

# Focus

Newsletter of Zion Lutheran Church, Shawano, WI

June 2021

Almighty Creator,

Grant our graduates faith and courage and put purpose in their days, And show them how to serve Thee in effective ways. So their education, their knowledge and their skill may find their true fulfillment as they learn to do Thy will. And may they ever be aware in everything they do, that knowledge comes from learning, and wisdom comes from You. Amen.



*2021 Shawano High School Graduates Emily Heling, Calvin Schultz and Kendra Kristof at the May 23 service.*



*Calvin Schultz and Emily Heling with Pastor Scott Ludford.*



*Zion wishes to thank all of the people who have given their time and talents to the Christian education of all of Zion's children!*

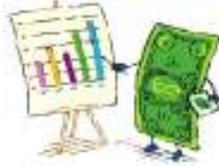
Front L-R: Lorin Preston, Pastor Scott, Calvin Schultz, Gibby McKinney, Nancy Goode. Back L-R: Vicki & Matt Heling, Jill Sousek, Jenny Hanson, and Karen Preston.



*Emily Heling and Calvin Schultz wrapped in the quilts gifted to the graduates from the LWR Quilters.*

## Financial Stewardship Update

2021 General Fund through April.



2021 Annual Budget	\$379,631
General Fund Balance Mar. 31	\$ 7,447
April Revenue	28,632
April Expenses	<u>(26,902)</u>
<b>General Fund Balance April 30</b>	<b>\$ 9,135</b>

The year began with a positive balance of just over \$14,000. We ended the first quarter at a positive balance of about \$7,500. April revenue exceeded expenses so we are still on the positive side.

*Thank you Zion members for your support!*



*God's Work, Our Hands*



### Book Club's Current Read...

♦ June 12 book:  
*Butterfly Girls*  
by Rene Denfeld

Club meets the second Wednesday of each month in the commons at 3:30 p.m. Anyone interested in reading and discussing the books, please join us! Questions? Suggestions? Contact Joni Shebuski 715-526-6453 or Sharon Erickson 715-524-4280.



*Sponsor a worship bulletin in honor or in memory of someone!*

The \$20 sponsorship fee goes into the General Fund to offset the bulletin cost.

Contact the office to reserve your sponsor date!

### ZLCW News...



The Quilters are hard at work making quilts for LWR and have made nearly 200 quilts. To continue this mission, funds are needed to purchase sheets for backs, thread, fabric, and other supplies.



You may contribute by writing a separate check to ZLCW, put "Quilters" on the memo line.

*Thank you!*

## Thank you!

Dear Members & Staff at Zion,

What a joy it was to serve you during Pastor Scott's recovery. I pray that he is doing well. Thanks to Scott Glysch and Nancy Schultz for their help and the staff for running the technology. And the gift on my last Sunday was a complete surprise! Thanks again for the opportunity to renew friendships. God bless you all.

~ Rev. Phil Bogen

Happy Birthday



**Sara Boucher... 40 on June 10**  
804 Oak St., Shawano

**Jamie Naparalla... 30 on June 16**  
875 Corporate Way #12, Pulaski

**Linda Trevarthen... 70 on June 19**  
W8934 White Oak Lane, Shawano

**Dennis Nelson... 80 on June 24**  
351 Channel Trace, Shawano

*Happy birthday to 49 others in June!*

### Aluminum Can Collection Bin behind the garage!

The Youth would appreciate your donations—which must be bagged—as a fund raiser.



### Shawano-Menominee

**Relay for Life**  
**Friday, July 30**

from 6:00-9:00

at the Shawano County Fairgrounds.

Please contact Kathy Beyer at 715-853-2464 or [www.relayforlife.org/shawano-menominee](http://www.relayforlife.org/shawano-menominee) to be one of our

Zion Walkers this summer!  
See you there!



## Summer Worship Schedule



~ Saturdays 5:00 pm at Zion

~ Sundays 8:00 am at Zion

~ Sundays 9:30 am at the

*Worship Services at Jerusalem, Lunds*

**Sundays at 11:00 a.m.**

**July 11 ~ September 12**



## A Playground Lesson

With warmer weather we can look out our office windows any given day and watch both youth and adults use our playground and basketball hoop. My hope is that we might expand the existing playground and make the whole area safer.

Today I watched a young dad chase his preschool age daughter and son around the playground. He falls on purpose and allows his two children to turn and jump on him. In my distant dad memories, I remember playing like that. I can still hear my daughter's voice, "Chase me daddy; chase me!"

In those days when my daughter was young, we would often curl up on the couch together at the end of the day and read. It was our way to wind down and prepare for bedtime. From my office I watch this family run, play and love each other. This scene causes me to reflect on one of our favorite books to read.

Remember Margaret Wise Brown's classic children story, *The Runaway Bunny*? It's a story about a bunny that announces to his mother that he is running away, and the mother responds, "If you run away, then I will run after you. For you are my little bunny." The bunny runs everywhere, but the mother keeps running after him until finally, at the end of the book, the little bunny realizes his predicament. "Shucks," he says, "I might just as well stay where I am and be your little bunny." The bunny wasted much time trying to run away from the pursuing love of his mother.

When you stop and think about it, this might be a story about our relationship with God. Running away from God is a learned behavior. As we get older our understanding of God is altered from a God who is present with us, pursuing us, to a God who is distant – a God who only shows up on Sunday mornings at church. Instead of a God who is running after us, trying to get our attention, we begin to run after God, trying to get God's attention.

Psalm 139 is pretty clear. We don't need to run after God's attention – we already have it. In verse 7, David laments, "Where can I go from your Spirit? Where can I flee from your presence?" God is present with us. But God is more than present with us, He *knows* us. He doesn't follow alongside of us, He follows *inside* of us.

Worship is very important for our spiritual health, but we don't have to attend church to find God. Just as we don't have to make sure our life is clear of any sin to find God. God has found us regardless of our situation, regardless of our condition. We can be lost, dizzied by our own spiritual vertigo, but God is present with us, luring us back to Himself. We may turn our backs on God, but God is always facing us.

In God's ministry,  
Pastor Ludford



"Do the one where you start with apes and end with us walking upright. I love that one."

## The Parish Records

### Baptism:

† Carson James Curtin May 23, 2021  
Son of Hayley Louise Curtin and Tanner Lee Westphal  
Sponsors: Courtney Curtin and  
Jessica & Derrick White



### Wedding:

† Dylan Claire Neumann Sleeper and  
Bailey Katie-Marie Schepp May 29, 2021  
Witnesses: Connor Neumann Sleeper and Emily Drane



Our calendar is available on our website. You can always stay up-to-date!

## From Your Parish Nurse...

### 2021 "Be Physically Active"

As we manage our health and our lives during this time of the Coronavirus, physical activity is an especially important part of taking care of yourself and your health. Moderate-intensity physical activity can help you manage stress, maintain function and prevent injury.

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Whenever you can fit in any amount of active time, whether it's 2, 10, or 30 minutes. Every minute you are active counts and it's great for physical and mental health. Children aged 3 to 5 years need physical activity throughout the day, every day for growth and development. Children and adolescents aged 6 to 17 years need at least 60 minutes of moderate- to-vigorous intensity physical activity daily. Regardless of your age, some physical activity is better than none. Health experts suggest moving more and sitting less throughout the day.

Aerobic Activities for outdoors includes walking, bike riding, gardening and lawn work. Spending time in nature at local parks may help you relax and rejuvenate. If your children find walking boring, turn it into an opportunity for play by going on a scavenger hunt or playing games like I Spy.

Indoors Aerobic Activities include dancing to your favorite music and doing exercise videos programs. Using home cardio machines if you can, (treadmill, elliptical, and stationary bike) are all great machines.

You might want to consider making television watching more active by doing jumping jacks or push-up during the commercials. Fitness experts say, you can achieve your 2021 fitness goals by simply staying connected, active and safe.

Strengthening Activities you can do by following along with strength training videos. You can do Yoga as a family or Squats or sit-to-stand from a sturdy chair exercises. Strengthen your arms by doing Push-ups against a wall, the kitchen counter or the floor. Adults ages 65 and older should emphasize balance and coordination, muscle strengthening in their exercise regimen, the guidelines advise.

The experts say that if you don't already exercise regularly, start small and slowly increase your frequency, intensity and duration. Discuss with your doctor the safest ways to add more physical activity in your day.

Programs such as Strong Women Strong Bones are available on You Tube along with many other exercise programs to increase your strength and endurance.

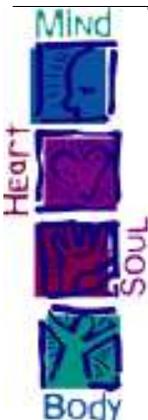
More information on health promotion and physical exercise can be found at <http://www.phillyvoice.com/world-health-organization> and <https://www.prevention.va.gov>

1 Corinthians 6:19-20 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

~ Jennifer Greiert, Parish Nurse

## Zion's Prayer Chain

If you have a telephone prayer chain request, please call Co-Chairs, Eileen Elertson 715-526-3500 or Winnie Preston 715-526-5018 with your request.



### Join Health Ministry Committee!

The mission of Health Ministry is "To share Christ with others through loving care, inspiration and encouragement" by working to promote wholeness of body, mind and spirit in the congregation and the community.

**Our committee meets the first Monday of each month at 12:00 pm via Zoom and in Rm 101.**

**Please note... our next meeting will be Monday, June 7**



**God's Work, Our Hands**



**Parish Nurse Office Hours**  
Mondays, Tuesdays,  
and Wednesdays  
8:00 a.m.—4:00 p.m.

## Memorial Gifts April 26 - May 30, 2021

Special gifts “in honor of” or  
“in memory of” to:

### Building Fund

By: Carrie Heling  
in memory of her grandmother, Esther  
Heling

### General Fund

By: Eileen Elertson  
in memory of Sharon Erickson’s  
brother, Steve Skalet

### Health Ministry Fund

By: Dot’s Shawano Friends  
in memory of Dorothy “Dot” Odden

### Park Sound System Fund

Given in honor of Owen Poole and in  
memory of Sue Poole

### Youth Fund

By: Diane Rugalski  
in memory of Debra Ludford’s mother  
Nancy Davidson  
By: Mike & Dorothy Eidahl  
in memory of Rachel Wussow



## Gifts & Memorials

At Zion you may donate a gift  
or memorial—or honor some-  
one—by contributing to any of  
the following funds!

General Fund  
Building Fund  
Sound/Video Project Fund  
Camp Scholarship Fund  
Church in Society Fund  
Computer Fund  
Health Ministry Fund  
Library Fund  
Music Fund  
Park Sound System Fund  
Education Fund  
Worship Appointments Fund  
Undesignated Fund  
Youth Fund  
Endowment Fund

**Make checks payable to  
Zion Lutheran Church.**

*Questions?  
Contact the church office.*

## Our Cupboard is bare! Fill the Cupboard



**Church in Society is  
asking the congregation  
to support SAFPARC and  
“fill the cupboard.”**

The cupboard is located in the  
Commons.

**Pork & beans, kidney beans,  
tuna, cereal, tomato sauce,  
mac ’n cheese, hearty soups,  
and peanut butter.**

Please bring a non-perishable  
food item to help feed God’s  
people!



**God’s Work,  
Our Hands**



## Stewardship is More than Giving Time, Talents, and Treasures

One of the most frequently used thoughts relating to stewardship is the reference to the three “T’s” – time, talents and treasures. How could we disagree? Stewardship certainly involves the proper use of and giving of the three “T’s.” As God’s people, we acknowledge that God is our creator, owner, and provider. He gives us our time, talents, and treasures in order for us to use them so we can be a blessing to others. Just as God the Father through His Son gave, we are called to give.

In our stewardship, we turn from love of self, to love of God. We live lives that are in thanksgiving and gratitude because of Who He is and what He has done for us. **“And He died for all, that those who live should no longer live for themselves but for Him - Who died for them and was raised again”** (2 Corinthians 5:15). We use our time, talents, and treasures responsibly because we know that God gives us all things, and we want to use what He gives us to glorify and serve Him.

The three “T’s” do a good job representing stewardship; however, I’d like to add the fourth “T” – themselves. In 2 Corinthians 8, the Apostle Paul is speaking to the Church in Corinth about how generous the Macedonians were in their giving to the distressed Christians in Jerusalem. In verse 5 Paul writes, **“And they did not do as we expected, but they gave themselves first to the Lord and then to us in keeping with God’s will.”**

They were able to give so generously and sacrificially even beyond their abilities because they first gave themselves. When we love God and others, stewardship begins. Stewardship should be understood as a whole-life response. When God has control of our hearts, we give generously and cheerfully.

The next time you hear someone mention the three “T’s,” time, talents and treasures – kindly correct them by adding the fourth “T” – themselves.



~ Pastor Ludford



Shawano shot put girls. They all threw well. They all had PR's. Bailey broke the school shot put record. Madisyn Weinig (left) and Bailey DeFere (center), both threw their personal best in the recent regional track meet. *Way to go!!*

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**To connect with our youth visit**  
**[www.facebook.com/](http://www.facebook.com/ZionYouthShawano)**  
**ZionYouthShawano**

Our thanks to the  
AMVETS Post 10  
of Shawano  
for the Honor Guard  
at our Park Worship  
Service Sunday, May 30.



**Annual ZLCW RUMMAGE SALE IS BACK!**

**Wednesday, Sept. 22 ~ 8am-7pm**  
**Thursday, Sept. 23 ~ 8am-4pm**  
**Friday, Sept. 24 ~ 8am-12noon**

**A few changes to this year's sale! Due to Covid-19 the focus will be only on BASIC FAMILY NEEDS.**

Basic household items including linens, towels, rugs, small furniture, clothing of all sizes, shoes and boots.

**Rummage donations may be brought to Zion's fellowship hall starting Monday, August 1st.**

Last day of receiving donations Friday, Sept. 17th..  
Direct questions to Donna Milbauer 715-851-5490 or Karen Childs 715-526-2445.

**No electronics, toys, craft items, or seasonal decorations accepted!**

Please do not bring computers, monitors, TVs, fax machines, VCR players, radios, etc.



**HAPPY Father's Day**



**Thank YOU**



Members of the Property Committee (Steve Laude, John Phalen, and Tom Laude) would like to thank Pastor Scott & Debra Ludford and Al Wichmann



for helping to distribute the mulch around the church building on Saturday, May 22.