

the herald

NEWS OF ZION LUTHERAN | ANOKA

MARCH 2026



ZION
LUTHERAN † ANOKA

WORSHIP SCHEDULE

In-Person Worship

5 pm (Sat)
8, 9 & 11 am (Sun)

Livestream Worship

9 & 11 am (Sun)

Cable TV

10 am & 5 pm (Sun)

Radio Broadcast

106.1 (BOB-FM)
9:10 am (Sun)

Scripture Readings

February 28-March 1

John 3:1-17

March 7-8

John 4:5-42

March 14-15

John 9:1-41

March 21-22

John 11:1-45

March 28-29

Matthew 21:1-11

Holy Week Worship

Palm Sunday Weekend - March 28 & 29
Saturday at 5 pm | Sunday at 8, 9 & 11 am
We will wave palms and sing HOSANNA!

Maundy Thursday - April 2

12 pm & 6:30 pm

**We will celebrate our Lord's Supper
and strip the altar**

Good Friday - April 3

Traditional Worship
12 pm & 6:30 pm

Easter Worship

April 4 & 5

Saturday at 5 pm

Sunday at 8, 9:30 & 11 am

He is Risen!

He is Risen Indeed!

a message from your pastors



Have you ever been worried? I would guess every single one of us have found ourselves awake in the middle of the night worrying about something—our kids; the state of the world; our health; all of the above. **Have you ever been worried and had someone say to you, “Don’t worry?”** How did you receive that advice? Jesus has words for us about worry in his Sermon on the Mount—*“I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food and the body more than clothing?”* (Matt. 6:25) I suspect that most of our worries as 21st Century Americans don’t revolve around food and clothing. Yet Jesus’ words remain: *“I tell you, do not worry about your life.”* **The more I live, the less I think it’s as simple as heeding Jesus’ words.** Rather, I think the question is, “What do we do WHEN we worry?” To whom do we turn? What do we do with the surplus anxiety and energy that comes from worry? **I’ve shared with many of you my walk with cancer beginning in January of 2022.** As of August of 2022, I have been in full remission, and for the most part, I have not found myself particularly captive to worry, anxiety, or paranoia about the potential for cancer’s return. In fact, I don’t think I’m really much of a worrier in general. I’ve lived through and survived enough challenges to come to realize that many of those challenges in our lives eventually pass way, never quite rising to the complete and utter ruin that our brains imagine. **However.** Recently, I awoke with a backache. No big deal, right? A backache was exactly what began my journey through cancer 4 years ago, and as this backache continued to linger and not get better, I was able to convince myself that my cancer was back. It was terrifying. **Jesus’ teaching about worry seeks to drive us back to God and God’s promises to us.** In teaching the crowds who came to hear him preach and teach, he uses common, every day sorts of things (birds and flowers) to remind them (and US) the source of all life—*“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. ...Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these”* (Matt. 6:26, 28). But Jesus also lifts up the value and worth and belovedness of US, God’s children: *“Are you not of more value than those birds?” “If God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you?”* **I have come to learn that faith is often a matter of hindsight, a matter of looking backwards in time and recognizing where God has been.** For me and my recent backache, I was instantly transported to 2022, remembering the innumerable ways I believe God was with me and my family in that journey: food and cards and prayers, a great medical staff, the miracles of science and medicine, even in the face of the hell that cancer was. And in the present, even with the possibility of cancer’s return, I also could begin to recognize God’s presence and steadfastness through my beloved Kari who shared in carrying this burden with me; through friends who were with me then and with me now; and through my oncologist who got me in on a fast track for blood work and a CT scan, even though I wasn’t scheduled for one for another two months. (The good news is, NO CANCER. The not so good news is, I still don’t know what’s with my backache. But it’s still not cancer.) **Did I worry? Darn right I did!** I’ve seen too much. I remember what 2022 was like with questions of survival, the pain of the cancer, the nausea and side effects of the chemo, the isolation from my friends and family. But by God’s grace and mercy and certainly not of my own will or strength, Jesus met me once again, even in the midst of that worry through ordinary “birds and flowers” sorts of ways and through a renewed rootedness in devotion and prayer. By the time you read this, we will be fully engaged... or partially engaged... or somewhat engaged in Lent. (Wait...it’s Lent already?!) These realizations of God’s presence and faithfulness don’t just sort of magically appear in our hearts and minds. God seeks to cultivate and grow our faith, and Lent is one of those particularly focused times that we can respond to what God is up to. Being rooted in some aspect of the Bible through study or devotions is one of those ways God is at work in our lives. Regular worship. What Luther called “the mutual conversation and consolation of the saints”—that is, talking things over with our friends and family. Serving others. Seeking ways to be generous. These are but a handful of the ways God works on us, even in the midst of our worries.

Pastor MIKE

welcome

Dream Flight

By Colleen Nelson

I cherish a vivid memory of my recurring childhood dream in which I am flying over hills and valleys as though I were an eagle, trusting in my ability to stay a-flight. I felt no fear as I soared unimpeded with no direction in mind. It seemed as though the flight itself was the experience my subconscious intended, not the destination. This was further evidenced by the fact that I never landed in this dream. Instead, I would wake up mid-flight, disappointed that my sensation of weightlessness and complete freedom were so rudely interrupted.

I share this memory, not to invite anyone to analyze my inner child's subconscious but rather to illustrate the wise adage, Let Go and Let God. I can recall a difficult time in my life when I heeded this advice. Granted, it was after a botched struggle to handle the situation myself. The knowledge that I was letting God take my burden as I let go, was the only way I was able to follow through. And my letting-go was incremental at best, peeling away one finger of my grasp at a time until that sensation of weightlessness and the freedom I experienced in my childhood dream presented itself.

There have been other times, however, when passing my baton of worry and uncertainty to God's firm and able hands was not a clean pass. It was rather a dance between my doubt and God's faithfulness, my angst and God's peace, and my stubbornness and God's grace. Looking back, some of the best situations in my life grew out of my willingness to give it all to God. Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30 ESV

Missionary Update

Mike Busbey and Hellen Rios-Carrillo have taken new positions (within the ELCA) so are no longer missionaries. We now have the opportunity to support Rev. Soliette Lopez Ortega. She was originally from ILFE church in Nicaragua and many of you that have visited know her well! Now she is serving in Mexico as the Coordinator for the Young Adults in Global Mission (YAGM) program. For more information on Rev. Lopez Ortega see her most recent newsletter in the Documents Center on Zion's website at www.zionanoka.org.

Baptism Class - March 8

If you are expecting, have had a baby or adopting and would like to know more about baptism, we will be having a baptism class on Sunday, March 8 at 12 p.m. in the Library. Please get in touch with Kristine Johnson at kjohnson@zionanoka.org to register for the class.

American Red Cross Blood Drive - March 30

Zion is hosting a blood drive on Monday, March 30 from 1 p.m.-6 p.m. in the CLC. To sign up, please call 1-800-RED CROSS (1-800-733-2767) or visit <https://www.redcrossblood.org/> enter Sponsor Code: Zion.

Family Promise Open House - April 26 - Save the Date!

The Family Promise Guest House is close to completion! Zion will have an opportunity on April 26 at 2 p.m. to see the house before it opens. In July, families will begin moving into the house and we will move back to a hands-on approach to working with the families. We will be asked to serve 3 meals in a week and provide entertainment for the kids one night a week. More to come on our weeks soon!

worship and grow

Lent 2026

This year for Lent, as a part of Intern Pastor Katie's internship project, Zion is experimenting with a different style of worship called Dinner Church. Rather than a traditional service in the Sanctuary, Dinner Church happens around the table and over dinner. Join us for soup and worship Wednesdays through March 25 at 12 p.m. or 6:30 p.m. in the Fellowship Hall. Each week we focus on one of Zion's Core Values: Welcome, Worship, Grow, Care and Serve. There is discussion time at the table as well as a large group discussion facilitated by one of the pastors. Because Dinner Church takes place in the Fellowship Hall, livestream will not be offered. However, weekly Lenten devotions are available for you to download that include scripture, discussion questions and prayer. These can be found at www.zionanoka.org in the Document Center.



Worship in person Saturdays at 5 p.m. and Sundays at 8, 9 & 11 a.m.

Livestream on Sundays at 9 & 11 a.m.

Cable TV Channel 6 Broadcast Sundays at 10 a.m. & 5 p.m.

Radio Broadcast BOB-FM 106.1 Sundays at 9:10 a.m.

"The Chosen": Season 4 Small Group Study Continues

Below is the schedule for March:

- Week of March 1: Episode 5 "Sitting, Serving, Scheming"
- Week of March 8: Episode 6 "Dedication"
- Week of March 15: Episode 7 "The Last Sign"
- Week of March 22: Episode 8 "Humble"

March Adult Faith Forums

Grab a cup of coffee and join us Sundays at 10 a.m. in the Fellowship Hall.

- **March 1** - Julie Gotham from Bikes4Kids (a past Zion Foundation Grant recipient) will be with us. Bikes4Kids is an all-volunteer organization of people from all walks of life who have come together with the goal of putting new life into recycled bicycles and giving them away to kids and people in need.
- **March 8** - TBA
- **March 15** - TBA
- **March 22 - Handel's Messiah, Part 3** - Picking up where we left off in December, Dr. Jonathan Campbell will invite us into learning and hearing more of Handel's Messiah, particularly the parts we might most associate with Holy Week and Jesus' passion. (Part 4—Easter, will be April 12, the Sunday after Easter.)
- **March 29 - No Forum. Palm Sunday**

Zion Pages Book Group - March 23

On March 23 at 6:30 p.m. in the Legacy Room, we will be discussing *Framed: Astonishing True Stories of Wrongful Convictions* by John Grisham and Jim McCloskey. All are welcome to this lively discussion.

Camp Wapo - Register Now!

Registration for camp is open. We will be at camp for Seeds Weekend (completed Grades 1-3) June 19-21, and week-long camp June 14-19 (completed grades 4-12). 8th graders are expected to attend camp for the completion of their 8th grade retreat in preparation for their confirmation day in the fall of 2026. Please use the following link to register <http://lwlbc.com/zion-anoka>. Only pay the deposit at time of registration, all members of Zion will receive some scholarship dollars for camp thanks to the generous support of the congregation. For more information about camp, or if you have financial concerns, please email kweiland@zionanoka.org.



Noisy Offering - February 28 & March 1

Thank you to everyone who brought in their Noisy Offering the weekend of January 31-February 1. We gathered \$466.25 which will go toward our camp ministries! The next weekend our Noisy Offering buckets will be out is February 28 and March 1. We will also have a bucket at the Welcome desk if you would like to drop off your Noisy Offering during our normal office hours.

Lutheran Late Night - March 13

Join us on March 13 at Zion for Lutheran Late Night from 7-10 p.m. This event is for middle and high school students. Snacks will be provided and games will be played. Friends welcome. Please register here <https://cutt.ly/VtnMg7DD>.

Cinnamon Roll Sunday - March 22

Our high school youth are partnering with Service Learning Camps to do a service trip in Milwaukee, WI this summer. On Sunday, March 22 we will be serving fresh baked cinnamon rolls during coffee hour as a fundraiser for this trip. Thank you for supporting our youth!

First Communion Class - March 15

For children in Grades K-5, First Communion instruction will be offered on Sunday, March 15 at 11 a.m. in the Theater. We practice open communion here at Zion, so parents, if you feel your children are ready, please sign up. Please register all children, and at least one accompanying adult. Children will receive their first communion at the service of your choice. You can register at www.zionanoka.org under Registration Events. Contact Ann Campbell acampbell@zionanoka.org for more information.

Walking
Wet
Holy Communion



First Communion is part of our Walking Wet Ministry, where Zion Kids live in God's baptismal promise of everlasting love. At baptism, parents, sponsors and the congregation promise the baptized that we will support them in their faith journey by gifting them with a Bible to study and worship opportunities, including Holy Communion. Instituted by Jesus, Holy Communion is one of two Sacraments in the Lutheran Church. Through Holy Communion, we receive God's gift of forgiveness.

summer camps - save the date!

Zion Kids Summer 2026



Preschool Music + Dance

June 3, 10, 17 and July 15, 22, 29

10:30-11:00am, Ages 0-5

Sports Camp

July 6-9, 9am-12pm

Grades K-5



Ukulele Basics

July 16, 23, 30, 11:00-11:45am

Grades K-5

Toddler Tuesday Park Playdate

July 28, 10:00-11:30am

Ages 0-5



Mini Camp Create It

August 18, 9am-12pm

Grades K-5

Register and fill out a
Health Form on Realm

Recovering Peace Conference | Zion Lutheran Church | 5/16/2026

“Recovering Peace”: Stories of healing, hope and learned wisdom about addiction, mental health and recovery as they relate to life today.

Keynote & Story Recorder: John Noltner, of ‘A Peace of My Mind’ <https://apeaceofmymind.org/>, award-winning photographer, author, and speaker has traveled the U.S. and the world interviewing and photographing people—“exploring the meaning of peace one story at a time.” His work includes a recent series on addiction and recovery entitled “SOBR”. Following the brief opening session on Saturday morning, John will have his photography equipment set up and will film stories all day, deliver the sermon at the 5 p.m. service, go home, develop the photos and bring them back Sunday for display here at Zion. He will also speak at all of Zion’s worship services on Sunday, May 17 as well as at the Adult Forum that morning.

As of this writing, the following breakout sessions are either already confirmed or are strong possibilities:

- Faces of Hope Documentary: Screening of a film produced in Anoka County about the opioid crisis followed by a panel discussion.
- Deryl Glaze, motivational speaker and author on the recovery journey and the strength built with each step.
- Per Nilsen, Vice President, Spiritual Growth & Leadership Development at Mn Adult & Teen Challenge.
- Lori Blaukat, Senior Program Planner for Mental Health, Anoka County.
- Bill LeClair, Co-Founder/Executive Director of the Anoka County Recovery Cafe.
- Pastor Ed Treat, author and leader of the Center of Addiction & Faith.

Resource Tables: A special area will be designated for representatives from local agencies/services related to addiction, mental health and recovery to answer questions and share materials. Conference attendees will have an opportunity to visit them during coffee/snack breaks and throughout the day.

Lunch: A catered lunch will be included in the conference by “We Cater to You.” There will be gluten-free servings available.

Registration: Registration will be set up on Realm. Initially, instructions and details for how to register will be communicated through the weekly E-Update or in the Life Together Sunday bulletin insert.

Funding: The Recovering Peace Conference Team hopes to make this conference as accessible as possible for both Zion members and the local community. Funding for part of the cost of this conference is coming from a Zion Foundation Grant but additional funds will be needed to make it affordable to all, and to cover the cost of the excellent presenters.

Financial Support for the Conference: Below are some ways to financially support this conference.

- If you are a Thrivent Financial Member, you can apply for a service project gift card to be used for expenses relating to the conference. Only one application per area, such as food, can be applied for. Contact Marty Gray marty3eph18@myctl.net for further information.
- An IRA mandatory minimum distribution can be directed to Zion and designated for the conference. Talk with your financial advisor regarding this process.
- Freewill donations of any size will also be accepted.

caring for each other

Disability Day of Mourning Prayer

Disability Day of Mourning is observed on March 1 of each year. Its purpose is to honor and remember disabled people who have been killed by a family member or caregiver.

On this Disability Day of Mourning, we cry out to you O Lord at the deaths of these thy children have suffered through filicide. Our hearts are heavy at their loss. We are troubled at the injustice, inequality and oppression that persons with disabilities suffer. We ask you for the courage to speak for the voiceless, and the wisdom to seek justice with compassion. Lord, guide us in our efforts to end filicide and guide our efforts to bring about justice and equality for our brothers and sisters with disabilities.

We lift up to you these souls and say their names. Amen

Raya Donagi	Seth Johnson	Cristina Prodan	Mason Weston
Lakesha Victor	Jessica Cunningham	Kylie Larson	Steven Earle
Michael Becht Jr.	Kira Friedman	Cameron Gordon	Eli Hart
Kendra Johnson	Vanessa Danielson	Lauri Deatherage	Amy Modrow

GriefShare Support Group

Join Pastor Sue and Leslee Curtis for a grief support group Tuesdays through April 28 at 11 a.m. in the Library. Sign up at <https://find.griefshare.org/groups/283760> or stop by the front desk. If you have participated in this support group in the past, you are welcome to continue to use your old book or, if you are new to the group, you will need to purchase one for \$21. Contact Pastor Sue for more information swallager@zionanoka.org.

Thank You Recent Radio Broadcast Donors

Barb Hauff	Ken & Sandy Benson in memory of Mary Flaten
Bob Fischer	Dianne Carlson in memory of Elwood Carlson
Virginia Miller	Mary Gangl in memory of Bev Fraser
Dan & Sue Dehnicke	Richard Reiten in memory of Kathie Reiten
Lyle & Marlene Willock	David & Barb Loe in memory of Mary Flaten, Verlyn Wenndt and in honor of
Bob & Sonja Spilde	Greg Bergeron's Encouraging Words Ministry
Kristine Johnson	Roger & Marilyn Roelofs in memory of Verlyn Wenndt
Lois Peterson	Pinky Pendergrass in memory of Bev Fraser and Dianne Edling
Craig Bakken	

about our people

Deaths

Verlyn Wenndt
Natalia Yzaguirre
Marcy Johnson

New Members

Nick & Lori Ellena

Weddings

Tina Boskovich & Michael
Boskovich

easter garden

Help decorate Zion’s Sanctuary by donating to the Easter Garden in memory or in honor of someone special. Memorials are \$20 each. To order, fill out the coupon below and mail it back with your payment or pick up an envelope at the front desk. Envelopes must be returned by Sunday, March 22.



Given By:_____Amount Enclosed:_____

In Honor Of_____

In Memory Of_____

cut here

care and serve

Family Promise Week

Zion’s next opportunity to provide hospitality for Family Promise families in shelter is March 8. We are asked to provide snacks and treats for a month. If you would like to give money to support the purchases, please send your contribution to Zion and include a note stating *For the Zion Family Promise Account*. We have one more week in May to provide a hospitality basket for the families.

From Zion's Social Justice Team - Our Neighbors' Table

Zion’s Social Justice Team is highlighting small, potentially overlooked ethnic restaurants where anyone so inclined can gather for new food experiences and fellowship! They are calling these gatherings “OUR NEIGHBORS' TABLE.”

Wear your Zion name badge (so we can recognize each other) and join us on the second and third Thursdays of each month as we celebrate the gift of global diversity right here in the north metro! Below is March's schedule.

- March 12, 12 p.m. at Hom Dee Thai Cuisine (13939 St. Francis Blvd, Ramsey)
- March 19, 6 p.m. at Mr. Shawarma Grill (2500 Coon Rapids Blvd, Coon Rapids)—This is a Middle Eastern restaurant featuring wraps and plates of various kinds, gyros, kebabs, chicken, and/or falafel.





1601 4th Avenue
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ZION
LUTHERAN † ANOKA

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A WELCOMING FAITH COMMUNITY.
GROWING. CARING. SERVING.

Zion Pre-K News



Winter gets to be long. At Pre-K we enjoy our special days - Movie Day in the CLC wearing pj's and eating popcorn, and Wacky Day, where our hair done up, clothes mismatched and backwards does the trick! A lot of learning happening with fun at the same time. Registration is now open for the next school year.

Contact us now! Pre.k@zionanoka.org / 763-506-8181.

WELCOME

You are invited, you are welcome to come and experience God's love at Zion Lutheran Church.

CONTACT US

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