# ZION YOUTH NEWS

October




## HS Youth Group Meetings- October

Youth Group will meet Wed. Oct 7, 14, and 21. Remember you're always invited to bring friends who might be interested in joining!!

## Youth Lock-In + Day of Service –November 7-8

Students in grades 6–12 are invited to join us for an overnight adventure of faith, fun, and service! We'll kick off with a devotion before heading out into the community for hands-on service projects. Back at church, we'll enjoy dinner, games, creative activities, snacks, worship, and plenty of late-night fun before winding down for a lock-in. Sunday morning will include breakfast, prayer, and a group photo before worship. This is a great opportunity for students to grow in faith, build friendships, and live out "faith in action." Parents—we need chaperones! Please watch for an email from Kristin about chaperoning.

## Saints and Servants

9th grade Confirmation students will meet for the Saints and Servants classes. Students are to bring their Confirmation Mentors. These meetings will be Sunday, Oct 4 and Oct 11. Students will practice following the 10:30 service on Oct 18 and then go to lunch with Pastor (confirmands, mentors, parents, and siblings are invited). Confirmation will be Sunday, October 25th during 10:30 service.

## Confirmation- Oct 26th

Confirmation will be Sunday, October 26th during 10:30 service. Confirmands need to be at church by 9:30 a.m. for a group and individual picture as well as a reception in their honor. We have 7 Confirmands this year. Please join us in celebration this momentous event with these special youth.

## Octoberfest Setup- October 3rd @ 7am

We have been asked to help set-up for Octoberfest in Downtown Shawano on Oct. 3rd. We will need as many volunteers as possible, with some being adults. Our setup in July went quickly with a good group of volunteers- let's make this happen again! RSVP in the SportsYou app or by emailing Kristin.

This is a service and fundraising opportunity for the Youth.

## Youth Halloween Party – Wed, October 28

Youth families, mark your calendars! Our annual Halloween Party for middle and high school students is happening on Wednesday, October 28. Come dressed in your best costumes and bring a friend for a night full of spooky fun, games, treats, and fellowship.

## SportsYou App

For those of you new to ZION Youth or who didn't join before and want to now- We use the SportsYou app to share information, updates and a calendar of events for the Youth. Parents and students are invited to join. Our group's access code is YMVE8SLB. Contact Kristin with questions.

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OCT 3- OCTOBERFEST SET UP

OCT 7 -YOUTH GROUP

OCT 4,11,18 -SAINTS & SERVANTS

OCT 26-CONFIRMATION

OCT 28- HALLOWEEN PARTY

NOV 7-8 -LOCK IN & SERVICE DAY

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

1 Timothy 4:12



## MomCo and KidCo

Zion is excited to again host MomCo —a ministry where moms of young children can gather for encouragement, friendship, and faith-filled support. We believe that better moms make a better world, and MomCo is designed to give you a space to connect, recharge, and grow alongside other women in the same season of life.

Our group meets on the 1st and 3rd Thursdays of each month from 10:00–11:30 a.m. Childcare is provided through KidCo, but children must be preregistered to ensure we have enough helpers and space.

We are also looking for volunteers to help in the KidCo room—a fun and meaningful way to support moms by caring for their little ones during meetings. If you enjoy spending time with young children, we'd love to have you join the team!

Whether you're looking for a place to belong, a moment to breathe, or ways to grow as a mom and woman of faith, MomCo is for you.

For details or to volunteer with KidCo, visit our church website shawanozion.org/momco or contact Kristin.

## Holiday Handmade Marketplace

Mark your calendars! Zion will be hosting the Handmade Holiday Marketplace on Saturday, November 14, from 9:00 a.m. to 2:00 p.m. Come shop from a variety of local vendors offering unique handmade gifts, festive décor, and more—perfect for your holiday shopping.

We still have a few vendor spaces available, so if you or someone you know would like to join as a seller, applications can be found on our church website or by contacting the church office.

As part of the Marketplace, we are also collecting gently used books and puzzles (especially children's books and puzzles) to sell. Donations will be accepted through November 1.

New this year—we're offering a Kidpreneur Event! Young crafters and creators will have the opportunity to host their own vendor tables and sell their handmade products. This is a fun way to encourage creativity and entrepreneurship among our youth.

Don't miss this exciting community event filled with shopping, fellowship, and holiday cheer!

YOUTH- are asked to work this event as a service event and fundraiser. We will help with set up and tear down and sell books and puzzles in the nursery. More to come on this, but save the date for now!

## 2027 ELCA Youth Gathering

The 2027 ELCA Youth Gathering is coming! This national gathering brings high school youth from across the country together for faith, fellowship, service, worship, and fun. The theme for 2027 is "Imagine More." We'll begin planning and learning more about this exciting experience in the coming months.

Watch for meeting dates in early October, as well as information about upcoming fundraising opportunities to help make this trip possible!

IMAGINE more

# Parent's Corner

## Fall Scheduling in Light of Our Limitedness as Parents

Whitney Cahan | September 15, 2026

My first job on Capitol Hill was as a staff assistant. Within months, I became the scheduler and office manager for a member of the U.S. House of Representatives. My primary responsibility was to manage the congressman and his public and personal schedules. It became a badge of honor to squeeze as many events, appearances, and family activities as possible into his calendar. I scheduled him down to the minute, allowing only as much of his precious time as necessary for transitions and travel.

When I left Capitol Hill, I carried that same mentality into life, ministry, and parenting. More was always more. How much could we accomplish in a day?
It's taken many years of discipleship, and the limitations of ministry and parenting, to begin to train these lifestyle grooves out of the orientation of my heart.

Today, fifteen years into marriage, nearly ten years into parenting, and close to two decades in ministry, when we plan our fall schedule, my husband and I no longer ask what we can do, or what is possible for our family. We ask what we should do—what will allow our family to flourish and to best love and serve the Lord, each other, and our community.

I used to look at my overflowing calendar and feel accomplished and successful. I don't feel that way anymore. I've learned that instead of being evidence of a life well spent, an overfull calendar can indicate a real spiritual problem. I've learned that my calendar, much like my budget, is a spiritual document. It reflects my priorities, my promises, and my presence.

### The Freedom of Limitedness and the Necessity of Scheduling

Do not fear! I am not encouraging you to throw out your planner, your Skylight, or your shared family calendar. Scheduling is both necessary and good. My encouragement to you is that there is freedom and wisdom in accepting your limitedness and your limitations (Ps. 90:12). There is freedom in acknowledging that you cannot be everywhere. Only God is omnipresent (Ps. 139:7-10). You are not limitless (Ps. 103:13-16). Only God is omnipotent (Jer. 32:17; Matt. 19:26). And you cannot run without rest (Gen. 2:2-3; Ps. 127:2). Only God does not sleep (Ps. 121:3-4).

This acknowledgement brings freedom from striving, an acceptance of our humanity, and thus, our limitedness. I am not God, and I no longer even want to try to take on his role. I am not limitless.

### Anchors and Guardrails in Our Schedule

As a limited wife, mother, minister, friend, sister, and daughter, I have learned the value of saying "no" and "not right now." But how do you discern which things are "yes" commitments and which should result in a "no" response? What should be our non-negotiables? Over time, my husband and I have learned to ask diagnostic questions that have helped us put anchors and guardrails in place to guide our discernment process. But first, we pray. And we encourage you to pray and ask the Lord for wisdom as you discern as well (Ps. 90:12). He is always faithful to give us wisdom when we ask (James 1:5).

### Questions We Ask: Priorities, Promises, and Presence

- Does our schedule reflect our commitment to our own personal devotions and time with the Lord? (see Luke 10:38-42)
- Does our schedule reflect our commitment to corporate worship and love for our church community? (see Heb. 10:24-25)
- How many commitments can we make in a week before we feel the hit in our relationship? Is there a particular number that moves us from spouses working side by side into "roommate mode?"
- Does our schedule reflect our commitment to personal fitness and rest? (see Ps. 4:8; 1 Cor. 6:19-20)
- What is best for our children? Does our schedule reflect our commitment to prioritize them and be fully present to them? Can it accommodate their school activities and events? (see Ps. 127:3)
- How will this activity add to our family's life? What will it cost us in terms of time and presence elsewhere? How will it impact our children's sleep?
- Can we still have dinner and family devotions together nightly? (see Deut. 6:6-7; 11:19; Prov. 22:6)
- Is there space for spontaneity? Are we leaving space for an unplanned ministry opportunity or fun spontaneous family adventure? (see Luke 10:25-37)
- If we add this activity, what do we need to take away, and who will it impact? (This is the hardest question to answer, for me, by far!)

These questions help us to create a baseline for our schedule, but we aren't afraid to reexamine the baseline in each new season. The questions reveal our priorities, shape our promises, and ensure our presence in the places where the Lord has called us. They help to create our family rhythms and to determine the shape of the liturgy of our family's life. They help us to walk in wisdom and to "make the best use of the time," as Ephesians 5:15-16 encourages us to do.

### Anchors

Our next step is to reflect the things that are should-dos for us as the anchors for our weekly and monthly family schedule. Our goal is to put these things in place with the hope that they anchor the schedule—everything else is added as space allows. And the anchors rarely change. We all know what to expect.

Our anchors have historically been corporate worship on Sundays, church mid-week groups, personal devotions, and church community events. These items go on our family schedule first, and everything else gets filtered in through those anchors.

### Guardrails

The questions and the schedule both function as guardrails as we move through the semester, but beyond that, we've also set several hard limitations on how much can be added to the schedule. We've determined our family's limit on evening obligations, and we try to only schedule ourselves beyond that

# Parent's Corner

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limit in the case of a pressing need. Similarly, because of the busyness of the fall season, we hold off on enrolling our children in more than one extracurricular until after the beginning of November. We also typically enroll all four of our children in events and activities at the same location and time to minimize burnout, overcommitment, and family fragmentation.

If we begin to find ourselves experiencing burnout, it's a good opportunity to look back at what we determined our limitations and priorities would be. We try to stay on the same page as a couple by sitting down before the beginning of each season to talk through our questions and plan the semester before us. We also have begun to do a monthly look-ahead at the end of each month, and we check in with each other about our family schedule at the beginning of each week.

### The Proof of Our Humanity

So, what has been the outcome of creating anchors and guardrails that I once thought were for my husband and children's benefit? These frustrations that I once thought were needless limitations that slowed me down are now the anchors and guardrails that my heart and soul need. They are proof both of my sanctification and my limitedness. I wasn't made to live in a constant state of hyper-productivity and without rest. I am not God.

If I'm completely honest, despite all of these helps in creating our schedule, my husband and I have yet to have our annual end-of-summer/fall scheduling chat, and I can already feel the fear that comes with shifting into the busiest season of our year as a family. And when I feel that fear, I turn my eyes to Christ. I remember that he is the only Limitless One, and I trust in the power of the Holy Spirit to lead us even in my exhaustion and hesitation about the shift of the season.

Thanks be to God for his grace, for our limitations, and for the good help of the Holy Spirit as we determine our priorities and anchor our plans, while acknowledging our own limitedness. And as my eldest son prayed at dinner tonight, "Lord, though tomorrow seems crazy, we pray that it won't be as crazy as we thought. In Jesus' name, Amen."

### Our Limitations Point Us to the Limitless One

My inclination when I am afraid or facing uncertainty: Fill the time. Facing down a crazy fall with three children in school and one still at home while working several part-time jobs: Plan and order from Amazon Prime and Costco Same-Day like I'm a Capitol Hill Scheduler! Parenting not going well: Schedule us to get out of the house constantly and mask the real problem we're facing.

The truth is that the peace we crave is not found in a meticulously planned schedule. The peace we crave is found in acknowledgment of our limitations. Our limitations are meant to point us to the only Limitless One.

I love 2 Corinthians 12:9 – "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."

Boast in those limitations, friend, for they point you to the only Limitless One. Our limitedness pushes us to look to him, to trust in his work, his power, and his grace, as we endeavor to lead ourselves and our families well. And it's in and through his power alone that you can walk out any of the plans you are making.

