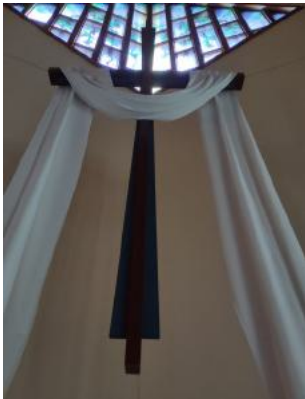


Zion Lutheran Church, Superior WI

Gathering together, Growing in faith, and Going into the world in Jesus' name.

Pastor's Message



As we make the turn toward fall in our calendar year, I have been trying to pause and be more mindful about what God might be calling us to pay attention to at this time, in this turning of the seasons. Our programming activities like bible study, Logos youth group, Sunday morning education, WELCA events, Superior Stitchers, community dinners, and service events are getting ready to kick off along with the new school year. enjoy the exciting hum of autumn as these vibrant life-filled activities begin again, but I wonder how they can also help us find peace and rest for our souls.

The gospel readings the last few weeks have been talking about sabbath and setting people free from what keeps us bound and unable to live in the fullness of God's kingdom. It makes me wonder about how we tend to overfill our lives making our days so full that there is no room for rest, no room for play.

God offers us a great gift in sabbath-oriented living. Perhaps we can practice finding or noticing the life-giving spirit at work in all of life, grounding us, nourishing us every day. It's available to us, even in our busyness or in our struggles, we can find God giving us the abundant life we crave.

Like the Psalmist says, "They are like trees planted by streams of water (Psalm 1:3)." The peace and joy of God is very near, always. But we humans need to pause every once in a while (at least once a week) to renew our awareness of it and to ground our hearts and minds in it, or we come to believe that we are what we do and not who God has made us to be. I pray our programming activities here at Zion also serve this purpose for our community—to ground us in God's presence in ways that empower sabbath-oriented living the whole week through.



Join us on Sunday, September 7th as we kick-off our new programming year with God's Work, Our Hands Sunday activities. We will be making sandwiches for our food shelf at 9am and doing a blessing of the backpacks for all students, teachers, and staff in worship at 10am. Sunday education activities for adults and children will begin on September 14th. Wednesday evening activities with dinner & worship for the whole congregation and Logos youth group kick-off on September 17th. We look forward to a new year of learning and growing in faith!

Pastor Sarah

What's inside...

1... Pastor's Message
2 & 3... Church Council
4 & 5... Fall Ministry
6... Birthdays & Anniversaries
6... Calendar

7... Prayers for All
7... September Lay Ministry
10... First Sunday Suppers
11... Bulletin Board

Church Council

Zion Lutheran Church Council Minutes July 17th, 2025

Church Council Members - Present - Donald Anderson, Lynn Rochon, Paul Freer, Vicky Holm, Polly Lohman, Sara Schubert McKone, Donna Meltz, Shannon Johnson, Pastor Sarah Gunderson
Excused - Grace Becken

Call to order - 6:07pm Polly
Opening Devotions - Lynn
August Devotions - Lynn

Reports -

Secretary's Report - Motion made by Vicky and seconded by Donna to accept the June 2025 minutes. Motion carried.

Treasurer's Report - As of 7/17/25, checking \$8,331.50, missions account \$348.22, savings balance \$553.84, Thrivent mortgage balance \$26,456.44, Thrivent savings \$3,497.15, WELCA is unknown.

Polly expressed gratitude to our members and community members that continue to help us financially and join us in our work at Zion and in the community. We are still pushing forward and being aware of our financial situation.

Motion made by Sara and seconded by Shannon to accept the June 2025 treasurer's report. Motion carried.

Pastor's Report -

Food Shelf - We had a group from Good Shepherd Lutheran Church in Moorhead come to make sandwiches at the end of June. The group made 284 peanut butter and jelly sandwiches! Pilgrim Lutheran Church has offered to help collect food more regularly to support this ministry. Last Sunday they collected peanut butter and jelly and an offering of \$200 toward the food shelf.

Worship - On July 27th we will be celebrating Christmas in July! In August, we will have a VBS celebration day (August 10) and Shared Service at Our Saviors on August 17 at 10am with potluck lunch to follow.

Youth Ministry - VBS is coming up on August 4-7.

Pastoral Ministry -

Paul Robinson and Kyle Biggar were married at Zion on July 5th. We had a baptism for Oliver Rogers (grandson of Ken & Pam Mertz) on July 6. Coming up on August 9, we will be having a funeral service for Erling (Butch) Naeyaert.

Other Ministry - We will have a group from Zion in Grand Rapids, MN coming to stay in our building on Friday, August 1 as the group attends the City on the Hill concert in Duluth. I am working to arrange a time to let them in.

Continuing Education - I will be attending the synod fall ministry event on Sunday, August 24 (afternoon) - Tuesday, August 26 in Hudson, WI.

[continued on page 3]

COUNCIL OFFICERS 2025-2027		
Term Ends January 2026	Term Ends January 2027	Term Ends January 2028
Grace Becken	Donald Anderson—Treasurer	Paul Freer
Sara Schubert McKone – Secretary	Shannon Johnson	Vicky Holm—Vice President
Donna Meltz	Lynn Rochon	Polly Lohman—President
Pastor Sarah Gunderson		

Committee Reports -

Discipleship - VBS at Zion is Aug 4-7th with a camping theme. Camp Zion old traditional bible theme. Lynn will have a list with supplies needed in two weeks. Everything is planned and ready to go. Registration is available online.

Worship & Music - Did not meet in June.

Property - Paul did a survey with Ben from Frontier Energy. There is the potential for some pump work on 2 radiators, and he recommended switching lights to LED for cost savings. Currently we run approximately \$370 a month for utilities. It was also recommended to get new banners for the side of the building with summer service times.

Paul said a pump was put into the elevator shaft due to it filling with water. The pipe in the front leads to a drain and the pump is plugged. Paul has called our insurance company to see if any of these repairs would be covered. If insurance will not cover, then quotes to repairs will be needed. The lights in fellowship hall to replace are \$25 each, SW&P will reimburse us \$25 per light. Replacing these lights will save us money in energy costs. Council will work together to find scaffolding to reach the ceiling and select a date to swap the light bulbs.

Stewardship - Juneteenth event was cold! Approximately 25 people attended. Looking forward to the event next year. National night out is August 5th. WELCA volunteered to do rootbeer floats. Will reach out to the community and high school students to volunteer at the event.

WELCA - They are on break for the summer. Paint has been purchased and used to paint the main office.

A motion was made by Sara and seconded by Shannon to accept all reports. Motion carried.

Unfinished business -

Pasties - 71 left to sell

Postcard - Sara will call the post office tomorrow to catch the package before it is sent back. Canva added verbiage to the address so it was flagged to return to sender. Polly picked up postage to mail them.

New business -

Financial Report Review - Q2 and !3 Outlook - Polly has created a chart to look at our funds in a different view. Lynn suggested printing a large copy and posting it on the bulletin boards.

Outdoor banners - Polly talked about the visitors that park in our lot from businesses. Recommended posting a QR code to ask for financial donations or to take visitors to our website.

Motion to adjourn by Donna, second by Sara. The meeting closed with the Lord's Prayer at 7:25pm.

Meeting schedule -

August 21st, 2025, 6:00pm

Minutes prepared by Sara Schubert McKone, Secretary

God's Work, Our Hands Sunday & Blessing of the Backpacks



On Sunday, September 7th, all ages are invited to gather in the fellowship hall before worship at 9am to make sandwiches for our Zion food shelf! Students, teachers, and school staff are invited to bring their backpacks to worship at 10am for a special blessing and to receive a key chain.

Bible Study is Back in September!

Our Wednesday afternoon no-prep bible study will start back on September 10th at 1:30pm. Each week you are invited to come and learn about the texts that will be read in worship the following Sunday. You are invited to bring a study bible if you have one.

Sunday morning bible study will begin on September 14th at 9:00am. Grab a cup of coffee and join in discussion with others before worship each week. You are invited to bring a study bible if you have one. We will begin our study this year reading through the gospel of Matthew.

Worship Wanderers (Sunday School Education Time)

Starting on Sunday, September 14th, children starting 4K-5th grade are invited to wander from worship each week following the children's message to do some fun faith learning activities for about 25 minutes in the Sunday school classrooms. Our "worship wanderers" will return to worship during the sharing of the peace and be able to participate in Holy Communion.



This will be our Sunday school ministry this year! There is no need to register. Children in worship each week will be invited to participate if they choose.

We will have a rotating team of teachers leading the wandering time with easy to lead activities planned out for each week. We need older youth and adults who would like to volunteer to be a part of the team! You will be paired up with others so you don't have to lead alone. Consider whether this might be a way for you to connect with our children this year, and talk with Pastor Sarah if you want more information or are ready to volunteer.

Wednesday Night Activities Kick-Off on September 17th!

Join us for Wednesday dinners at 5:30pm and worship at 6:00pm with a teaching time for **all ages** in worship. This year our learning will center around the major bible stories of the Old and New Testaments as well as the life of Jesus. Come join the learning community at Zion on Wednesday nights! There is a place for you!

Logos youth (6th grade and up) are invited to come early on Wednesdays at 5pm (or anytime after-school) for games and fellowship or homework time, and then stay after worship until 7pm for small group time. Registration forms for Logos youth group will be on the website soon!

WELCA

“As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.”

WELCA meets every 2nd Sunday of each month at 11:00am. Please come a join us September 14!

Monday Music Night Activities Kick-Off on September 15th!

Our music ministry has something for everyone! If you like to sing in a choir, play your instrument solo or with others, or be part of a group of musicians, Zion has a place for you. Anyone who is high school age or older is welcome to join! All skill levels are welcome, and you'll learn along the way!

Church Choir

Open to high school students and up, all are welcome! Rehearsals are held Mondays from 5:00-5:45pm. Come join this fun and fulfilling group in fellowship of song. Contact Gretchen Johnston, OSB at sgretchenosb@gmail.com with any questions on the program or how to join.

Bell Choir

Open to high school students and up, all are welcome! Rehearsals are held Mondays from 5:45-6:30 p.m. Join this unique ensemble in creating beautiful music that enhances Sunday worship several times a year. It is not required for participants to be able to read music. Contact Gretchen Johnston, OSB at sgretchenosb@gmail.com with any questions on the program or how to join.



Superior Stitchers

Do you cross-stitch, embroidery, hardanger, applique, quilt, crochet or knit? Superior Stitchers is a gathering of all types of needle crafters, from all denominations here in Superior. The group was formed to provide a space for all different types of needle work to gather for fellowship and to share skills with others.

Superior Stitchers meets every 2nd and 4th Thursday of each month from 1:00 to 3:00pm. Please come a join us September 11!

SEPTEMBER 2025

Birthdays and Wedding Anniversaries

Sep 5 Ronald Lundberg
Sep 5 Kate Maki
Sep 9 Linda Moe
Sep 10 Ruthanne Amundson
Sep 10 Shirley Boris
Sep 17 Terriann Mertz
Sep 17 Tony & Eileen Amys
Sep 19 Micah Gunderson

Sep 20 JoAnn Mattson
Sep 22 Chrissy Barnard
Sep 23 Scott Kvam
Sep 23 Nathan Maki
Sep 23 Robert & Kay Warner
Sep 25 Linda Brow
Sep 27 Nichole Dittbrender
Sep 28 Anthony Anderson
Sep 28 Claire Conlan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY 7pm AA Mtg	2 7pm Al-Anon Mtg	3 3:30 Worship & Music	4	5	6
7 FALL KICK-OFF & BACKPACK BLESSINGS 9am God's Work, Our Hands event 10am Worship 11am Coffee 5:30 Community Dinner at Pilgrim	8 7pm AA Mtg	9 7pm Al-Anon Mtg	10 1:30pm No-prep Bible Study	11 1pm Superior Stitchers	12	13
14 SUNDAY EDUCATION BEGINS 9am Adult Ed 10am Worship with Sunday School (Worship Wanderers) 11am WELCA & Coffee	15 5pm Choir 5:45pm Bells 7pm AA Mtg	16 5pm Operations 7pm Al-Anon Mtg	17 1:30 No-prep Bible Study 5-7pm LOGOS 5pm Youth 5:30pm Dinner 6:00pm Worship	18 5pm Stewardship 6pm Church Council	19	20
21 9am Adult Ed 10am Worship with Sunday School (Worship Wanderers) 11am Coffee	22 5pm Choir 5:45pm Bells 7pm AA Mtg	23 7pm Al-Anon Mtg	24 1:30 No-prep Bible Study 5-7pm LOGOS 5pm Youth 5:30pm Dinner 6:00pm Worship	25 1pm Superior Stitchers	26	27 Don't forget to pack some food to bring to church tomorrow for Food Shelf Sunday!
28 9am Adult Ed 10am Worship with Sunday School (Worship Wanderers) 11am Coffee	29 5pm Choir 5:45pm Bells 7pm AA Mtg	30 7pm Al-Anon Mtg				

PRAYERS FOR ALL

PRAYER CHAIN MISSION: Each week, a family name will be drawn at random from the mailing list, and that family will be prayed for during the next week. The family will receive a note in the mail to let them know about the prayers.

PRAYER CHAIN: Please submit any prayer requests to a member of the prayer chain: Linda Moe 715-398-6779.

Prayers of Healing: Jane Christie, Isaah Crawford, Barry Kilner, Donna Meltz, Gail Saari, and Lucille Sullivan.

Prayers of Protection:

Nathan Anthony, Andrew Hutton, Nathan Madsen, Keely Nelson, Andrew Mattson, Joshua Seifert, Mathew Sherwood and for all those who are in military service throughout the world and their families; and for law enforcement officers, firefighters, EMT's, and all who put themselves at risk for others.

Prayers of Comfort:

Those homebound or in long term care: Dennis Lien, Jerry and Marilee Parenteau.

Prayers for Strength & Guidance: Pastor Sarah Gunderson, Our Church Council, our lay leaders, Presiding Bishop Elizabeth Eaton, Bishop Elect Yehiel Curry, Synod Bishop Martin Halom and our Synod Staff, and for all those who stand up for justice in Jesus' name.

Thank you to all who pray faithfully.

(To add or remove a name, please call the office. 715-398-3663 Thank you.)

Every 4th Sunday is Food Shelf Sunday! (nonperishable items please, pop-top cans appreciated)

Applesauce . Brown rice . Canned foods, ravioli & pasta . Canned meat, tuna, chicken, SPAM & ham, Canned or dried fruit / Canned soups, stew & chili . Canned vegetables . Cereal . Cereal bars . Crackers . Granola bars . Instant mashed potatoes . Instant oatmeal . Jelly . Macaroni & cheese . Meals in a box . Hamburger Helper . Minute Rice . Pasta sauces . Pastas . Peanut butter, nut butters . Shelf-Stable milk OR powdered milk . Water, bottled or canned . Whole grain cereal . Whole grain pasta . Bar soap and body wash . Dental Floss . Deodorant . Feminine hygiene products . Shampoo & conditioner . Toilet paper . Tooth brushes (no multi-packs) . Tooth paste . Water-based lotions

Please help us provide food for our neighbors and community!

SEPTEMBER LAY MINISTRY 2025	
READER	COUNTERS
Sep 7 Donna Meltz	Sep 7 Polly Lohman, Ken Mertz
Sep 14 Polly Lohman	Sep 14 Donna Meltz, Aine Merrill
Sep 21 Aine Merrill	Sep 21 Paul Freer, Beth Arnson
Sep 28 Michele & Claire Conlan	Sep 28 Eve Bagan, Polly Lohman
MINISTER ASSISTANT	GREETER
Sep 7 Anthony Anderson	Sep 7 Mary Hickman
Sep 14 Rusty Mehlberg	Sep 14 Shirley Boris
Sep 21 Linda Moe	Sep 21 Paul Robinson
Sep 28 Anthony Anderson	Sep 28 Mary Hickman
USHERS	ALTAR GUILD
Sep 7 Vicky Holm	Mary Hickman
Sep 14 Donald Anderson	
Sep 21 Vicky Holm	
Sep 28 Donald Anderson	
If you are unable to serve at the scheduled time, please notify the Office at 715-398-3663 with the name of your replacement. Thank you for your service.	

Thank you to all of the volunteers and church leaders that made this year's VBS Program, National Night Out, and East End Days Rummage Sale wonderful successes! Thank you Culvers, A&W, Kwik Trip, Operations Lifesaver, and the Superior Fire and Police Departments!

Vacation Bible School



East End Days Zion Rummage Sale



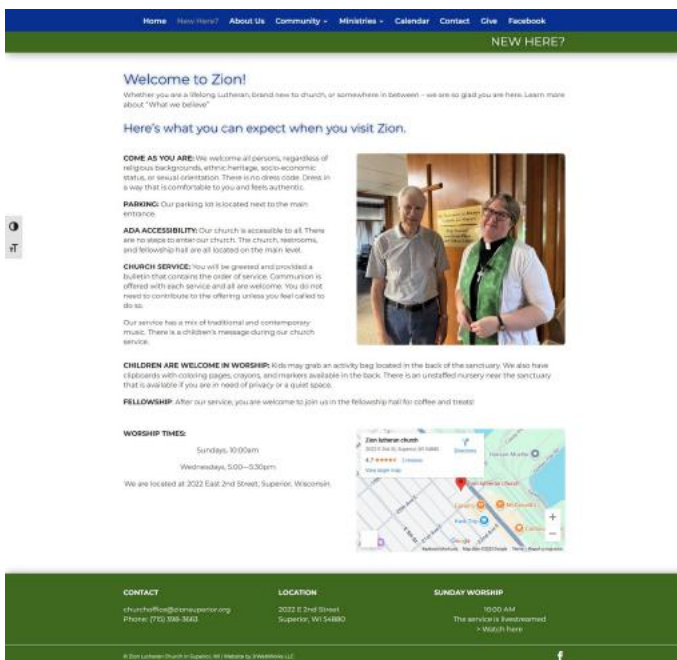
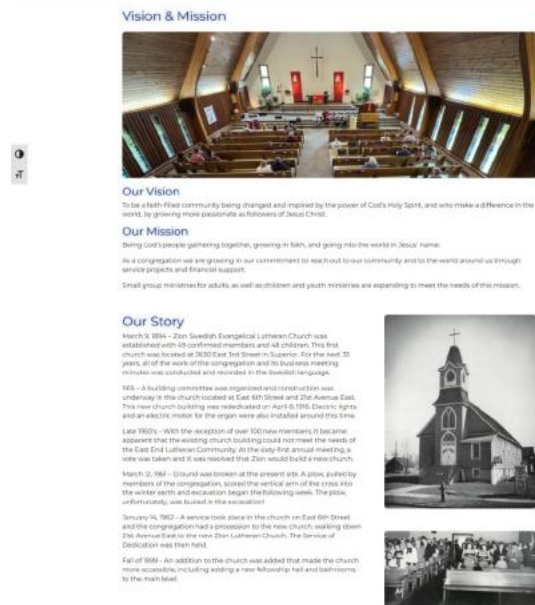
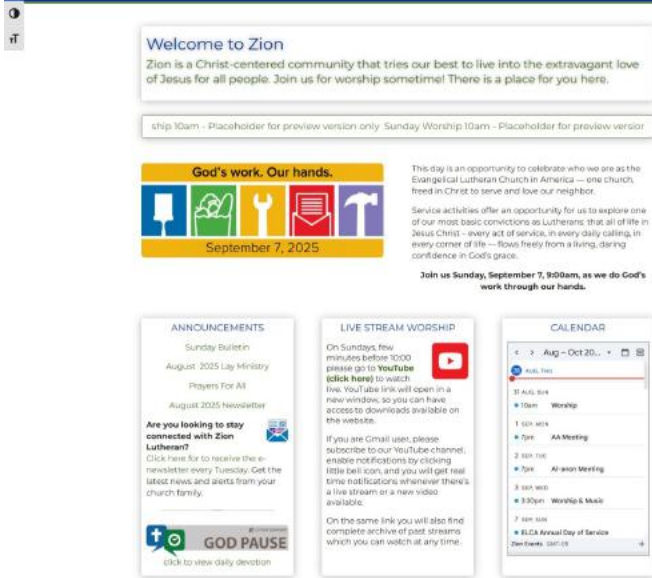
Updated Website to Launch first week in September!

In the first week of September our freshly updated website will be available for all to see!

This past year, Pastor Sarah, Jacque Mehlberg, and Paul Robinson, have been researching, planning and creating a new look and feel for our website. Our main purpose to update the site was not just to update the content, but to make sure our community and visitors feel at ease when clicking through what we have to offer here at Zion Lutheran.

Here are a few screen shots to give you a taste.

We will have more information in the Tuesday e-newsletter.





The first community meal will be on Sunday, September 7th. Come and eat!!

Zion will be preparing the meal on Sunday, October 5th at Pilgrim. If you would like to be a part of the serving team, contact Pastor Sarah or Vicky Holm. We usually meet at 5pm to prep and clean-up is done by 6:30pm.

All are welcome at these meals. It is a great way to meet new people in our community!

Bulletin Board

Aging Mastery Program

As children, we're taught how to become successful adults. By contrast, no one teaches us how to age well. We want to change that.

Thursdays, Sept 4, 11, 18 & 25,
Oct. 2, 16, 23 & 30, 2025
(note, no class on Oct. 9)
2:30 - 4:30 p.m.
Superior Public Library
1530 Tower Ave.
Superior, WI



Workbook, coffee and refreshments provided

Local Experts Present:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

This program is free, but registration is required.

Scan the QR code or go to:
<https://go.wisc.edu/r73p6s>



To register by phone, call the UW-Madison
Douglas County Extension Office at
715-395-1363

Questions? Contact Family Educator Tracy
Henegar at tracy.henegar@wisc.edu

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you by:



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DOUGLAS COUNTY



The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language or format, or other services to make these classes more accessible, by contacting Tracy Henegar at tracy.henegar@wisc.edu or 715-395-1426 by August 1, 2025. There's no added cost to you for these services.

Ham and Meatloaf Dinner St. William Catholic Church

1 mile west of Hwy 35 (Pattison Park)
on County Rd B ~ south of Superior, WI



Sunday, September 7, 2025

Dinner served from 11:30 AM - 4:00 PM

Take Outs Available

Mass Saturday 6:00 PM and Sunday 10:30 AM



ALL ARE WELCOME



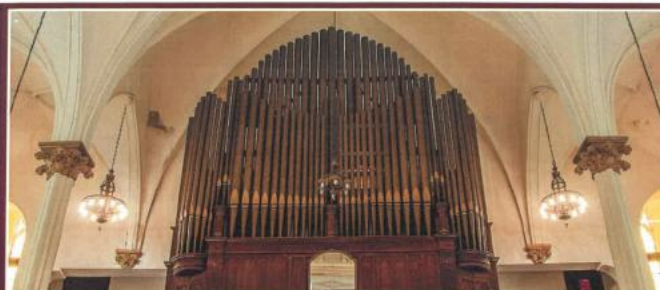
**Bake Sale ~ Pasties ~ Country Garden
Silent Auction**

Adults: \$15.00

Children under 12 yrs: \$5.00

Preschoolers free

www.superiorcatholics.org



FRIENDS OF THE FELGEMAKER PRESENT

REQUIEM FOR THE LIVING

DAN FORREST

CHARLES SUNDQUIST, CONDUCTOR

RACHAEL KRESHA OPENS THE PROGRAM ON THE 1898 HISTORIC FELGEMAKER ORGAN
PERFORMING WORKS BY HOWELLS & DURUFLÉ

SUNDAY, SEPTEMBER 7
3:00 PM

VOCAL SOLOISTS

Brian Kapp, tenor; Tasha Kapp, soprano; Cole Ottjes, treble

INSTRUMENTALISTS

Velda Graham Bell, organ; Paula Gudmundson, flute; Betsy Husby, cello;
Janell Lemire, harp; Madeline Miller, oboe; Deborah Rausch, horn; Kristin Sande, violin

SACRED HEART MUSIC CENTER
201 W 4TH ST, DULUTH, MN

\$20 TICKETS AT EVENTBRITE.COM OR AT THE DOOR
\$5 STUDENT RUSH TICKETS AT THE DOOR



HARVEST DINNER

Peace Lutheran Church
9523 E. U.S. Hwy .2
Poplar, WI 54864

715-364-2593



**Wed. September 24, 2025
4:30 pm to 6:30 pm**

TAKE OUTS ARE AVAILABLE!

Gluten Free meals available!

**Adults: \$15 | Children/Youth 6-16 yrs. \$7
5 yrs. and under FREE**

*Meal includes: Turkey Dinner with all the fixings
including Dessert*

ZION LUTHERAN CHURCH
2022 East Second Street
Superior, WI 54880

Contact Zion

Pastor Sarah Gunderson

pastor@zionsuperior.org

715-398-3663, ext. 202

Email: pastor@zionsuperior.org

Cell Phone: 715-817-6543

Office Manager & Newsletter Contact

Paul Robinson

Email: churchoffice@zionsuperior.org

Organist & Choir Director

Gretchen Johnston, OSB

Custodian

Darren Velin

Prayer Ministry and Requests

prayer@zionsuperior.org

Sunday School (Pre-K through 5th grade)

LOGOS Youth Group

churchoffice@zionsuperior.org

*THE MESSENGER is a publication
of Zion Lutheran Church*

THE MESSENGER *SEPTEMBER 2025*

ZION LUTHERAN CHURCH - ELCA

*"Gathering together, Growing in faith,
and Going into the world in Jesus' name."*

Sunday Education

9am

Sunday Worship Service

10am

Coffee Hours 9am & 11am

Worship Service is also on the website.

Church Office Hours

Mo–Thu 9am–2pm

Pastoral Hours: Tu–Thurs 9–11, and by
appointment

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Scan the QR code to give .

