations belong was left in the kitchen.

Layette, Health, and School kits were assembled for Latin American Ministries. A total of 44 school kits, 40 health kits, and 10 layettes were assembled!

Thank you to Esther Circle for hosting our summer picnic. The salads and desserts were enjoyed by all.

Respectfully submitted by:

*Sandy Tjaden*



## Rally Sunday

Mark your calendars! Rally Sunday will take place on Sunday, September 17 at 9 am in the Social Hall. This is an opportunity for all Sunday school students to get registered, learn more about the upcoming Sunday school year, and meet their teachers. Sunday school is open to all children ages preschool-Senior. Hope to see you there! If you have any questions, please contact Bob Clifford, Ryan Wyttenbach or Paula Ricke.

Following worship that day, there will be a potluck lunch. This will be a fundraiser for our Operation Christmas Child shoebox postage. Postage has increased to \$9 per box this year. Our Junior League will again be taking charge of this project. Please plan to stay for lunch and fellowship! Any questions, contact Bill or Michele Stromme.





## July Attendance

125, 124, 122, 128, 138

## July Offerings

7-2-17

\$3087.90, home budget; \$365, building fund; \$200, Luther League; \$100, Sunday School; \$50, Good Samaritan fund; \$25, cemetery fund.

7-9-17

\$3607, home budget; \$590, building fund; \$95, missions; \$25, cemetery fund; \$50, Good Samaritan fund.

7-16-17

\$2044, home budget; \$85, building fund; \$40, Good Samaritan fund; \$25, cemetery fund; \$1000, memorial fund for altar paraments; \$75, in honor of Ruth Stevens' birthday; \$10, Jr League.

7-23-17

\$3850.76, home budget; \$80, building fund; \$10, Sunday School; \$40, Good Samaritan fund; \$25, cemetery fund; \$50, memorial fund in memory of Dick Prochazka.

7-30-17

\$1544, home budget; \$525, building fund; \$30, WOW; \$75, cemetery fund; \$20, memorial fund in honor of Marvin Viker's birthday.

# July 2017

## South Zumbro Council Minutes

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

Prayer and Bible Study: Nehemiah (Hand Me Another Brick – Lesson 15); Deacons

Secretary's Report: Mot/sec – approved

Treasurer's Report: Reviewed; Mot/sec – approved.

Pastor's Report (June 10 – July 10):

- Baptisms: 0
- Marriages: 0
- Funerals: 0
- 9 visitation calls / 6 home visits: 492 miles
- LCMC Annual Gathering: registration is open;
  - o Don and Brenda Rosenberg, Jeanie and Walt Wyttenbach, Karen and Elden Simonson
- June 25th Pastor Warren Baker Shalom team visited and talked about BTRA
- July 1st Sent off campers with breakfast and prayers
- July 13th Worship Service at Prairie Meadows with communion
- August 13th is Worship in the Park (for Festival in the Park)
- Vacation plans:
  - o July 23rd  
Pastor Howard Reinschmidt will lead service and baptism  
Pastor Mark Schwartz will cover emergency calls
- Lift in church was inspected & phone fixed. New Cat-5 wires need to be pulled from new box to the lift.
- Adult and Teen Challenge will be at our Nov 19th worship service. They are also looking for help on a work day after Oct 12th (TBD) on a new Women's Center (cleaning and assembling furniture).
- October 21st Amy and Isaac wedding
- Mot/sec/approved (Jeff B abstained) – pastoral students to provide communion, lead a baptism, lead a funeral, or other sacraments, with mentorship and supervision from Pastor Elden. This will be done at the discretion of Pastor Elden.

Committee Reports:

- Music Committee: Cindy H and Cindy B discussed adding various new types of music during church services and having additional groups lead services. Pastor to approve musical worship. Council discussed evolving the music committee into a worship committee.

- 150th Anniversary Celebration is Aug 26, 2018. Co-chairs Sandy Dahle and Dorene Ness. There is a contest for a theme. Activities are being planned (there are Anniversary committee openings for anyone interested). Mot/sec/approved - \$500 to the 150th Anniversary Committee to use on expenses.
- Parish Nurse: Cindy B gave a summary of recent activity. Batteries were replaced in the AED unit; A visitation team of 4 members has formed; Cindy took a “Stepping-On” class related to fall prevention (classes to be offered to the congregation in the future); Partnering with WOW on Health Kits; Blood Drive was a success; Good Samaritan fund is being used; Cindy took vacation in April and June.

Old Business:

- Benevolence Assignment: Mot/sec – approved for Camp Victory
- Insurance – Marilyn obtained additional bids from C.O. Brown and State Farm, but they weren't better than what we currently have
- Sanctuary Updates: Wayne gave an update on Alter painting, electrical, lighting, LED bulbs, and construction
  - o Marilyn gave an update on the Bank Loan – mot/sec/approved letter signed by council to approve Marilyn A and Don N as representatives for the loan through Home Federal
  - o Gail Phelps is coordinating the lighting
  - o Discussed amplifying the bell's sound within the Sanctuary
  - o Discussed the use of monitors
  - o Repair of the rotting window
  - o Carpet has been ordered
  - o New chairs with style matching the existing ones
- Missionary Coordinator & Youth Coordinator requests – discussed using the unified prayer to fill these positions; handouts to be given the next two Sundays
- Lanyards for name tags - Discussed the various styles that may be used; Brian H to do more investigation
- Worship in the Park service – Loose offering suggested to go to Place at the Table; more planning at next mtg

New Business:

- Dishwasher counter extension needed: Lynn K to investigate possible solutions
- Other Attendees for the October LCMC Get Together in Mpls – Pastor Elden to investigate costs for visitors with and without meals

Meeting adjourned and closed with prayers from council members.

Respectfully Submitted,

*Corey Carlson*

# 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  
507-202-3511

Dale Ness  
507-365-8604

Don Rosenberg  
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989-996-0083

Secretary:  
Corey Carlson  
507-365-8939

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

Financial Secretary:  
Lynn Knutson  
507-365-8175

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## 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.



## August Attendance

114, 160, 20, 125, 135

## August Offerings

8-6-17

\$5926, home budget; \$810, building fund; \$30, Sunday School; \$200, Luther League; \$25, cemetery fund; \$50, Good Samaritan fund.

8-13-17

\$1407, home budget; \$25, building fund; \$35, missions; \$551.50, Place at the Table.

8-20-17

\$2831, home budget; \$155, building fund; \$50, missions; \$50, Good Samaritan fund; \$25, cemetery fund.

8-27-17

\$2663, home budget; \$120, building fund; \$45, cemetery fund.



# August 2017

## South Zumbro Council Minutes

Those in attendance: Marilyn Aarsvold, Lynn Knutson, Don Ness, Don Rosenberg, Dale Ness, Brian Herbst, Wayne Larsen, Steve Jurrens, Sara Johnson, Pastor Elden; absent: Corey Carlson and Jefferson Bernards; visitors: Dawn Nemechek and Michele Stromme.

Brian led prayer and the Bible Study: Hand Me Another Brick—Lesson 16, “Taking Problems by the Throat.”

Meeting was called to order by President, Marilyn Aarsvold.

Review of the secretary’s report was tabled till the next meeting. The treasurer’s report was reviewed. Motion made, seconded, and approved to accept as is.

### Pastor’s Report:

- Thank you for the vacation time.
- The confirmation schedule was presented.
- Pastor was at Prairie Meadows on July 13 and also gave communion.
- This Sunday is Worship in the Park.
- The 150th Anniversary is August 26, 2018. Co-chairs for the planning committee are Sandy Dahle and Dorene Ness. The next meeting is August 10.
- The current Bible study has been finished, and a new book, “Lead Like Jesus Revisited,” was suggested as the next Bible study.

### Committee Updates:

- The FIRES committee is working on updating the web site.

### Old Business:

- The deacons suggested LCMC as the benevolence assignment this month. Motion made, seconded, approved.
- There was a discussion regarding changing the music committee to a worship committee. A motion was made, seconded, and approved. There will be a clarification of duties in an article in the September newsletter.
- Marilyn updated the council on the remodeling bank loan.
- The Mission Coordinator position was discussed. A motion was made, seconded, and approved to have Bill Stromme as the Mission Coordinator with a possible team to assist.
- The Youth Coordinator discussion was tabled for now.
- Wayne gave an update on the sanctuary remodel. Everything is moving along as planned.
- Lynn gave a demonstration on the dishwasher and counter set-up. Any questions regarding use of counter and trays to effectively utilize space should be directed to Lynn or other council members. There will also be a demonstration at the upcoming WOW meeting.
- Amplifying the bell was discussed.

- Brian discussed lanyards and nametags. A motion was made, seconded, and approved to move forward with nametags. Brian, Steve, and Michele will coordinate.

New Business:

- Diane Erickson has offered her freelance graphic design services if we should need anything like that.
- Don Rosenberg brought up the upkeep of the south field. A motion was made, seconded, and approved to till up, level, fertilize, and seed the south lot so it can be more safely used for events. Don and Frank will take care of this.

A motion was made, seconded, and approved to adjourn the meeting.

Closed with the Lord's Prayer.

Submitted by,

*Michele Stromme,*

Church Secretary



## CPR (Celebrate, Praise, Rejoice)

All are invited to a contemporary worship service on Saturday, September 16, at 7 pm in our Social Hall. It is a time to praise God and feel the Spirit alive in our presence. Make plans now to attend and bring your friends. Celebrate, Praise, and Rejoice with us!

## 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.

## Council Members

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507-365-8402  
aarsvold@kmtel.com

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10 am to 12 noon.



# Stepping On

“Baby boomers” are people born after World War II between 1946 and 1964. There are 76.4 million of us! We are now crossing the traditional “aging” threshold—more than 10,000 now turn age 65 each day. In addition, there is an increasing prevalence of chronic conditions and more importantly, older adults are more likely to be living with multiple chronic conditions (obesity, arthritis, heart disease, diabetes, cancer, stroke, depression, hypertension). How many are you dealing with?

Each person needs to manage their chronic conditions in their everyday life. There are community based programs to help people better manage their health. Several years ago at South Zumbro, we started “South Zumbro on the Move” to focus on stretching, flexibility, balance, and strength.

Have you ever fallen? Have you ever been concerned about falling? Many people have had a fall experience that has shaken their confidence and may have resulted in injury. (I have!) The prevention of falls is vital to maintaining personal independence. While some falls have a clear cause, most result from a combination of factors. The most effective way to reduce falls is to take a multifactorial assessment of one’s specific risk factors and apply specific interventions to address those risks.

“Stepping On” is a 7-week small group program (research based) to build confidence and reduce falls in older adults. We at South Zumbro are participating in this from September 6 – October 18, 2017. The “Stepping On” program allows older adults to determine issues and approaches that are personally relevant. It is designed to challenge the older person to appraise his or her risks realistically and provide a forum for gaining knowledge about safety practices. Participants will explore options and bring safety strategies into practice. The aim is to facilitate the older person’s taking control, explore different coping behavior, and encourage follow through on safety strategies in everyday life.

“Stepping On” is designed to use adult education principles to develop knowledge and skills to prevent falls, recognizing that older adults have the capacity for learning and change. It is designed to increase awareness of falls, risks, and help people to

be more informed about the factors contributing to their risk. It is designed to enhance self-confidence in fall-risk situations and boost follow through with safety behaviors. “Stepping On” uses a variety of learning strategies including storytelling and the group process.

“Stepping On” uses a multifactorial approach including a review and modification of medications with a pharmacist, balance and gait training from a physical therapist, muscle strengthening exercises, discussion of home hazard modification from a vision and safety expert. “Stepping On” is for:

- people over 65 who are able to speak conversational English.
- people over 65 who live in their own home or other independent living facility
- people over 65 who walk independently, may use a cane indoors or out, or a walker for outdoor use only
- people over 65 who have had a fall in the past year or have a fear of falling

You may be saying, “What’s in it for me?” Preventing a fall means cost savings from expensive hospital bills. It means becoming stronger and maintaining your independence in your own home. Perhaps “Stepping On” is for you...or your spouse...or your next door neighbor...or your parent...or your best friend. Perhaps you need to bring them to South Zumbro on Wednesday mornings at 9:30 September 6 – October 18, 2017. It only costs \$10 and could be a life changing opportunity. Perhaps...all commandments are summed up in this saying, namely ‘You shall love your neighbor as yourself.’ (Romans 13:9)

Your Parish Nurse,

*Cindy Bernard's*



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## 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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SOUTH ZUMBRO  
LUTHERAN CHURCH

**LCMC**  
Lutheran Congregations in Mission for Christ