

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF
SOUTH ZUMBRO LUTHERAN CHURCH

May 2024

Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun. -Ecclesiastes 2:11

Greetings SZ Family,

I imagine I say it each spring in Minnesota, but the past few weeks seem to have been especially windy. I know that we ought to expect wind in a season such as this, but it seems the wind is much stronger than what I desire. Heck, even as I write this, the wind is absolutely howling outside my office window. We have had some nice rain showers but between the ground soaking it up quickly and the driving winds, it seems to dry up awfully fast. I suppose it is all part of living in a part of the world in which we experience all four seasons, all facets of them.

As I considered the winds we have had, it reminded me of Ecclesiastes in which the author (believed to have been Solomon) writes about what it is like “chasing after the wind”. Have you ever thought of that? What it’s like to “chase the wind”? Solomon explains things that are meaningless. Specifically, he is discussing having lots of “things”. We spend much of our lives trying to acquire wealth, health and perhaps a name for ourselves. Yet, in the end, is it worth it? Have we spent time chasing something that really doesn’t have the benefits that we seem to think?

Army General Theodore W. Parker said “A life merely of pleasure, or chiefly of pleasure, is always a poor worthless life”. These words may seem harsh and if you read through the book of Ecclesiastes, you will see that Solomon speaks much like Gen. Parker did. Yet, when it comes down to it, what are we truly spending our time doing? Are we, in fact, working for and seeking pleasure only? Solomon speaks much about working hard to gain so much and not taking time for his heart’s desires and Gen. Parker speaks about focusing only on pleasure. So, where is the balance? Whatever you are spending your time doing; working, pleasure, athletics, studying. In any case, is what you are doing bringing you peace and purpose? Is your heart satisfied with where you spend your time? Most importantly, does what you are doing please God and deepen your relationship with Christ the Savior? Or can you relate to Solomon and feel that you are, perhaps, just “chasing after the wind”?

I wonder if sometimes we spend so much time trying to figure out WHAT our purpose in life is so that we can avoid the feeling of meaninglessness. What if God said “let me

Cont’d on page 2

**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**

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South Zumbro Bulletin Board

- Please have all items for the newsletter to Michele by the 20th of the month. Thank you! Michele has a new email address—mstromme1964@gmail.com. Please use this for all correspondence.
- If you would like to have an announcement placed in the weekly bulletin, please have to Michele by the Wednesday before.
- Please notify our FCN, Cindy Bernards, if you are willing to help with visitation of those homebound, NH, hospice, or needing transportation so that she can build a list of volunteers of both men and women.
- ATTENTION ALL NEW MEMBERS FROM 2023 AND 2024! Emily will be taking pictures for the directory after services on May 12 and 19 at the parsonage. If you would like your picture included on an insert for the directory, please plan on stopping after worship either of these days for a quick photo.
- If you would like to share an offering with South Zumbro, an offering plate is available at the back of the sanctuary and fellowship hall. If you would like to give online, just go to the SZ website, szlc.org, and click on the “Giving” tab. Questions, contact Lynn Knutson, financial secretary, at 507-951-5608.

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handle your purpose...just sit back and enjoy”. I think that is what a “calling” is.

It says

in Psalm 138:8 *“The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever.”* So, might you turn your purpose over to the One who already knows it? He does, after all, know you better than anyone else.

In the Love of Christ Always,

Pastor Pete

thank you

South Zumbro Church Ladies,

I would like to thank you all for the beautiful prayer shawl. What a perfect gift at this time in my life. I feel so blessed to have gotten to meet so many wonderful people at SZ over the past few years!

Many blessings!

Dawn Wehrs

(Marvin's daughter)

I would like to give a heartfelt thank you to my church family for all your thoughts and prayers. I felt them! Thank you too, to all who reached out to me in person, calls, texts, cards, and food. A big thank you to Pastor Pete for his visits and prayers, we sure appreciate you.

God bless you all!

Dale Ness

FINANCIAL PEACE University

Congrats to 17 church and community members who recently completed Financial Peace University (FPU), an interactive, unique, and FREE* 9-week class at South Zumbro. Members paid off \$27,959 in debt, saved \$31,700, and cut up 4 credit cards! Most importantly, people learned and implemented wise financial principles, including what the Bible has to say about money, debt, and being good stewards of our (God's) resources. Why pay off debt and strive for financial freedom? *“The rich rule over the poor, and the borrower is slave to the lender.”* -Proverbs 22:7 (NIV)

*FPU normally costs \$80, but a generous donor paid for an FPU Church Membership (thank you!), allowing church and community members to attend for FREE! Mark your calendars, another FREE class will be held this fall at SZ, starting in September. FPU is a safe place to ask questions, watch videos, learn, and get motivated.

FPU is led by SZ members, Michael Short and Ryan Ledebuhr, who have voluntarily led 13+ classes since 2016 (both of their families experienced dramatic changes in their personal and financial lives after

attending FPU in 2013).

“This class helped me start conversations with my loved ones that I otherwise wouldn't have. Making giving a priority has allowed me to tithe for the first time! Thanks so much!”

“Outstanding! This is exactly what my husband and I needed to get a jump start on our finances. You two were wonderful! Thank you!”



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- 1 Peter 1:3, “Blessed be the God and Father of our Lord Jesus Christ who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead.”

Your Faith Community Nurse,
Cindy Bernards

(thanks to resources from Mental Health America)



Hope

May is known for many things: May Day, Mothers Day, as well as Mental Health Month. Where do we start in our ever changing world? It can be overwhelming to navigate the various challenges around us - the pressures of work, loneliness, relationships and societal factors like politics, social media, current events, technology, and the economy. These can impact our mental wellbeing more than we realize.

1 in 5 Americans will experience a diagnosable mental health condition this year. That means on a Sunday at South Zumbro there could be 40 people who may be struggling! This month we promote awareness, offer resources, education and advocate for mental health and wellbeing for everyone. Mental health conditions like depression or anxiety are common, manageable and treatable. It is never too soon to seek treatment for our mental health. Getting help early saves lives.

Life can be challenging but every day shouldn't feel hard or out of control. If it does, Mental Health America screening provides a free, anonymous, quick and easy way to determine whether a person is experiencing symptoms of a mental health condition. Take a mental health test at mhascreening.org if you think you may be experiencing symptoms of a mental health condition and are unsure where to start.

Navigating uncertainty and fear about what is happening in the world and what the future holds can feel overwhelming, but no one has to suffer in silence. It is common to feel like no one understands what we are going through but reaching out (to Pastors, Faith Community Nurse, youth leaders, Mountain Movers, family, WOW, Sunday School or friends from church) can be the first step in improving our mental health. It is important to find meaningful ways to connect with others. There is hope. Ask for help. Storytelling is a powerful way to tell others what we need. Jesus was a master at it in the Sermon on the Mount when He says, "Ask and it will be given to you, seek and you will find, knock and it will be opened to you" (Matthew 7:7). Finding a sense of calm and focusing on wellbeing can be daunting in our fast paced society. Devices can be both a blessing and a curse. It may be helpful to set technology screen boundaries, turn off notifications, and delete distracting apps in order to be intentional with our time. What we choose to look at and how much time we spend on our devices can make a big difference in how we feel. We could practice "being bored" while we read an actual book instead of an ebook or listening to an audio book. We could play a board game with others instead of a video game. We could do a modified lenten fast from social media. We could meditate on scripture while practicing deep breathing exercises. On Monday make a list of 5 things we are

grateful for. On Tuesday we can practice positive affirmations (change "I hate it when it rains" to "I sure like it when the sun shows up"). On Wednesday start a conversation about a mental health news article. On Thursday make a plan to stay hydrated. On Friday take a break from screens and take a walk instead. Perhaps choose to finish the day reading the Bible and praying specifically about the concerns of the day.

We can become more aware of thinking "traps" such as how we deal with negative thoughts, what we do when we feel "stuck" or when "everything is always terrible". Life is hard. Our brain relies on past experience to predict the future, but we can learn to think more clearly and reframe our thoughts. Write down all the steps to the final conclusion, figure out which steps are missing. Look for flaws in our logic. Have we "jumped to conclusions", or is there another interpretation? Have we been experiencing "tunnel vision" focusing only on one thing and ignoring everything else. We can talk these things out with another trusted person. "Finally, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things" (Philippians 4:8).

We could also start writing a paper or digital mental health journal. Picking a convenient time to write everyday makes it a habit like keeping an appointment, challenging ourselves to write whatever comes to mind for 20 minutes. We can use it to process our feelings or work on self improvement goals or when we are having an especially hard time working through our feelings. Don't worry about spelling or grammar. Perhaps incorporate art or write a poem or a song. Perhaps write a letter to someone. We could use prompts like, "I feel most upset when..." or "I feel best when..." or "I'm worried about..." We write whatever we are feeling, no judgments. Perhaps ask God questions. Release negative emotions like anger, sadness, jealousy. We can try to identify our "triggers" and document any symptoms. Record evidence for or against our feelings about ourselves. We can reflect on the entries to help better understand our feelings. Perhaps our best tool is Scripture and memorization.

- Psalm 71:5, "For you army hope, O Lord God; you are my trust from my youth."
- Ephesians 4:4, "There is one body and one Spirit, just as you were called in one hope of your calling."
- Colossians 1:5, "We give thanks...because of the hope which is laid up for you in heaven."
- 1 Timothy 1:1, "by the commandment of God our Savior and the Lord Jesus Christ, our hope."
- 1 Corinthians 13:13, "And now abide faith, hope, love these three"
- Romans 5:3-5, "We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance character; and character, hope."

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April 2024

South Zumbro Council Minutes

Attendees: C. Herbst, K. Johnson, N. Jurrens, L. Knutson, K. Kruckeberg, R. Lee, D. Nemechek, R. Ness, D. Powers, B. Stromme, Pastor Pete, Pastor Jeff.

Absent: M. Aarsvold, C. Carlson

Visitors: Meghan Culverson

Attendance

157, 182, 204

Offerings

3-31-24

\$5740.71, home budget; \$870.63, Good Samaritan fund; \$970.63, Luther League; \$30, Food shelf; \$184.13, Cemetery fund; \$100, Sunday School; \$25.69, Building Vision fund; \$250, Memorial fund in memory of Jim Smith.

4-7-24

\$7075.28, home budget; \$200, Fellowship Hall rental; \$40, Sunday School; \$100.69, Building Vision fund; \$180, Cemetery fund; \$20, Luther League; \$200, Memorial fund for playground equipment.

4-14-24

\$6159.34, home budget; \$125.69, Building Vision fund; \$750, The Gathering Place; \$81.38, Cemetery fund; \$40, WOW; \$154.13, Good Samaritan fund; \$10, Memorial fund in memory of Jim Smith.

4-21-24

\$4845.14, home budget; \$100.69, Building Vision fund; \$80, WOW; \$700, The Gathering Place; \$30, Cemetery fund; \$1250, Memorial fund in memory of Marvin Viker.

Cindy called the meeting to order and Pastor Pete opened with prayer.

Devotion: Discussion of Chp. 7-9 of "Looking for the One"

Secretary's Report: M/S/A

Treasurer's Report: M/S/A

Trustees updates:

- Lawn mowers will be serviced.
- Leth septic will come to pump out Gerhards septic tank.
- Parsonage furnace still having issues. Water gurgling in a drain but was opened and cleaned and working again. Tri-state gave a quote for a new furnace and air conditioner. Feel not in immediate need but was gotten for planning/consideration.
- Will get bids for window washing.
- Lynn noted that it has been confirmed that the planned playground equipment can fit within the outdoor area that has been temporarily dismantled.

Pastor's Report:

- Mileage: Pastor Pete: 185 miles Pastor Jeff: 255 miles
- Total Visits: 12
- Baptisms: 3, Carter Gleason, Bodie Schillo, Brantley Swanson
- Weddings: 0
- Funerals/Memorials: 1, Marvin Viker
- Pastor Jeff and Cindy -- Ministry Marriages Matter -- One day retreat for pastors and their spouses April 26 9am - 7:30pm
- FYI - Pastor Jeff is NOT coaching golf this spring
- Lent, Easter Feedback?
- Fundraising guidelines
 - Mission Trip vs. Mission Work - Boxes that need to be checked?
 - Fundraising at church by students (typically) for non SZ related events
 - Further discussion tabled till next meeting
- Confirmands for approval: Kalin Anderson, Brady Bohle, David Hansen, Maia Hansen, Luke Ingram, Ian Kruckeberg, Gavin Ledebuhr, Raya Olson, Tyler Schoenrock, Aiden Thoen, Adelyn Wohlenhaus
- Window washing: various high windows need cleaning (not safe for church members).
- St Johns and Grace Methodist would like to join us at church service at Festival in the Park. May want to move to the west pavilion for more room and other advantages.
- Looking ahead:
 - April 21 -- New Member interest meeting
 - April 28 -- Compassion Sunday, Spring Meeting

May 5 -- Confirmation -- Regular Service at 8:30 and Confirmation at 11:00
May 12 -- Mother's Day, New Member Sunday, Mother's Day breakfast
May 19 -- Last Day of SS, Senior Recognition, Baccalaureate 7pm at Grace
Methodist
May 27 -- Memorial Day Service
June 30 - Adult and Teen Challenge

Benevolence Suggestion (Deacons)

- SEMCAC - \$650

Mission:

- SIM USA: Support a family serving in central Asia, \$1200

Old Business:

- Council M/S/A to ask the FIRES committee to request from each church committee the specific duties they perform to understand what is needed for backup coverage.

New Business:

- B Stromme: Men/boys fellowship grill-out planned for summer.
- Meghan Culverson from the council nominating committee brought forth future improvement ideas/plans:
 - Goal to inform congregation about council positions/responsibilities and transparency to congregation.
 - Summer Coffee fellowship: nominating committee can provide info and council members could touch on their responsibilities.
 - After rally Sunday, potluck after church: start plans for any council transitions
 - Discussion:
 - Question/affirmed that a nominating committee member could speak at annual meeting as well.
 - Membership count: Bylaws state min. of 3 serve for 1 yr. term. Meghan felt minimum of 5 would be best.
 - Council was asked for help finding volunteers to serve on the committee.

Meeting Adjourned - M/S/A

Closed with the Lord's Prayer.

Respectfully submitted,

Kent Kruckeberg



SZ 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.

SZ 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:

Cindy Herbst
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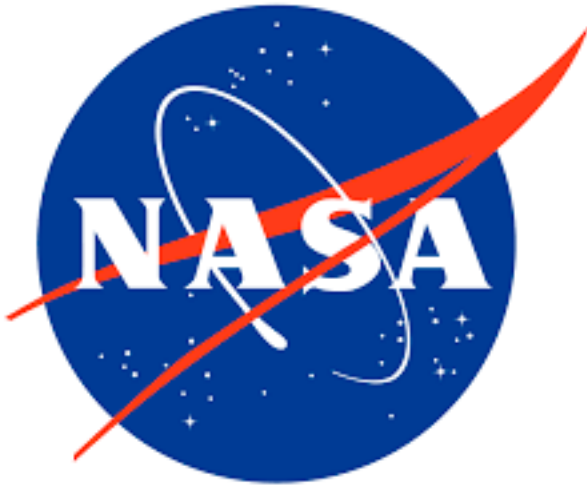
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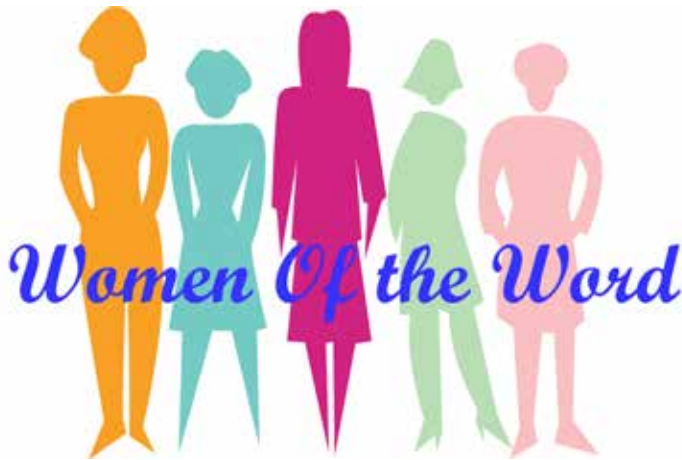
Lynn Knutson
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Financial Assistant:

Dawn Nemechek
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**“Need A Savior Always”
6-8pm, June 24-28, 2024
SZ VBS**



Minutes – WOW Meeting – April 18, 2024

Marilyn Aarsvold opened the meeting with the reading of the WOW Purpose Statement by all present.

The Treasurer’s Report was presented by Brenda Currier. The beginning balance was \$7,195.18. Expense incurred was \$211.43. The current balance is \$6,983.75.

An inventory of Kitchen supplies was completed. There are a total of 201 complete sets of place settings. It was decided that we need 50 more forks. Michele Stromme will order them.

There was a Food Safety meeting. Eight people attended the meeting. There is a video on-line, by the Minnesota Department of Health – Food Safety.

The safety measures include wearing gloves, removing them after using them, once you have touched anything and before touching

something else. It is important to keep cold things at a safe cold temperature and hot things at a safe hot temperature. There are guidelines posted in the kitchen, with thermometers to use. It is important not to mix dishes that come into the kitchen, even if they are both the same item, ie hot dish, lasagna, salad, etc. Each Circle has a folder of health tips that we need to follow.

The funeral committee reported that services have been going smoothly. It was decided that cakes would no longer be provided. We will be providing bars instead.

We no longer need to do Spring Cleaning. Our cleaning crew that was hired does such a good job that additional cleaning is no longer needed. If you see them, tell them how much we appreciate them.

Marilyn brought up the idea of having a Garage Sale. It would be a free-will offering, rather than pricing each item. We would possibly use someone's home. It was decided that we would proceed with the planning. (Doreen Ness, Karen Engler, Julie Boyum, Mary Hanson, and Mary Beth Harmon will be working on it.) More information will be coming in the future.

The Secret Sisters program was discussed. We could continue the current program of choosing a secret sister for the year, or two or three women could get together, pray for each other, and support each other. It was decided that we could do both Secret and Not-So-Secret sisters. A list was available for people to start to sign up.

Monica Davis contacted Michele Stromme about the Wagon Train that will be arriving at the Donley’s on June 22. We will provide BBQ, baked beans, cole slaw and bars. They are supporting Special Olympics this year.

The new Board members were elected:

- Co-Presidents --- Rosalie Trom & Cindy Bernards
- Secretary --- Kara Short
- Treasurer --- Brenda Currier
- Stewardship --- Michele Stromme

The message given by the Naomi Circle was about growing together in our Faith. We need to be praying for spiritual growth, wisdom, and health and wellness for each other as we live each day.

The meeting was closed and dessert (delicious, by the way) was served by the Naomi Circle.

Submitted by,

Ann Johnson





It's almost time for our Baby Bottle Campaign again! We did this last year, and it was a BIG hit! Last year we gave them a total of \$1961.06! They were extremely appreciative. The money all stays here in Dodge County. As a reminder, their thank you letter from last year said, 'You are phenomenal! Thank you for helping families in crisis in your community. You ARE saving lives!' How do you do this? It's simple - All you do is take a baby bottle home with you on Mother's Day, May 12, put the bottle somewhere visible in your home, pray for the families who need the services of the Women's Shelter daily, and fill the bottle with cash or checks. The prayers are more important than the monetary gifts. The return date for the bottles is Father's Day, June 16. You can fill the bottles with all sorts of bills, change and/or checks. If writing a check, make it payable to South Zumbro with baby bottle written in the memo line. We will give the Dodge County Women's shelter one check from South Zumbro. We have been asked by several congregants if we can do anything to help the families that SZ and the SZ Luther League adopted at Christmas time - here's our chance! The Mom/Grandma is buying a house in Kasson! So we have the opportunity to help move and clean, and all of that wonderful stuff. We'll know dates in early May, but the closing is sometime in May, so keep your eyes on the announcements in the bulletin in May!

If anyone has ideas on how we can spread the Good News of Christ's salvation, via witnessing or works, with a group or individuals, let us know, or better yet, become part of the Mission Team!

If you have any questions, contact Lu Clifford 507-951-9322 or bobandlu321@gmail.com or Mary Sue Sandeno 507-208-8672 or rbmsand@gmail.com

"Carry each other's burdens and so you will fulfill the law of Christ." Galatians 6:2



Attention all barbecue enthusiasts and lovers of good company! Join us for an unforgettable afternoon at South Zumbro Lutheran Church Men's Barbecue on Saturday, June 15th from 3:00pm to 6:30pm. Get ready for great food filled with mouthwatering delights, heartwarming fellowship, and boundless fun! All males age 0 and beyond are welcome to join in the festivities. Bring along a friend, your dad, your sons, your grandsons, a neighbor – the more, the merrier.

Where: South Zumbro Lutheran Church

Who: Males of all ages

When: Saturday, June 15th

Time: 3:00pm – 6:30pm

Mark your calendars, spread the word, and prepare your appetite for an afternoon filled with delicious food, wonderful fellowship and unforgettable moments.

Signing up is recommended, watch for a signup sheet in the narthex. If you have any questions, contact Bill Stromme, wrs8564@gmail.com.

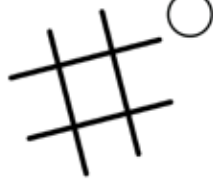


MY
Mommy
IS THE
BEST
LOVE...

My mom is
the best
because:



TIC TAC TOE



WORD SEARCH

- SPECIAL
- FUN
- MOTHER
- BEST
- LOVE
- GENEROUS
- KIND
- FRIEND

A Y L O V E I B M P
S P G I A A W E U A
P E U R L R F M W R
E F G E N E R O U S
C U K D U M I T H K
I N W J P V E H K I
A C Q O S C N E P N
L B E S T A D R Q D

My mom's name is _____

Her favorite color is _____

Her favorite food is _____



Finish the garden for your mom!



Color and cut out
the bookmark!

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Esther Circle has duties this month.		Family Service Group Leader: Jil Rendler	1 6:30pm Senior Confirmation 7pm Senior Choir	2 9am Quilting; bring sack lunch 	3	4 7am MOB
5 Cinco De Mayo 8:30am Worship w/ Holy Communion 10am Sunday School 11am Worship with Confirmation & Holy Communion 12noon Ledebuhr family lunch in fellowship hall	6 7pm Bible Study 7pm Young Adult Bible Study	7 1:30pm Faith Circle @ Church 7pm FIRES 7pm Naomi Circle @ Church	8 7pm Senior Choir	9 9am Quilting; bring sack lunch 	10	11 9am Esther Circle
12 9am Sunday School 10am Worship with New Members 11am Mothers Day Brunch 11:10 New Member Directory pictures 	13 7pm Council meeting 7pm Young Adult Bible Study	14	15 7pm Senior Choir	16 9am Quilting; bring sack lunch	17 	18 Armed Forces Day 7am MOB 5pm Mtn Movers End of Year Party
19 9am Last day of Sunday School 10am Worship with Senior Recognition 11:10 New Member Directory pictures 	20 7pm Bible Study 7pm Young Adult Bible Study	21 7pm Health & Wellness meeting	22 7 pm Worship & Music Committee mtg @ Church	23 9am Quilting; bring sack lunch	24	25 9am Interment of John Burdick ashes
26 10am Worship 	27 Memorial Day 8am Memorial Day Service & coffee fellowship 7pm Young Adult Bible Study 	28	29	30 9am Quilting; bring sack lunch	31	

South Zumbro Lutheran Church

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