

Focus

Monthly Newsletter of Zion Lutheran Church, Shawano, WI

March 2020

Save your "bucks" for **Buck-A-Chick** March 7—15



Help a family spread their wings. When chicks grow up to become chickens, their eggs not only provide an ongoing supply of protein-rich meals — they can also help start a small business and generate a steady source of income.



***Watch for the table outside
the sanctuary doors.***

Sponsored by Church in Society.



Community Blood Center



► **Blood Drive**
► **Mon., March 9**
► **2:00-6:00pm**
in Fellowship Hall.

You can safely donate blood every 56 days. You're never too old to donate blood as long as you are in good health. You must be 17 years old and weigh at least 110 pounds. So, mark your calendar to donate blood and come and save a life.

**Reserve your time on the sheet
at the Information Desk or
call 800-280-4102.
Walk-ins Welcome!**

Give the gift of life!



Church in Society's Basket Auction Coming in April!



Signs of Lent

**Wednesday
Lenten services
11:00 am & 6:00 pm.**



† Please join us for a light lunch in the Fellowship Hall following the 11:00 am services.

† Come for a light supper beginning at 5:00 pm in the Fellowship Hall each Wednesday.



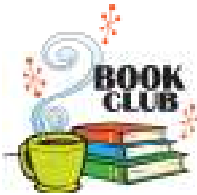
We are expecting an infectious outbreak of laughter and fun...

Bring your games, bring your neighbors and friends, and join us on the long, cold, Sunday afternoons this winter! (Adults only)

- Cards • Board Games • Sheephead
- 500 Rummy or ??

2nd and 4th Sunday afternoons
1:00—4:00 p.m.
March 8 & 22

Sponsored by
Church in
Society



Book Club's Current Read...

The Things We Cannot Say
by Kelly Rimmer.

Club meets **March 11** (second Wednesday) 3:30 pm in the church library. Interested in reading and discussing this book, join us! Questions? Suggestions? contact Joni Shebuski 715-526-6453 or Sharon Erickson 715-524-4280.

★ April: *Before We Were Yours* by Lisa Wingate

Women's 8-Week Bible Study
starting Tuesday, March 10
6:00 pm at the Ludford's house.



We will be using Jennie Allen's: *Restless, Because You Were Made for More.*

"God has a plan to use your gifts, personality, and work to display himself to your portion of the world."

Please call or text Debra at 715-558-6085 for more info & to order workbook.

Loud Offering March 28 & 29

Sunday School Loud Offering last weekend of the month!

Please keep all your loose change and bring it in for our collection.



Walkers Wanted!

Please join the Zion Walkers team at this year's American Cancer Society's Relay for Life.

Saturday, April 4 ~ 8:00 a.m.—3:00 p.m.
at Shawano High School.

Contact Kathy Beyer at mrs.kathybeyer@gmail.com.



KOZ (Kids of Zion) After-School Program

Grades 3-4-5

Meet After school 3:15 - 5:00 p.m.

Wednesday, March 4 & 18



Youth Fundraisers!



Kwik Trip Car Wash Cards

We have cards available for sale!

\$36 for 5-Count Card. Save \$2.60 per car wash with the Kwik Trip Ultimate Car Wash Card! Contact or Stop in the office weekdays.

Happy Birthday



Judy Merten... 65 on March 9
325 E 5th Street, Apt 4, Shawano

Shari DeLisle... 55 on March 17
W6963 Old Lake Rd., Shawano

Judy Felts... 70 on March 28
651 Wolf River Ave., Shawano

Dwight Lemke... 60 on March 30
W4364 Lake Drive, Cecil 54111

Happy birthday to the 63 other members celebrating in March!



Coming to a Church Near You: *A Brown Bag Lunch Bible Study!*

Starting Thursday, April 16
Rev. Dennis Nelson will be offering an ongoing weekly Bible study at Zion
12:00 pm to 1:00 pm.

It's exactly as advertised... bring a sack lunch and dive in to the Bible. The study group will use *Invitation to the Psalms: A Reader's Guide for Discovery and Engagement*, by Rolf and Karl Jacobson. Rolf A. Jacobson is professor of Old Testament at Luther Seminary in St. Paul, Minnesota. Karl A. Jacobson is assistant professor of religion at Augsburg College in Minneapolis, Minnesota.



Please purchase your book ahead of class
(available on Amazon for \$20)



“Although the doors were shut, Jesus came and stood among them and said, ‘Peace be with you.’” –John 20:26

The season of Lent has begun. Does this news make a difference to you, as you think about your life in the days ahead? If so, in what way? Is that good, bad or somewhere in between? Probably, for most people it is not an exciting development. Others, though, find that this season offers possibilities for deeply personal inner gains.

Many people – perhaps you – have found that occasionally a few moments of quiet meditation during a day can be helpful, calming and restorative. Such times are psychological and spiritual rest, not unlike sitting down and resting after physical exercise. Now, expand that picture! Rather than thinking of a few minutes during a day, think of a few days – or weeks – during the year! What long term renewal and refreshment might take place? Can the Lenten season provide this for you?

Our daily tasks, whether dull or exciting, are of crucial importance. We earn a living; we build a loving home; we contribute to the life of our whole society. Doing this, though, requires some basic orientation, some sense of overall purpose. What is it that gives wholeness to our lives?

Imagine the possibilities of a life where both joys and sorrows can be seen in the context of a whole! Can we move beyond the fragmentation of our days to become more unified, more purposeful both for ourselves and for those around us? If we will explore new horizons we may see beautiful sights ahead.

Traveling through this season, we look for ways in which we can be more faithful to the divine spark that is within us. Jesus saw potential in a motley group of people, who were busy with a variety of occupations. When they met Jesus, they sensed that here was one who offered possibilities greater than their present life. Their inner spark was quickened and they responded. What is there within you that might be nurtured? Your life could be enriched.

Lent, though, is more than a time for making our own lives better. Can we add to what we seek for ourselves a way to find progress in serving others? Part of who we are as individuals is who we are as members of the human family. Self-fulfillment is found repeatedly in compassion, in fighting injustice, in enabling others to find fuller lives. If Lent is self-centered, it cannot be true to Jesus’ calling. Jesus came to serve, heal, to give sight, and even washing his disciples’ feet. Who are we? Forgiven sinners, learners, seekers and lovers.

Everyone is invited to be a part of mid-week worship. Note the times in this newsletter.

In God’s Ministry,
Pastor Scott Ludford

PEACE
BE WITH
you

The Parish Records



Deaths:

- † Dorothy Sumnicht January 5, 2020.
Memorial service held Jan. 8 in Zion’s chapel.
- † Harlan A. Fedders January 2, 2020 (non-member)
Memorial service held Feb. 29 at funeral home.
- † Thomas J. Rhode January 31, 2020
Memorial service will be held June 7 after Zion’s Outdoor Worship Service at the County Park.
- † Kurt Galland February 9, 2020 (non-member)
Funeral service held Feb. 15 at funeral home.

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!



Zion Walkers 2020
Relay for Life includes a
WALL OF HOPE.

- To honor and remember all touched by cancer
- To raise awareness of how cancer impacts so many
- To raise funds for cancer care and research

Please donate to the WALL OF HOPE at the table in the Narthex. Either write your name or honor or remember a friend or loved one on a card for each donation. Cards will be posted on the wall.

The fundraiser will run until March 29.
Make checks payable to American Cancer Society!



Financial Stewardship Update

General Fund as of January 31, 2020

	<i>Actual</i>	<i>Budgeted</i>	<i>Variance</i>
YTD Total Revenue	\$ 25,216	\$ 30,177	-\$ 4,961
YTD Total Expenses	\$ 33,101	\$ 31,070	-\$ 2,031
YTD Total Net Revenue	-\$7,885	-\$ 893	

This report does not include special offerings such as Building Funds, Restricted/Special Funds, memorial gifts, etc.

Treasurer's Report by Gordon Holten, Council Treasurer

As these figures show our General Fund picture through January, revenues were under budget by nearly \$5,000 and expenses over budget by \$2,000. Also notice that Total Net amounts were negative. Throughout 2019 monthly balances were mostly negative, many lower than -\$10,000. General Fund balance at end of January 2020 is -\$12,356.

Obviously this negative trend cannot continue without serious financial problems.



God's Work, Our Hands

Fill the Cart Weekend March 21-22



Church in Society is asking the congregation to support

SAFPARC and "fill the cart."

The shopping cart 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 *fill the cart!*



Visit Zion's Library!

Open business hours weekdays, Saturday eves, and Sunday mornings.

We Hope for Better Things by Erin Bartels. When journalist Elizabeth Balsam is asked to deliver a box of old photos to a relative she didn't know she had, the request seems like it isn't worth her time. But as she explores her great-aunt's farmhouse with its locked doors and hidden graves, she soon discovers just how dramatically some of the most newsworthy events of the previous two centuries shaped her own family. Take an emotional journey through time – from the volatile streets of 1960s Detroit to Michigan's Underground Railroad during the Civil War – to uncover the past, confront the seeds of hatred, and discover where love goes to hide.

The Girl Behind the Red Rope by Ted Dekker and Rachelle Dekker. When a terrible scourge is unleashed on the world, she and others from their religious community are already hidden deep in the hills of Tennessee, abiding by every rule that will keep them safe, pure – and alive. As long as they stay there, behind the red rope. Her older brother's questions and the arrival of the first outsiders she's seen in a decade, set in motion events that will cause Grace to question everything she has built her life on. Enemies rise on all sides – but who is the real enemy? And what will it cost her to uncover the truth?

Freedom's Light by Colleen Coble. Hannah Thomas believes she's escaped Galen Wright's evil intentions by marrying an older lighthouse keeper. Seemingly safe in faraway Massachusetts, her world is upended when John is killed in one of the first battles of the Revolutionary War. Hannah is allowed to continue the task of tending the twin lighthouses, though she faces daily disapproval from John's family. She thinks her loneliness will subside when her sister arrives, but she finds Lydia's obsession with Galen only escalates the tides swirling around her. A stormy night brings a shipwrecked sea captain to Hannah's door, and though he is a Tory, her heart is as traitorous as the dark-eyed captain. Even though she discovers Birch Meredith isn't the enemy he seemed at first. Hannah isn't sure their love will ever see the light of freedom.

Ellie's People Book 7 An Amish Family Saga Sarah by Mary Christner Borntrager. Sarah Troyer's Amish childhood would be peaceful and calm – except her mother is ill and their hired girl, Sadie, treats Sarah unfairly. When her parents go to Arizona to see whether the climate helps her mother get better, Sarah tries to be brave and strong. Things begin looking up when a new hired girl takes Sadie's place, but then two tragedies hit Sarah's family and threaten to overwhelm her trust in God. Will grief and resentment win the day, or will Sarah find her way to a new place of hope and love?



From Your Parish Nurse...

2020 March Nutrition and Vitamins

Is it better to get nutrients from food or supplements? Researchers have found that nutrients from food may be linked to lower risks of death, while excess intake of certain supplements may have the opposite effect.

Dietary supplements should not replace complete meals, which are essential to nurturing the body. Talking to healthcare providers before making the decision about whether to take supplement is a good practice. Many people need supplements if the food they eat is not supplying enough vitamins.

Vitamins and minerals are essential nutrients because they perform hundreds of roles in the body. There is a fine line between getting enough of these nutrients and getting too much. Eating a healthy diet remains the best way to get sufficient amounts of the vitamins and minerals you need.

Vitamins are classified as Water-soluble or Fat-soluble vitamins. Water-soluble vitamins are packed into the watery portions of the foods we eat. They are absorbed directly into the bloodstream as food is broken down during digestion or as a supplement dissolves. Our bodies consist of mostly water and water-soluble vitamins circulate easily in the body. Water-soluble vitamins are the B vitamins- Biotin B7, Folic acid B9, Niacin B3, Pantothenic acid B5, Riboflavin B2, Thiamin B1, Vitamin B6 and Vitamin B12 and Vitamin C.



These vitamins help free the energy found in the food we eat. Others help keep tissues healthy.

Fat-soluble vitamins are absorbed and gain entry to the blood by lymph channels in the intestinal wall. Many fat-soluble vitamins travel through the body only under escort by proteins that act as carries. These vitamins are used throughout the body, but excesses are stored in the liver and fat tissues. The Fat-soluble vitamins are Vitamin A, D, E and K. These vitamins help keep our eyes, skin, lungs, gastrointestinal tract, and nervous system in good repair.

Our body also needs and stores minerals. Minerals travel through the body by the bloodstream. One of the major tasks of minerals is to maintain the proper balance of water in the body. Major minerals are Calcium, Chloride, Magnesium, Phosphorus, Potassium, Sodium and Sulfur. Trace minerals are Chromium, Copper, Fluoride, Iodine, Iron, Manganese, Molybdenum, Selenium and Zinc.

The best way to get all the daily vitamins you need is to eat a balanced diet that contains a wide variety of fruits, vegetables, fortified dairy foods, legumes, lentils and whole grains. For more information on Vitamins go to <https://medlineplus.gov> and <https://www.helpguide.org>.

Genesis 9:3 "Every moving thing that is alive shall be food for you; as I gave the green plant."

~ Jennifer Greiert, Parish Nurse



Health Ministry Dates At A Glance...

Monday, Mar. 2: Health Ministry Committee
1:00 p.m. Room 101. New members welcome!

Tuesdays & Thursdays: Exercise Class 4:00-5:00 pm.
Fellowship Hall. *No registration required!*

Thursday, Mar. 5: Healing Touch Ministry
4:00-7:00 pm. By appointment... 715-584-7080.
Provided by JoAnne Bartz in the Nursery.

Blood Pressure Checks: Saturday, Mar. 7 after service and Sunday, Mar. 8 between services.
Free screening! Everyone welcome!

Monday, Mar. 9: Blood Drive 2pm—6pm
Walk-ins welcome! Call 800-280-4102 to reserve.

Wednesday, Mar. 11: Book Club 3:30 pm. Library

Wednesday, Mar. 25: Friendly Visitors Meeting
9:00 a.m. Room 101. New members welcome!



Parish Nurse Office Hours starting March 9

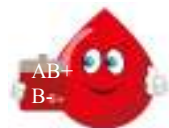
Mondays 8:15 a.m. - 4:15 p.m.
Tuesdays and Wednesdays
8:30 a.m.—4:30 p.m.



Jennifer Greiert
will be on vacation
March 16 - March 23.

Community Blood Center Blood Drive March 9

2:00—6:00 pm at Zion



Zion's Prayer Chain

If you have a telephone prayer chain request, please call
Co-Chair Winnie Preston 715-851-9576.

Memorial Gifts February 2020

Special gifts "in honor of" or
"in memory of" to:

General Fund

By: Shirley Cornelius

In memory of Gerald Cornelis

Youth Fund

By: Lorin & Winnie Preston

In memory of Dorothy Sumnicht

In Honor of Bob Voss' 100th Birth- day:

- **Church in Society Fund** (Wee Care)
by Jerry & Donna Milbauer
Ken & Bonnie Wolf
- **Building Fund** by
Ted & Mary Ann Rudie
- **Health Ministry Fund** by
Dolly & Bob Burdick, Sandy Rhode
Sharon Erickson, Kathie Schutt
Al & Marge Wichmann
Ginny & Dick Vraney
- **Library Fund** by
Diane Rugalski, Karen Childs
Marcelene Rosenow
- **Youth Fund** by
Mike & Dorothy Eidahl

In Memory of Tom Rhode:

- **Building Fund** by
Loretta & James Cizek, Suzanne &
David Little, Julie Effenberger
Don & Donna Elliott
- **Church in Society Fund** (Wee Care)
by Ken & Bonnie Wolf
- **Music Fund** by
Ted & Yvonne Wolf, Kathie Schutt
Don & Debbie Hodina
Jerry & Donna Milbauer

Update....

Bob Voss has moved!

New phone 715-916-3747.

New address:

103 Madison Way, Apt. #105

Shawano WI 54166.



Aluminum Can Collection Bin behind the garage!

The Youth would appreciate your
donations—which must be
bagged



☘☘ Thank you! ☘☘

Dear Zion and Church in Society Committee,

Thank you very, very much for your donation of \$500 to the Red River Riders Therapeutic Horseback Riding organization. With the dedication of many wonderful volunteers, donors, and friends, we are proud to be providing a safe and fun option for the disables in our community. Thank you for your support.

~ Chris Baldwin & Everyone at Red River Riders

Dear Zion and Church in Society Committee,

Thank you so very much for the donation to Wolf River Lutheran High School. Your thoughtfulness and generosity are greatly appreciated. Thank you for supporting our school.

~ Wolf River Lutheran High School Students and Staff

Dear Fellow Members of Zion,

Thank you for all the cards, calls, flowers, visits, and prayers while I was recovering. It was all appreciated.

~ Ted Rudie

Dear Zion Confirmation Students,

Thank you for donating your food to us at Safe Haven! We got to use it at our Christmas Party and we had over 20 kids!! Thank you for the amazing work you do.

~ Your Friends at Safe Haven



Dear Zion,

Thank you so very much for supporting our 3rd Annual Love Our Youth Spaghetti Dinner. We received several donations from many generous folks. Thank you for making this another successful fundraiser for our youth!

And A Huge Thank You to all who've supported our Car Wash Sales! The money will continue to go for the 2021 ELCA Youth Gathering in Minnesota. Thank you and blessings to you all!

~ Youth Ministry Committee and Zion Youth

The Friendly Visitors thanks the KOZ 3-4-5 youth for making the beautiful Valentines that were delivered by the Friendly Visitors.



Car Wash Cards! \$36 for 5-Count

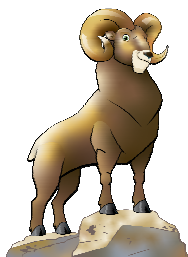
Youth Fundraiser! Ultimate Wash cards will be available from youth and in the church office!

Thank you for supporting Zion's youth!

Save the Date!

Vacation Bible School
June 8 - 12 from 9:00am - 12:00pm

VBS registration coming soon!



**The Zion Youth
would like to
thank everyone
who attended
our Spaghetti
Dinner!**

**We loved
serving you!**



Zion Lutheran Church
1254 S. Union St., Shawano WI 54166-3461

Rev. Scott Ludford, Senior Pastor
Debbie Bernard, Administrative Assistant
Jill Sousek, Organist and Music Director
Jennifer Greiert, Parish Nurse

Phone: 715-526-2017

E-mail: zion@shawanozion.org

Web site: www.shawanozion.org



E-mail address:

Pastor Scott..... sludford@msn.com

Debbie / Office zion@shawanozion.org

Jennifer Greiert..... nurse@shawanozion.org



This past January Mikki Moesch, Church in Society Member, accepted a \$500 check from the Shawano Women's Club for Wee Care.
We thank them for their donation!



Council Members were installed February 22-23. Pictured: Pastor Ludford, Scott Glysch, Jamie Naparalla, Carey Grieves, Bobbi Krozell, Al Wichmann, Dawn Brock, Dan Krone, and Russ Wise. (All members not available.)