

Zion Lutheran Church, Superior WI

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

Pastor's Message

Jesus said, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30

Rest for our souls! What a promise Jesus gives us as we take his yoke (his teaching) into our lives and let him lead us.

I love the summer months. There is such a carefree spirit that arises for me. The spring planting and yard clean-up are done, and the fall raking and winter shoveling seem far away. The world becomes so green and vibrant, and the summer air never hurts my face. I can go for long walks and soak in lots of sunshine (always wearing my sunscreen, of course). And summer is for picnics and adventures, which I love!

But our burdens hardly ever recognize that summer has come and therefore should wait until a more appropriate season to make us carry them. Our bodies still break, our minds still fill with worry, and we still get tired of all that we are forced to deal with day after day.

Jesus's words are meant to be a sweet summer rain for our dry and dusty souls all year long.

***There is nothing you can do to make God love you anymore than God already does.
There is nothing you can do that will change how God sees you.***

This is Jesus's yoke we are to take upon us. You are called to see that you can rest in him. See that the steadfast love of God will hold you throughout your journey, season after season.

What is God calling you to let go of this summer? How can you rest in the love and grace that God has for you? How might you offer this good news to your neighbor?

These can be guiding questions for us as followers of Jesus. They can also help us to see who we are called to be as a Christian community that offers rest to other weary souls. Happy Summer!

Peace,
Pastor Sarah



What's inside...

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2 & 3... Church Council

3... July 12 Worship, Memorials,
Christmas in July worship

4... Prayers for All, Lay Ministry

5... Birthdays, Anniversaries & Calendar

6 & 7... Bulletin Board

Looking to next month... VBS & East
End Days Rummage Sale

Church Council

ZION LUTHERAN CHURCH Council Meeting Minutes - Thursday, May 21, 2026

Attendance: Pastor Sarah Gunderson, Polly Lohman, Vicky Holm, Don Anderson, Steve Wong and Paul Freer.

Gathering and Prayer

Call to Order by Polly Lohman @ 6:12 p.m. CT

Prayer & Devotions – Paul Freer. Lynn Rochon will share devotions in June.

Reports -

Secretary's Report (Council Minutes – April 16, 2026) Motion to Accept by Paul Freer, Second by Don Anderson. Motion carried unanimously.

Treasurer's Report - \$18,176.18 Mortgage Balance, \$3633.15 Savings & \$1156.73 WELCA. Other account balances: \$4089.13 Checking, \$348.22 Missions, \$555.23 Savings

Pastor's Report -

Superior Churches: We will continue community meals through the summer on the first Sunday of the month. Our next shared meeting is June 2nd at 5pm at Our Saviors. We are planning to do more intentional visioning at this meeting of what God might be calling us to do together. At our last meeting on May 14, we had initial conversations about the interest of moving forward into more intentional shared ministry in light of our financial hardships and the strong relationships we have been able to build the last 4 years. All 4 Lutheran churches seem to be at a point where we need to do things differently-so we are going to wonder together what that might be.

Synod Assembly: On April 24, our Zion delegates (Tim Ingersoll and Rusty Mehlberg) traveled with me to Rice Lake for our annual assembly. We heard about the connections our synod has to the wider church and were invited to wonder about creative ways we can engage our local communities. There was a special offering taken for our Synod's Neighbor to Neighbor ministry which is focused on supporting our Hispanic neighbors through health fairs and a monthly Spanish-language worship service.

Food Shelf: We continue to use our grant money to purchase food about every two weeks from Super One. We received a large donation of food from the Post Office collection at the beginning of May (and another 400 pounds is on its way). We continue to designate the 4th Sunday for food shelf giving. The need continues to be constant. We are also seeing many of our neighbors placing food in the cupboard to share with others.

Mapping Our Ministry: This congregational visioning exercise will be moving into phase 2-as we gather stories and wonder where are the places of life and pain in our community. These are the places that God calls us to be present. How do our daily lives and movement in our community overlap with these places of life and pain? How might our church walls be extended to include these spaces?

Baptism: Klara Jo Pluntz-Kinney on May 3.

Continuing Education: May 29-30 in Minneapolis.

Vacation Days: July 8-22-1 will be gone on Sunday, July 12 and 19.

Committee Reports—

Discipleship – No new business

Worship and Music – No new business

Property – Waiting on quote for handicap accessible front door. Anonymous donor. Contact Mel Mattson regarding lawn maintenance.

Stewardship – Working with area churches regarding vision for the future. Next meeting is June 2, 2026. Anyone interested in joining should contact a the Stewardship team for meeting details.

WELCA – No new business. Confirmed account balance with Aine Merrill.

Motion to Accept all reports by Vicky Holm, Second by Paul Freer

Unfinished Business

Pasty Results – Sold Out! Total Sales: \$8894.00 Next pasty sale is November 4-7. Plan to run day & evening shifts

COUNCIL OFFICERS 2027-2029		
Term Ends January 2027	Term Ends January 2028	Term Ends January 2029
Donald Anderson	Paul Freer	Sara Schubert McKone – Secretary
Shannon Johnson	Vicky Holm—Vice President	Micah Gunderson
Lynn Rochon	Polly Lohman—President	Steve Wong
Pastor Sarah Gunderson		

again.

New Business

Flowers and Landscaping – Lynn Rochon purchasing flowers. Polly will check with Lynn regarding contacting Mel Mattson and/or Duane Betterman.

Financial Outlook – Finances continue to be a concern. All congregation members are encouraged to share suggestions for increasing membership, ongoing fundraising and increase opportunities for regular giving, especially during the summer months.

Visioning Exercise – Council and Stewardship members were assigned the task of visioning exercises before the next meeting. These exercises will be done at the combined churches meeting on June 2nd also.

Call for Adjournment – Paul Freer, Second by Vicky Holm @ 7:40 p.m. CT. Motion carried unanimously.

Closing Prayer

Next meeting 6:00 pm, June 18, 2026

Respectfully submitted,

Polly Lohman

Council President/Substitute Secretary



Hymn Sing Worship & Potluck
Sunday, July 12



10am Hymn Sing Worship & Potluck

@ Kyle & Paul's home

1831 E 4th St

See sign up sheet in the narthex.

Parking and entry 19th Ave E door.

Please know that our home is not ADA accessible.



In honor of Loretta Hall were received from Sunnie & Steve Lamppa, and the Mission Group.

In honor of Duane Betterman.

In honor of Irene Hillstrom-Haugen's birthday for the food shelf were received from Eve Bagan.



Come and celebrate **Christmas in July**, Sunday, July 26th!

10am Worship

Hear the Christmas story, sing carols, light candles, and celebrate Sr Gretchen Johnston.

Following worship we will have a send off for Sr Gretchen as she prepares for her new adventure serving Jesus Christ in South Dakota.

We invite you to bring a gift of food for our Zion food shelf.

Come have some Christmas fun at Zion!

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: Jan Arena, Jennifer Crawford and family, Vicky Holm, Barry Kilner, Donna Meltz, Tom Nykanen, Gail Saari, Barclay Stamey, and Raelyn TePoel.

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, and Karen Regenfuss & family. For the family of Duane Betterman, and the family of Loretta Hall, with their passing's.

Prayers for Strength & Guidance: Pastor Sarah Gunderson, Our Church Council, our lay leaders, Presiding Bishop 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.)

JULY LAY MINISTRY 2026	
READER	COUNTERS
Jul 5 Polly Lohman	Jul 5 Donna Meltz, Aine Merrill
Jul 12 Aine Merrill	Jul 12 Paul Freer, Beth Arnson
Jul 19 Youth Member	Jul 19 Eve Bagan, Polly Lohman
Jul 26 Michele & Claire Conlan	Jul 26 Aine Merrill, Margaret Sundet
MINISTER ASSISTANT	GREETER
Jul 5 Anthony Anderson	Jul 5 Mary Hickman
Jul 12 Amanda Moore	Jul 12 Paul Robinson
Jul 19 Rusty Mehlberg	Jul 19 Steve Wong
Jul 26 Linda Moe	Jul 26 Derek Goroski
USHERS	
Jul 5 & 19 Vicky Holm	
Jul 12, & 26 Donald Anderson	
TECHNICAL	ALTAR GUILD
Tim Ingersoll & Zaydrian Goroski	Kay Warner
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.	

July 12 Lay Ministers, please know that we will want you to be a part of this worship service. Paul will connect with you early in the week.

July 2026

Birthdays and Wedding Anniversaries

Jul 2 Barry Kilner
Jul 5 Pamela Monaghan
Jul 5 Kyle Biggar & Paul Robinson
Jul 8 Julie Hebb
Jul 8 JR Pedersen
Jul 8 Brenda Pluntz
Jul 9 Logan Bergson
Jul 9 Abigail McKone

Jul 12 Noah Lackner
Jul 15 Kay Freer
Jul 15 Regan Miley
Jul 16 London Jonasen
Jul 17 Kim Kulas
Jul 17 Julia Lackner
Jul 17 Isla Muellner
Jul 22 Linda Schuman
Jul 22 Gerald & Linda Williams
Jul 23 Beth Arnson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:30pm Worship & Music	2	3	4 July 4th Parade 10:30am setup @ Pilgrim 11am Parade 1pm take down
5 9am Adult Study 10am Worship & Worship Wanderers 11am Coffee Fellowship 5:30pm First Sunday Suppers @ Pilgrim	6 7pm AA Mtg	7 7pm Al-Anon Mtg	8	9 1pm Superior Stitchers	10	11
12 10am Hymn Sing, Worship & Potluck @ Kyle & Paul's home, 1831 E 4 th St	13 7pm AA Mtg	14 5pm Operations 7pm Al-Anon Mtg	15	16 5pm Stewardship 6pm Church Council	17	18
19 9am Adult Study 10am Worship & Worship Wanderers 11am Coffee Fellowship	20 7pm AA Mtg	21 7pm Al-Anon Mtg	22	23 1pm Superior Stitchers	24	25 Don't forget to pack some food to bring to church tomorrow for Food Shelf Sunday!
26 Christmas In July Food Shelf Sunday 9am Adult Study 10am Worship & Worship Wanderers 11am Coffee Fellowship	27 7pm AA Mtg	28 7pm Al-Anon Mtg	29 LOGOS & Worship	30	31	

Bulletin Board



Fourth of July Parade—Food and fun at Pilgrim Lutheran!

Come and enjoy the annual Fourth of July Parade on Belknap Street. You can purchase food, refreshments, ice cream sandwiches and more while watching the parade. We will be selling from 11am—1pm. If you would like to help out we still need volunteers to help sell from 12—1:30pm. Call or email the church office. 715-398-3663 or churchoffice@zionsuperior.org

Have a wonderful and safe Fourth of July celebration!

LAKE SUPERIOR CHAMBER ORCHESTRA
2026 SUMMER CONCERT SERIES
 THURSDAYS IN JULY ~ @ 7:00PM

Celebrating 40 years!

2 JULY	THE TUTORS & THE PUPIL IN SUPERIOR! UWS Thorpe Langley Auditorium 1710 Weeks Ave, Superior	
9 JULY	THE WILDERNESS LETTERS UMD Marshall Performing Arts Center 1215 Ordean Ct, Duluth	
16 JULY	THE BIRTH OF A PRODIGY UMD Marshall Performing Arts Center 1215 Ordean Ct, Duluth	

Tickets

Senior	\$20
Adult	\$25
Student (with ID)	\$10
Child 13 - 17	\$10
Child 12 and under	\$5

Locally Supported By

STACK BROS.
Musical Instruments Inc.

ARROWHEAD REGIONAL ARTS COUNCIL
This activity is made possible in part by a grant from the Arrowhead Regional Arts Council with funds appropriated by the Minnesota State Legislature from its General Fund.

Check us out & get connected!
www.lakesuperiorchamberorchestra.com

Facebook Instagram LinkedIn

QR Code

Get the Scoop on Jesus!

Zion Vacation Bible School Aug. 3-6

9am-12pm for children in 4K through 5th grade
 Free-all are welcome!
 Register online: zionsuperior.org

Questions? Call 715 398-3663 or email pastor@zionsuperior.org

Let's dig in!

It's a sweet story!

Coffee Fellowship

There is a sign-up sheet on the counter in the Fellowship Hall.
Thanks to all who serve.



Pennies—Continue saving.
Every penny does make a difference. Thank you!



Care Basket Ministry Please take a Care Basket for those you know who have been ill, a death has occurred in the family, a person may need a smile to let them know we care about them. We have baskets with soup, a book, small presents in them and a card that states we care. Baskets are in the closet in the fellowship hall. Write on the clipboard the date, recipient of basket, **and who will deliver the basket.** Thank you for being the hands and feet to show others we care about them.

Join in Zion's Food Shelf Ministry

Through our food shelf ministry, we help feed individuals experiencing homelessness by providing single-serving food items that are easy to store, carry, and consume without access to a kitchen. These items offer immediate nourishment and support to those facing food insecurity in our community.

Every 4th Sunday is Food Shelf Sunday!

Food Shelf Focus (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!



ZION LUTHERAN CHURCH
2022 East Second Street
Superior, WI 54880

RETURN SERVICE REQUESTED

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
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ZION LUTHERAN CHURCH - ELCA

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

Sunday Adult Education

9am

Sunday Worship & Worship Wanderers

10am

Coffee Hours 9am & 11am

Worship Service is also on the website.

Church Office Hours

Mo—Thu 9am—2pm

Pastoral Hours: Tu-Thurs 9-1,
and by appointment

Want to give online via credit card or Vanco today??

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