

the herald

NEWS OF ZION LUTHERAN

OCTOBER 2026



LUTHERAN † ANOKA

Let's Grow What's Next
Strengthen. Renew. Create.

WORSHIP SCHEDULE

In-Person Worship

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

Livestream Worship

9 & 11 am (Sun)

Cable TV

5 pm (Sun)

Radio Broadcast

106.1 (BOB-FM)
9 am (Sun)

SCRIPTURE READINGS

October 3-4

Matthew 21:33-46

October 10-11

Matthew 22:1-14

October 17-18

Matthew 22:15-22

October 24-25

John 8:31-36

All Saints Sunday

"Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation." —Hebrews 11:1

All Saints Sunday is November 1, a day when we remember those we have loved and cherished who have died and now rest in the arms of our Savior's mercy. During worship, we will honor Zion members who have died this past year and provide an opportunity for you to write the name of a saint you wish to remember on a card.

That evening, we will host Luminaries for Loved Ones in the Christian Life Center (our gym) from 5 to 6:30 p.m. You will be invited to walk along a path lined with luminaries, and prayer helpers will be available if you would like assistance. Beginning October 11, you may pick up a white paper bag from the church.

Decorate the bag as you wish, or simply write your loved one's name on it. Darker colors are best so the name can be easily read in the dimly lit room. Please return your completed bag by noon on November 1. We will fill each bag with a tea light and prepare the path in our CLC.

If you would like to be part of this meaningful ministry, please contact Pastor Connie at ctiede@zionanoka.org.

Congratulations to Zion 2026 Confirmands



1st row (L to R): John Patton, Weslee Sanders, Remy Santer, Brita Norquist, Harper Pierro, Samantha Borchert, Eva Nissen, Vinnie Keimig, and Pastor Connie Tiede.

2nd row: (L to R) Pastor Mike Pancoast, Ethan Quarberg, Elin Lindberg, Nathan Robinson, Ava Pieri, Jack Larson, Josh Groebner, Parker Danielson, Liam Boyum, and Pastor Sue Wallager.

pastor's corner



Growing in Faith: Another Season of Confirmation

As we begin another season of Confirmation, we are filled with excitement and gratitude as we welcome our 6th–8th grade students for another year of growing in faith, building relationships, and discovering what it means to live as God's people. This year, we are also delighted to welcome John Patton, our new Director of Middle School and High School

Ministries, to our wonderful adventures! We look forward to all that this year will bring as we learn, laugh, serve, and grow together.

One of the highlights of our year will be our October retreat to Wapo Bible Camp, where we will spend a weekend building friendships, enjoying fellowship, learning about our faith, and making memories through play and adventure. These experiences are so valuable as our young people grow together and discover the joy of being part of a faith community.

We are incredibly grateful for the continued support of our congregation for Youth Ministries. Your generosity, encouragement, and commitment make it possible for us to provide meaningful opportunities for our young people—opportunities that might otherwise place a financial burden on their families. Thank you for investing in the faith and future of our youth. Your support makes a lasting difference.

As we look toward **Let's Grow What's Next**, I am reminded each week of the incredible possibilities that live within our young people. I see their energy, curiosity, creativity, and anticipation as they continue to grow in faith and discover their place in God's story. Our youth are truly remarkable, and it is a privilege to walk alongside them as they learn, ask questions, build relationships, and deepen their understanding of God's love.

We are looking forward to another year filled with faith, friendship, fun, and opportunities to grow. Thank you for being part of this journey and for helping us nurture the next generation of disciples.

Together, let's continue to grow what's next!

Pastor Sue

October is Pastor Appreciation Month!

Each October, we pause to recognize the tireless dedication, love and leadership that our pastors pour into this congregation. From their powerful messages of faith and hope shared from the pulpit to personal moments of encouragement and support, our pastors are truly a gift from God to each of us. Please join us on Sunday, October 11 following each worship service for cake and coffee as we celebrate Pastor Connie, Pastor Sue and Pastor Mike.



Pastor Connie



Pastor Sue



Pastor Mike

a personal reflection



Erupting Love Overflows - Colleen Nelson

My husband and I were babysitting our grandchildren recently when the 3-year-old was keen on playing make-believe. The floor was off limits because it was flowing with hot lava. When asked if he knew where hot lava came from, he was quick with the answer. Then, he and his papa looked up videos of erupting volcanoes. He was thoroughly enthralled as he watched the fiery lava spurt and overflow. In Psalm 23:5 ESV, David talks of God's mercy and goodness overflowing his cup. In Psalm 103:8 ESV he reassures us that, "The Lord is merciful and gracious, slow to anger and abounding in steadfast love." Erupt, overflow and abound; all superlatives describing our Lord's love which is shared with us by God's grace, plain and simple. God's steadfast love, mercy, and goodness are qualities that are just the tip of the volcano – ahem - iceberg. Delving deeper we encounter God's counsel, faithfulness, compassion and so much more.

So, what does God ask of us when we experience the very essence of God in our lives? To share God's bounty with others, of course! My sister's neighbor let her grass grow long and her bushes were overgrown. Some neighbors were talking about involving the city to take action on the blight. Instead, one person suggested a group go to her door with tools in hand and offer their neighborly help to give her yard a makeover; no questions asked. So, a few neighbors took the idea and ran with it and the afternoon turned out to be a win-win for all involved. The homeowner was having some health issues that prevented her from keeping up the yard and was too embarrassed to ask for help. And, one of the volunteers had a teen who mowed lawns for a summer job. Connections were made and not only was the problem solved, but neighbors bonded in new ways.

Consider adding a gratitude journal to your evening routine. Looking back, you will recognize God's bounty and it will help you to formulate in prayer how you might pay it forward.

generosity in motion - memorial gifts

When someone we love dies, we often want to do something that honors their life and keeps their memory close. Many people choose to give a memorial gift to the church in memory of a loved one.

A memorial gift to Zion is more than a donation—it is a way of carrying someone's legacy forward. Your gift helps provide opportunities for ministry that may not always fit within our regular budget: a special music offering, a children's ministry event, new technology that helps us share worship, a community outreach opportunity, or something unexpected that opens a door for ministry.

What a beautiful way to remember someone: **their life continues to make a difference in the lives of others.**

If you are considering a memorial gift, we invite you to consider Zion. Your generosity helps keep ministry moving and allows the gift of one life to bless many others.

Generosity in Motion—because generosity doesn't just support the church. It helps ministry happen.

If you have questions about Zion's Memorial Funds please feel free to call the church office and talk to Tracy Kinn, Director of Finance or Pastor Connie.

stewardship

Stewardship Breakfast

Our Stewardship Theme is "Let's Grow What's Next." Please join us for a free breakfast on October 4 at 10 a.m. in the Fellowship Hall—no reservations needed! The menu will include egg bakes, fruit, muffins, orange juice, and coffee. Come, hear, and share in what God is growing at Zion!



Daily Devotional

As part of our Stewardship Emphasis, we have created a daily devotional to guide us through four weeks of reflection, from September 27 through October 24. Each week explores a different aspect of what it means to build God's future together:

- Week 1: Belonging - We are not simply maintaining a building; we are creating space where people can feel connected, welcomed, and loved. How do people at Zion experience a sense of belonging?
- Week 2: Purpose - Why does this matter? Our ministry is about sharing faith, serving others, and reaching people with God's love.
- Week 3: Impact - We look at the tangible ways lives are changed through our ministry and the possibilities that lie ahead.
- Week 4: Invitation - We are called to participate and commit as we work together to make the future a reality.

These devotions are being emailed out each morning, as well as available in printed form at the front desk.

Intention Cards

Zion is a place where people encounter Christ every day. Together, we gather for worship in our beautiful sanctuary and chapel, reach people through radio, cable, and livestream, support local and global mission partners, and provide opportunities for people of every age to grow in faith, serve others, and build meaningful relationships. Because of your gifts, you make all of this possible.

Stewardship Intention Cards have been mailed to Zion households and we ask that you prayerfully consider how, together, we can "grow what's next" through your gifts. Please return your completed intention card by mailing them in, dropping them off at the church office, or by placing them in the offering plate no later than Gratitude Weekend, October 17–18.

Thank you for your faithful generosity and for the many ways you help grow what God is doing through Zion. We are grateful to be partners with you in Christ's mission.



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 5 p.m.
Radio Broadcast BOB-FM 106.1 Sundays at 9 a.m.

congregation news

Financial Update

Thank you for your ongoing generosity. Your faithful giving both in time and financial support enables us to serve our church family, care for our community and fulfill the mission God has entrusted to us. Whether through volunteering, attending worship, participating in ministries, or supporting the church financially, your contributions make a meaningful and lasting difference. We especially appreciate the many hands and hearts that have come together in service over the past months. As we have just passed the midpoint of the year, we also want to share a brief update. Our giving is currently slightly behind our expectations. If you have made a pledge for this year and haven't had the opportunity to catch up, we kindly encourage you to prayerfully consider doing so. Every gift, regardless of size, helps us fulfill our commitments and continue the work we are called to do. Thank you for being such a generous and faithful community. We are truly blessed to walk this journey together.

The charts below show our financial position through August 2026. We are grateful to you for your ongoing support of Zion's mission and ministry.

General Fund Income (through Aug)		Building Fund Income (through Aug)	
Budgeted Income	\$1,209,302	Budgeted Income	\$211,673
Actual Income	\$1,126,906	Actual Income	\$213,529
Actual Expenses	\$1,230,933	Actual Expenses	\$227,522
Net Difference	-\$104,027	Difference	-\$13,993
Gifts received (through August 2026) for Technology & Building Renewal Campaign (matched by the Zion Foundation)			\$193,791

Mortgage Reduction Update (through Aug)

Mortgage Balance	01/01/2022	\$2,222,606
Mortgage Balance	01/01/2023	\$1,745,246
Mortgage Balance	01/01/2024	\$1,358,337
Mortgage Balance	08/31/2026	\$816,866

Zion Staff Celebrate Milestone Anniversaries

Congratulations to the following staff members celebrating milestone anniversaries:

- Jonathan Campbell, Director of Music and Worship - 5 years
- Suzanne Gaboury, Director of Operations - 10 years
- Josh Myroniuk, Director of Technology and Media Arts - 10 years
- Greg Nelson, Custodian - 15 years
- Diane Shuldheisz, Wedding Coordinator - 10 years
- Pr. Sue Wallager, Pastor for Spiritual Care - 15 years

As we mark these anniversaries, we honor the time, care, and commitment these staff members have poured into our community. Thank you for being the hands and feet of Christ—your work truly makes a difference.

welcome

Noisy Offering

The Noisy Offering buckets will be out the weekend of October 3-4. All proceeds go to our camp ministries. 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. Thank you for supporting our children and youth!



Cinnamon Roll Sunday - October 18

On Sunday, October 18, Zion youth will be serving fresh-baked cinnamon rolls during coffee hour as a fundraiser for their 2027 summer mission trip. Grab a cup of coffee and a roll (or two) and help support our youth!

New Member Coffee - October 25

On Sunday, October 25, you are invited to a New Member Coffee with Pastor Connie at 10 a.m. in the Legacy Room. If you would like to learn more about Zion, hear about our ministries and mission, and take a tour, come join us! We would love to meet you and help you discover what it means to be part of this community of faith.

Trick or Treat Fun - October 28

You are invited to Trick or Treat fun at Zion (formerly known as Trunk or Treat)! On Wednesday, October 28 from 5:30-7 p.m. kids can trick or treat and collect candy without the need to cover up their cool costumes with a winter jacket! Enter inside the main doors and stay for a freewill-donation **mummy dog dinner**.

Trick or Treat!



Ways you can help support Trick or Treat at Zion:

- Host a themed table where YOU get to pass out the candy (provided by Zion.) New this year: our theme is board games! Get creative and decorate your table to look like your favorite board game. Prizes awarded to the most creative tables!
- Donate candy at the very spooky candy monster located just inside the main doors at the Welcome Table.

Our Neighbor's Table

Zion's Social Justice Team highlights small, ethnic restaurants each month. Wear your Zion name badge (so we can recognize each other) and join the fun on the second and third Thursdays of each month. Below is October's schedule:

- October 8, 12 p.m.—The Ginger Cafe (Asian), 14017 St. Francis Blvd, Ramsey
- October 15, 6 p.m.—Hom Dee Thai Cuisine, 13939 St. Francis Blvd NW, Ramsey



Our Neighbor's Table has been a wonderful way to socialize with other Zion folks while enjoying a food adventure and supporting local ethnic restaurants. In case you're not able to join one of our Thursday meals, we will leave takeout menus from our dining excursions in the Welcome Center. Feel free to take a menu and try out the restaurant as it fits your time schedule.

Children, Youth and Family News

Youth Ministry

Coffee & Crafts - October 4

For grades 9-12. Meets the first Sunday of each month from 12-1:30 p.m. in the Youth Room. Friends are invited to attend!

Lutheran Late Night - October 16

Middle and High School Youth! Join us at Zion for Lutheran Late Night the third Friday of each month from 7-10 p.m. Snacks will be provided and games will be played. Friends welcome.

Youth Choir

Youth Choir, grades 6-12, rehearses before confirmation on Wednesday nights from 5:30-5:55 p.m. and sings in worship throughout the program year.

Middle School Ministry

Camp Wapo Retreat - October 9-11

In October confirmation youth will be taking part in the Journey Youth Retreat at Camp Wapo! Follow the link to Camp Wapo's page for more information <https://lakewapo.org/event/journey-youth-retreat-grades-6-12/>. This is a required retreat for 6th and 7th grade confirmation students, but is open to 8th grade too! If the cost is an issue, please reach out to John Patton, Director of Middle and High School Ministry jpatton@zionanoka.org or Pastor Sue. There are scholarships available.

Children's Ministry - Faith Milestones

Gift of Word and First Communion

Young children receive Bibles at baptism and in family Sunday School. Each year, full Bibles are presented to all 2nd graders and new 3rd-5th graders. Holy Communion is one of two Sacraments in the Lutheran Church. Through Holy Communion, we receive God's gift of forgiveness. 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.

2026 Bible Class - October 25

Get to know your new Bible. Meet at 10 a.m. in the Theater.

2026 Bible Presentations - November 8

Bible presentations will take place at the 9 a.m. worship service.

2026 First Communion Class - November 15

For children in grades K-5. Meet at 11 a.m. in the Theater.

Zion Faith Milestones



Gift of Word

Zion Faith Milestones



First Communion

If you have questions about either of these upcoming classes, contact Tim Stammeyer, Director of Children's Ministry tstammeyer@zionanoka.org.

The Chosen Season Five Study Continues

Our fall small group study centered around *The Chosen* Season Five continues. Below is the remaining schedule:

- Week of October 4: Episode 4 - "The Same Coin"
- Week of October 11: Episode 5 - "Because of Me"
- Week of October 18: Episode 6 - "Reunions"
- Week of October 25: Episode 7 - "The Upper Room, Part 1"
- Week of November 1: Episode 8 - "The Upper Room, Part 2"

Please sign up at the Welcome Desk so we know how many weekly resources to produce.

Zion Pages Book Group

Zion Pages meets the fourth Monday each month (except in December when the schedule changes to the third Monday) at 6:30 p.m. in the Legacy Room. All are welcome! On October 26 we will be discussing *The River We Remember* by William Kent Krueger.

"What's So Amazing About Grace?"

Beginning the week of November 8, we begin our next small group study "What's So Amazing About Grace?" In the introduction to his book by the same title, author Philip Yancey writes, "...I sometimes find a shortage of grace within the church, an institution founded to proclaim, in Paul's phrase, 'the gospel of God's grace.' ...In my experience, rejoicing and gladness are not the first images that come to mind when people think of the church. They think of holier-than-thous. They think of church as a place to go after you have cleaned up your act, not before. They think of morality, not grace. ...[But] as I look back on my own pilgrimage, marked by wanderings, detours, and dead ends, I see now that what pulled me along was my search for grace. I rejected the church for a time because I found so little grace there. I returned because I found grace nowhere else."

In this follow-up study, Yancey continues to explore (and invites us to do the same), the reality of grace—something, he asserts, "the world cannot duplicate and the one thing it craves above all else"—and what it looks like in action. Each session includes a 15 to 20 minute video reflection by the author; time for discussion and Bible reading; prayer; and weekly "between session" reading and reflection. Watch for more information at the Welcome Desk.

October Adult Faith Forums

Grab a cup of coffee from the Cornerstone and stop in Sundays at 10 a.m. Below is the schedule for October:

- October 4: No forum. Stewardship Breakfast.
- October 11: **What does Zion's Cancer Support Group Look Like?** Chances are, at some point you will encounter someone close to you who will be dealing with cancer. This past June, Zion began offering a monthly cancer support group. But what does that actually look like? What does it feel like? Come learn a little bit more about it and be equipped to be an evangelist for one of Zion's newest slices of ministry.
- October 18: **Meet Tim Stammeyer, Zion's Director of Children's Ministry.** Tim has been with us for a few months now. You've seen him in action for a number of our Word for Kids on Sunday morning for worship. Come get to know him a little more! Pastor Mike will be interviewing him, and you'll have a chance to ask him questions, as well.
- October 25: **Domestic Violence Awareness.** Kathleen Kelly from Alexandra House will be our guest speaker.

caring for each other

Recovery Cafe Workshop

The Recovery Cafe invites you to their *Relapse Prevention Workshop* with Deryl Glaze. The workshop focuses on **Preventing Relapse** (identifying triggers and warning signs), **Building Recovery Skills** (tools for cravings, stress & challenges) and **Finding Community** (support, connection & accountability). The workshop is being held Mondays, October 5-December 21 from 2-3 p.m. in the Fireside Room (Oct 12, Nov 9 & Dec 14 will be in the Youth Room.)

Home Communion

One of Zion's most important ministries is reaching out to our homebound members. We do this by radio, Cable-TV and livestreaming of worship services, visits by our Visitation Minister Ken Johnson, Zion's monthly newsletter "The Herald" and monthly services at assisted living facilities. Sharing Holy Communion is one of the most meaningful ways we connect with our homebound members. Zion has a visitation team that provides this ministry. If you or a family member would like a monthly home communion visit please call the church office at 763-421-4656. We are also looking for kind, caring souls to add to our visitation team. Please contact Pastor Sue swallager@zionanoka.org if you would like to become part of the Home Communion Visitation Team.

Hospital Visits and Pastoral Care

If you or a family member are in the hospital or have had a change in your health status and would like a pastoral visit, please call the church office at 763-421-4656, email Kristine kjohnson@zionanoka.org or Pastor Sue swallager@zionanoka.org or let any of the pastors know. The pastoral staff will be very happy to visit you.

Thank You Recent Radio Broadcast Donors

Dianne Carlson
Cara Fish
Jeremy Olsen
Lois Peterson
Craig Bakken
Kristine Johnson

Jane Freeburg in memory of Dorothy Hall
Marilyn Herbold in memory of Dave Dilcher
Jean M. Olson in memory of Olaf & Tom Olson
Pinky Pendergrass in memory of Bev Fraser on her birthday
Cara Fish in memory of Todd Campbell
Judy Bendiske in memory of Elaine Kappedahl
David & Barb Loe in memory of Donna Legrid
Ken & Sandy Benson in memory of Donna Legrid
Jane Freeburg in memory of Donna Legrid
Judy Bendiske in memory of Sandy Everson

about our people

Baptisms

Sept 6 - Teagan White-Rodriguez
Sept 12 - Baker Pinewski
Sept 13 - Piper Mesenbourg
Sept 20 - Eleanor Evenson
Sept 20 - Julia Hamling

Deaths

Elaine Kappedahl
Sandy Everson
Mary Weid
Stephen Johansen, Jr.
Charlotte Olson

Weddings

Zoe Schuck & Samuel
Peters
Ashley Dowling & Miles
Dittberner

New Members

Justin, Gabrielle & Lachlan
Konopaski
Jack, Rachel & Isla Gavin
Carrie Johnson

The Black Dot - Living Life with a Visible Disability

My sister put out on Facebook a story about a and then put a black dot on it. She asked her black dot." She said, "If you only see the black white t-shirt." We are all guilty of seeing the We are all also guilty of focusing on the black beautiful persons we are.



teacher who wore a beautiful, clean white t-shirt class what they saw. Almost in unison they said, "A dot, then you miss all the rest of the beautiful, clean other person's black dot and not the entire person. dot inside ourselves and not on the rest of the

This reminds me of two Bible stories that I have come to love. The first is John 9. The story of a man born blind. Jesus cured his blindness, yet everyone denied who he was. He could not be the same man. They had only seen the black dot of his blindness and not the whole person that he was. The man's faith grew and he came to know Jesus as his Lord and Savior and was healed. He was brought back into relationship with God, yet he was isolated in his own community. Even worse, he was driven out. Did he take a leap of faith, leaving what he knew and finding community elsewhere where he could learn to see and be seen as totally himself?

The second Bible story is from John 5:1-15, the man at the pool. Every day the man struggled to make it to the pool while it was stirring in order to be cured. For 38 years he tried. Jesus asked him, "Do you want to be made well?" For 38 years he learned his place, an outcast, a beggar, not good enough for society, only a black dot. What did he know of living life as a full member of society? Would he follow Jesus' command to take up his mat and walk? Again, Jesus cured him and he was healed, he believed Jesus was his Lord and Savior. Jesus said, "...See, you have been made well." The man grew to see himself in his entirety.

Society teaches us only to see the black dot of disability, to see that person as less than, something to be feared, a burden on society not worthy to be among society. Even worse, persons with disabilities begin to see themselves as only the black dot of disability.

This is my own lived experience. The discrimination, prejudice, and isolation are a part of my everyday. We are all made in the image of God with God given gifts to share. Still, we are all guilty of seeing only the black dot in other persons. We are all guilty of seeing only the black dot within ourselves.

Jesus commands us to love one another, including the stranger in our midst. Especially in today's troubled times, and intentional oppression of persons with disabilities, we are called to lift up one another's God given gifts and mutually nurture one another in God's abiding love.

Thanks be to God.

Linda Peterson

Zion member and former contract staff for the National Council of Churches Committee on Disabilities

Equity Team Umbrella

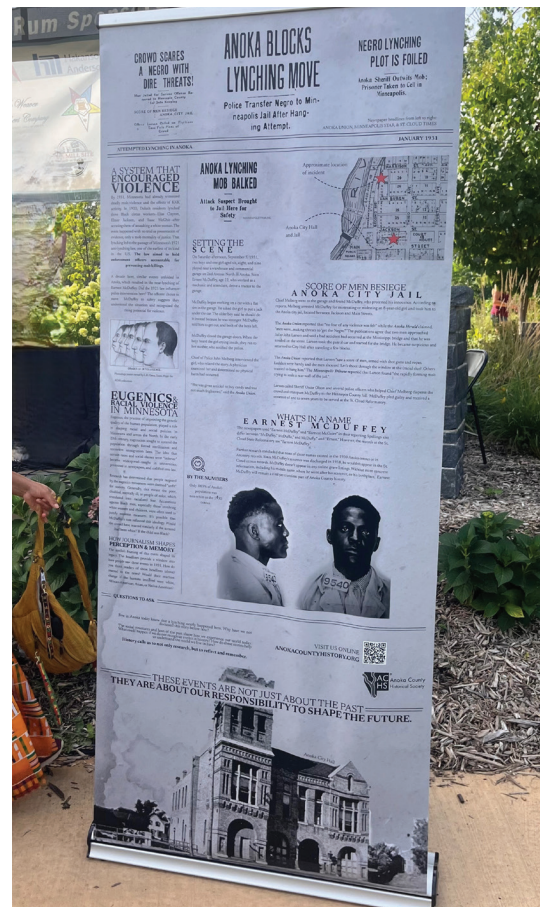
From the Social Justice Team

On September 5, members of Zion's Social Justice Team attended Minnesotans for Racial Justice's gathering at Anoka's Riverfront Memorial Park. The Anoka City Council pronounced September 5, 2026 as Remembrance Day in honor of Ernest McDuffey, a Black garage employee who survived a lynch mob in 1931. Several speakers laid out a suspenseful and shameful tale in Anoka's history that shocked and educated the audience.

Speakers were:

- Nekima Levy Armstrong, award-winning civil rights lawyer and scholar-activist
- Brenden McBride, Chair - City of Anoka Human Rights Commission
- Representative - Minneapolis NAACP
- Representative - Zion Baptist Church in Minneapolis
- Moderator - Ed Wehling who researched and brought light to this historic event

This event is now on video and is part of an Anoka County Historical Society podcast. You can access the podcast by applying electronically for membership to the Anoka County Historical Society. Also check Facebook: ErnestMcDuffyRemembrance.



From Zion Addiction Awareness Ministry (ZAAM)

September was National Addiction Awareness Month. This yearly spotlight reminds us that addiction is a chronic disease, NOT a personal failure. Recovery is possible - healing happens when we replace judgment with compassion and community support. If you or someone you love is struggling, help is available. You are not alone. Need support? Call or text the Substance Abuse and Mental Health Services Administration. (SAMHSA) National Helpline at 1-800-662-4357. It's free, confidential and available 24/7/365.

Just like CPR and first aid training, Mental Health First Aid training can also help save lives. Off-site training for MHFA is available Wednesday, October 14, 9 a.m.-4:30 p.m. Participants will learn how to provide care to an adult who may be experiencing new or worsening mental health symptoms. Training helps identify, understand and respond to signs of mental illnesses and substance use disorders. Contact Marty Gray for more information at 763-516-0045.

Upcoming Equity Team Umbrella Meetings

- Social Justice Team - October 1 at 6 p.m. in the Fireside Room.
- Creation Care Team - October 6 at 5:30 p.m. in the Fireside Room.
- NET - October 13 at 6 p.m. in the Fellowship Hall
- ZAAM - October 27 at 6:30 p.m. in the Library

caring for each other

October is Domestic Violence Awareness Month (DVAM)

In this moment, we are acquainted more than ever with violence in our communities and in the world. Domestic violence is the mistreatment of one family member or intimate partner by another. The abuse can be physical, sexual, verbal, emotional and psychological. Most often (but not always) the victims of abuse are women or children. Substance abuse by a family member can contribute to other forms of abuse. Faith communities play an important role in preventing domestic violence by supporting and strengthening survivors and victims & their families through:

- Adult education programs
- Presentations for youth about healthy relationships
- Partnering with local shelters/community groups to provide emergency housing, legal advocacy, safety planning, and counseling for survivors and their children

This year Zion hopes to:

- Learn: The Rachel Circle meets the 2nd Tuesday of the month at 6:30 p.m. in the Fireside Room. We will be reading *The Lie That Kills Us: We All Have Elephants*, by Pastor Ed Treat. Feel free to join.
- Host Adult & Youth Forums: Organize/host on various aspects of domestic violence & related issues
- Train Clergy & Staff: Provide a refresher course on what staff needs to know.
- Participate: Light the church in purple at night. Encourage individual homes to do the same.
- Inform others about events/opportunities in the local community.
- Donate resources to Zion's Library or directly to shelters & organizations on relevant topics.

If you or a family member is experiencing abuse, help and support is available to victims of domestic violence through the National Domestic Violence Hotline 800-799-SAFE (7233) or 800-787-3224 (TTY). The hotline provides immediate assistance and support, and the website has information about local resources, shelters, medical and mental health services, legal help, and other types of assistance.

Zion Pre-K News



The school year has started and we are having a great time! Our classes are full of joy and laughter. Our friends from the fire department brought their big truck out for a visit!

WELCOME

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

CONTACT US

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763.421.4656
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