

SOUTH ZUMBRO NEWS

A MONTHLY PUBLICATION OF
SOUTH ZUMBRO LUTHERAN CHURCH

September 2023

“Checking the ‘Faith’ Gauge”

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. - Romans 15:5-6

Dearest Friends,

The running joke is that as Minnesotans, we can small talk with the best of them because we can always discuss the weather. It is often how we greet one another. “Nice weather we’re having today don’t ya think?”, “Ya, sounds like it’s gonna get hot this weekend though”. “Ya, you get much rain last week?” “nah, only three tenths, how bout you?”. We could go on and on. The “hot” topic of this summer has been the lack of rain. We check in on each other by asking about how each other is doing but also want to know if they have received more or less rain than us.

What if I told you we can check on each other with the same concern for each other’s faith?

Our conversation might go something like this: “Hey how are you today? How much faith is in your gauge right now? Do you feel you have received enough Spiritual nourishment?” Your first thought is probably “this Pastor Pete guy is just weird... why would I ever have that conversation with my neighbor?”. Yet, be reminded of what it says in Galatians 6:2 “*Carry each other’s burdens, and in this way you will fulfill the law of Christ*”. Sometimes we just find ourselves empty, like the gauge is dry or that the encouragement we receive just isn’t quite as fulfilling as we need, much like my rain gauge has been this summer. Sure, there has been rain in it but oftentimes I have hoped for it to be just a little fuller than it was. My Spiritual life can so often resemble my rain gauge if I don’t expose myself to opportunities to deepen my relationship with Jesus. If I avoid Him, what do we expect? A dry “faith gauge”. If I never encourage those around me that may need uplifting, what is in it for them? A dry “faith gauge”.

Yet, God provides, doesn't he? Sure, my grass could be much greener. The fields could look better and the crops might not have the yield the farmers had hoped for. But God provides us with enough. We find in 2 Corinthians 9:8 where Paul tells us “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” You see, God blesses abundantly in ALL things and at ALL times. It is according to His provisions. Sometimes we think we need more than we do, when God knows exactly what and how much you need. We feel it isn’t enough, but God might be thinking “it’s the perfect amount”.

So, I encourage you to not be afraid to check in on your neighbor to see just how much “showering of encouragement” they might need to fill their gauge. Heck, don’t you be afraid to ask for the same in return, as it says in Thessalonians 5:11 Therefore encourage one another and build each other up, just as in fact you are doing.

In Jesus Always,

Pastor Pete

**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.**



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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!
- SERVE Day will be Saturday, October 7. More information in this newsletter.
- This year Advent By Candlelight is Sunday, December 3, 2023. Planning committee meetings will begin on Wednesday, September 6.
- If you are interested in teaching/helping out with Sunday School, please contact Meghan Culverson, Michele Stromme, Lu Clifford, Erica Gillis, or Jenny Wyttenbach. Sunday School Rally Day is September 17.



Dear followers of Jesus at South Zumbro church,

We are very grateful for your donation to Lumen Fidei. Thank you for supporting our ministry in Latvia.

May God reward your generosity,

Pastor Liena

Dear South Zumbro Family,

Thank you for making my 90th birthday so special with all your birthday cards and messages. I appreciate them so much.

God bless you all!

Margaret Ness

Dear South Zumbro Parish Nurses,

There just aren't enough ways to say THANK YOU for your support of A Place at the Table! Please know how very grateful we are for your monthly donation. You are making a difference in the community. Thank you and God bless you!

Pat Dee

St. Peters Episcopal Church

Becki Bjergum

Co-coordinators APATT



Barn Service

South Zumbro will have their annual barn service on Sunday, September 10th, at 10 o'clock at Dennis & Marilyn Aarsvold's farm, located at 68487 260th Avenue, Kasson (2 miles west of South Zumbro). The service will have lots of singing of old favorite hymns, led by the Cabin Fever band, along with a message from the pastors. After the service feel free to stay for a potluck dinner. Beverages and utensils will be furnished, so just bring a dish to share. If you are staying for the potluck, if you can, please bring a lawn chair. This is a special service, filled with many blessings and great fellowship. All are welcome, please come.



Fall Prevention Awareness



The first day of fall, September 23, 2023, has been named the beginning of Fall Prevention Awareness Week. Falls among older adults continue to be a national public health concern. Every 11 seconds an older adult is seen in the emergency room for a fall related injury. What can we at South Zumbro do to prevent falls? To reduce the risk of falls? To help everyone to live without the fear of falling? Do you care for someone at risk of falling? Do you have trouble walking? Do you ever feel dizzy or unsteady? It is not only a senior's issue. Have you fallen?

The good news is that most falls are preventable. Family and friends can play an important role in keeping all of us independent and safe from falls. Have a one-on-one conversation with a trusted friend or family member about any concerns about falls. Ask for help and be specific. Why don't we?! Proverbs 16:18 may have the answer: *"Pride goes before destruction, and a haughty spirit before a fall."* 1 Corinthians 10:23-24 notes the same attitude: *"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. No one should seek their own good, but the good of others.*

Share with friends or family any upcoming medical appointments. Write a list of things we need to talk about. Has there been a fall? Share the details honestly. What happened after the fall? Have there been any changes? Be assertive and clear about what is needed. Perhaps a referral to PT or OT may be needed to improve balance or strength. Perhaps a nutrition consult? Perhaps we need to review all of the medications

(prescription, over-the-counter, oral, anything applied to the skin, any eye or ear drops, injectables). All medications should be reviewed once a year. Report any side effects—dizzy, woozy, sleepy, confusion, changes in urination or coordination in legs. Stick to one pharmacy so they can track medications and identify any that don't work well together. Ask the doctor questions. Take notes. Repeat information back to them—it helps us to remember. We each need regular eye exams and ear exams. We need to wear our eyeglasses properly and certainly avoid sunglasses indoors. If bifocals are worn, they can become blurry when navigating steps or curbs. Try tucking the chin to help clarify things. Friends and family members can help with actions to prevent falls such as removing home hazards. We can all make our homes safer. Remove tripping hazards like throw rugs, cords or clutter on the stairs. Move furniture to create a path for safe movement. Replace lightbulbs with bright non glare bulbs, add night lights in the bedroom, bathroom, and hallway. Place a chair in the bedroom to sit while getting socks and shoes on or getting dressed. Keep frequently used items between waist and shoulder height to access without the need for a step stool with a handle or unsafe reaching. Making home modifications like adding grab bars to an outside stairway or a bathroom should be done before we think it is needed! That is what prevention is all about. Find a good exercise program. Bring a friend or caretaker with you for helpful motivation, encouragement, and accountability. These improve balance, strength, and flexibility to help decrease the risk of falls.

Try: Matter of Balance @ South Zumbro

August 31 - October 19, 2023 from 9-11 am

Call Cindy @ 507-273-9045 today!

(Thanks to resources from National Council of Aging and Juniper.org)



10-DAY TOUR OF ISRAEL

JOURNEY THROUGHOUT THE HOLY LAND

January 6-15, 2025

Hosted by Pastor Jeff and Cindy

Old City Jerusalem, Mount of Olives, Garden of Gethsemane, Church of the Holy Sepulchre, City of David including Hezekiah's Tunnel, Ein Gedi, Qumran, Bethlehem, Capernaum, Sea of Galilee, Magdala, Gideon's Spring, Jaffa, and so much more.

Optional three day extension to Jordan to see Petra

Brochures are on the table in the hallway at church with info.

Imagine Tours website is ittworld.com

Pastor Jeff and Cindy would be happy to answer questions.



August 2023

South Zumbro Council Minutes

Attendees: C. Herbst, V. Bohle, B. Stromme, R. Lee, N. Jurrens, M. Aarsvold, J. Larsen, L. Knutson, D. Nemechek, D. Powers, Pastor P. Wyttenbach, Pastor J. Bernards

Absent: C. Carlson, K. Johnson

Guests: T. Ricke, E. Gillis, P. Gillis, A. Wohlenhaus, R. Christy

Attendance

137, 104 (Festival in the Park Service),
164, 149

Offerings

7-30-23

\$4489.13, home budget; \$227.69,
Building Vision Fund; \$390, Luther
League; \$40, WOW; \$560, Rainbow
Trails coffee; \$30, Cemetery fund.

8-6-23

\$6335.75, home budget; \$100.69,
Building Vision fund; \$105, Cemetery
fund; \$40, Sunday School; \$244.13,
Good Samaritan fund.

8-13-23

\$1577, home budget; \$125.69, Building
Vision fund; \$275, Food Shelf; \$51.38,
Cemetery fund.

8-20-23

\$6643, home budget; \$100.69,
Building Vision fund; \$400, Good
Samaritan fund; \$60, Cemetery fund;
\$40, Landscaping fund; \$140, Elden's
Gathering Place; \$2083.65, Luther
League (\$2003.65 came from Missy
Bolles insurance distribution).

8-27-23

\$3152.46, home budget; \$25.69,
Building Vision fund; \$40, Good
Samaritan fund; \$30, Cemetery fund;
\$531, Faith In Action coffee.

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

Book Study: Discuss Chapters thirteen and fourteen of "What's so Amazing about Grace"

Secretary's Report: M/S/A

Treasurer's Report: M/S/A

- The church received a monetary donation from the Bolles family which will be used for future Luther League needs. M/S/A

Trustees updates: LP tank was topped off and Jim is working on fixing the elevator as the up and down function doesn't work, hoping to have it resolved by Sunday's service. Custom Alarm did an assessment of the basement. They recommend a smoke detector in the back left store room of the kitchen and the commons area, along with a heat sensor in the kitchen area. Member safety is important to the council and we discussed following Custom Alarms recommendations. M/S/A

Pastor's Report- July 2023

Mileage:

Pastor Pete: 210 miles Pastor Jeff: 45 miles

Total Visits: 9

Baptisms: 0

Weddings: 2 -- Ness/Schmitz, Carstensen/Marshall

Funerals/Memorials: 3 -- Mary Joann (Peterson) Estes, Russell Walker (Jeff's daughter in law's father, 61 yo), Melissa Sue Bolles

Stuff:

- Pay bands for summer music- Bands will be compensated at \$200, as budgeted- M/S/A Phoebe Coats (Mike's mom) requesting membership at SZ. She worships from Nebraska- M/S/A
- Thank you for allowing us the time we ask for to be with our families throughout the year and certainly during the summer (vacations, commitments, etc)
- Pastor Pete gone Aug 23-27 to be with Rowan at the State Fair

Looking ahead:

- September 10 -- Barn Service
- September 17 -- Rally Day -- Start of Sunday School
- September 13 -- Confirmation meeting with families
- September 20 -- Confirmation begins
- October 1-4 -- LCMC Annual Gathering - St. Louis
- October 28 -- Plow Day
- December 3 -- Advent begins!

Benevolence Suggestion/Vote (Deacons)-

- Camp Victory- M/S/A
- Mission support- SEMCAC (in place of LALM support)- M/S/A

Old Business:

- Church Directory Status- final project to be viewed soon.
- Grounds Committee-
 - Homestead clean up- committee will manage outside homestead clean up and home demolition. Home assessed for asbestos and none found. Will get bids for home demolition expenses and report back to the council.
 - Well capping will be done by Thein Well Service.
 - Prairie Flower cover will need to be seeded this fall after the parking lot is finished. We discussed that the Grounds Committee can spend up to \$5000 to keep the project moving. M/S/A

New Business:

- Luther League- Erica, Peter and Adelyn discussed their mission work and how thankful and grateful for the opportunity to help others. Erica discussed that 14 kids and 4 adults participated and the mission company they used was Next Step Ministries, which were in their second year of ministry operations. They also discussed how grateful they are for the congregation's support as the costs of the \$11,000 mission was funded by some generous donations. Tom discussed the need to be thinking ahead for future Luther League trips (Rainbow Trails) as there will soon be approximately 30 kids in Luther League. At this time Rainbow trails is open to Luther Leaguers 9-12th grade. There was a brief discussion that they may need to look at limiting Rainbow Trails to 10-12 grade students. The council is supportive of providing the youth with opportunities, as we may need to look at 2 charters going to Rainbow Trails so this opportunity can be provided to students that want to go. Luther League will work on fundraising to help with expenses.
- FIRES- Ruth discussed the current problems with the name tag computer i.e.- 5-15 minutes to boot up, computer wire mess, etc. Proposal presented for new computer to help with efficiency with name tag printing and can be used in the future in the Narthex for electronic announcements. FIRES committee has had a lot of positive feedback with members wearing name tags. M/S/A
 - Future discussion on what could be done with the old name tag computer.
- Mission Statement for the Decorating Committee with amendments added - M/S/A

Meeting Adjourned- M/S/A

We closed with the Lord's Prayer.

Respectfully submitted

Val Bohle

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:

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Lynn Knutson
507-365-8175

Financial Assistant:

Dawn Nemechek
507-951-8548



WOW Meeting 8-24-23

Marilyn Aarsvold welcomed everyone, and all read the WOW Purpose Statement. Meghan Culverson shared devotions, "Many Parts, One Body" by Dawn Camp and said a prayer. Supper was then served.

Co-president Marilyn Aarsvold opened the meeting. The secretary's report was read by Michele Stromme and approved as written. The treasurer's report was explained by Brenda Currier and approved as written. Marilyn thanked everyone for all that they do...serving at funerals, providing food, coffee fellowships, bake sale, etc. Upcoming events include coffee fellowship on September 3 by the Bus Trip committee, Barn Quilt Bus trip on October 6, lefse bake on October 7, Norwegian Bake Sale on October 8, Bazaar on November 5, and Advent by Candlelight on December 3.

Michele reported that the Elementary and Middle Schools in Kasson are collecting Kasson and Rochester HyVee receipts. You can place your receipts in the wooden box on the kitchen counter, and Michele will take them to the schools periodically throughout the year. This is a great way to earn a little extra for our schools just by turning in a piece of paper!

A special thank you was mentioned to Melody Powers and the Landscape Committee. The landscaping around the church is beautiful and appreciated by all!

Esther Circle was thanked for the salads, desserts, and devotions.

We closed the meeting with the Lord's Prayer.

Michele then talked about packing the stewardship kits. It was decided to keep our school kits local next year and get supplies for our local schools. We packed 44 school kits, 46 hospice kits, and 29 newborn kits!

Respectfully submitted,
Michele Stromme



South Zumbro is going on a Bus Trip! Friday, October 6, 2023 Barn Quilt Tour in Carver County, MN 7:30 am - 5:30 pm

Join us for a fun day touring barn Quilts in the Waconia, MN area. Men are welcome to join us. You may invite guests on a first come basis. We will be doing The Applique Loop Tour with a trip guide joining us on the bus. We will be traveling by coach bus starting from the parking lot across from the Kwik Trip in Kasson. Our trip includes lunch at

Unhinged Pizza (similar to a Pizza Ranch). There will be opportunities to shop. Bring cash also as not all accept credit cards.

We have set the cost at \$50/person. This includes the bus and bus driver gratuity, fee for our trip guide, and the meal. Flyers and signup will start on July 2nd. A \$25 fee is due at the time of signing up, with the balance due on September 3rd. You may also pay in full when signing up. One of the committee will be at the signup each Sunday, to collect payment when you sign up. Cash or a check is required.

The cost of this trip has been set at a reasonable amount because we are doing a couple fundraisers to help with the cost of the bus, which is about \$3,000.00. September 3rd the Bus Trip Committee will be serving at coffee hour. Any money from the fundraisers over the cost of our trip will go to WOW for their mission distribution at the end of the year. Sign up early! We have a 45 passenger bus.

Ways you can SERVE

4th Annual South Zumbro Day to SERVE
October 7, 2023

South Zumbro Family,

Once again the Mission Coordinators are planning the 4th Annual South Zumbro Day to SERVE. Last year we had a great turn out and had some great projects to work on. This year the date will be Saturday, October 7. Members of all skill levels are needed! Some ideas on what may be asked of us are weeding, planting, painting, minor carpentry, trimming trees, picking up branches, washing windows, helping people get ready for winter, etc.

October 7 is about 5 weeks away. If you have some OUTDOOR projects that you may need / would like help with, please let your Mission Coordinators know. If you know of someone who may have a need please let us know that as well.

To volunteer for Day to SERVE on October 7, sign-up [HERE](#):

<https://www.signupgenius.com/go/9040449ACAE28A3FE3-4thannual>

Please sign up all family members that will be volunteering so we can get a number of people volunteering for the day. Children younger than 13 years old will need to be accompanied by a parent or guardian. Children 13 years old and older will need to have a permission slip signed by the parent or guardian.

The day will look like this:

8:30 – Check in, Instructions

8:45 am – Devotions

9:00 am – 3:00 pm SERVE (bring your own lunch/beverages)

3:00 pm – Meal and Fellowship at church

S = Service

E = Enriching (enriching lives of others but also enriching your own life in the process)

R = Rewarding (rewarding for those that are volunteering and for the person/s receiving assistance)

V = Volunteering

E = Everyday

Please contact the South Zumbro Mission Coordinators with questions and/or project ideas.

Lu Clifford (bobandlu321@gmail.com or 507.951.9322)

Bill Stromme (stromme4@kmtel.com or 507.279.1534)





"Let the children come to me..." Luke 18:16

Rally Day

9 am with introduction of teachers and information for the year

10 am worship

Potluck and ice cream treats following the service

Sunday school classes available for 3 years (preschool) up to 12th grade

Register your child(ren) here: <https://forms.gle/HukysMbTSwVwNkueA>

Being NICER as Christians at Work

"As working Christians, we are deeply aware of the gap that exists between Sunday and Monday," writes Roland Heersink, founder of the God & Work Initiative.

"Although the two days are next to each other on the calendar, they seem miles apart. On Sunday we hear that we are children of God, saved by grace in Jesus Christ. On Monday, there are endless emails to be answered, spreadsheets to be completed, people to be hired and fired, meetings to attend, and important decisions to be made."

For a stronger relationship between our roles as faith-filled Christians and employees, Heersink uses the acronym NICER. How well do you live out these five essentials in your work life?

No Compromise (See Daniel 1:8-14.)

Integrity (See Daniel 6:1-5.)

Compassionate in Relationships (Follow Jesus' example.)

Excellence ("Do your best, and let Jesus do the rest.")

Responsible to Others (Be a good Samaritan.)



September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Faith Circle has duties this month.		Family Service Group Leaders: Bill & Michele Stromme			1 	2 7 am MOB @ Church
3 9 am Worship with Holy Communion 10 am Coffee fellowship	4 Labor Day 7 pm Bible Study @ Church 	5 1:30 pm Faith Circle @ Church 7 pm Naomi Circle @ Church	6 7 pm Senior Choir 7 pm Young Adult Bible Study 7 pm Advent by Candlelight Planning Meeting @ Church	7 9 am Fall Prevention Class @ Church 6:30 pm Sunday School Teachers Meeting @ Church	8 	9 9 am Esther Circle @ Church
10 10 am Barn Worship @ Dennis & Marilyn Aarsvold's Potluck lunch 	11 Patriot Day 7 pm Council meeting @ Church 	12	13 6:30 pm Confirmation Parent Meeting 7 pm Senior Choir 7 pm Young Adult Bible Study	14 9 am Fall Prevention Class @ Church 9 am Quilting; bring sack lunch	15	16 7 am MOB @ Church
17 9 am Sunday School Rally Day 10 am Worship with Installation of SS Teachers 11 am Potluck lunch 	18 7 pm Bible Study @ Church	19 7 pm Health & Wellness Meeting @ Church	20 6:30 pm Confirmation 7 pm Senior Choir 7 pm Young Adult Bible Study	21 9 am Fall Prevention Class @ Church 9 am Quilting; bring sack lunch	22	23 Start of Fall 
24 9 am Sunday School 10 am Worship with Blessing of the Backpacks	25	26 	27 6:30 pm Confirmation 7 pm Senior Choir 7 pm Young Adult Bible Study	28 9 am Fall Prevention Class @ Church 9 am Quilting; bring sack lunch	29 	30

South Zumbro Lutheran Church

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