

Focus

Newsletter of Zion Lutheran Church, Shawano, WI

June 2022



Cookie of the Month Sale June 18 & 19



\$6 per dozen. A perfect gift for Dad!

Chocolate chip cookies will be surprise baked by the loving hands of the Wee Care Elves!

Get them while they last and watch for more cookies in the months to come.



Wee Care Cookie Elves at Work

Top photos: Mitzi Moesch, Peggy Ray, Peggy Woehler, Bonnie Wolf and Mila Waukechon.

Right: Nancy & Russ Wise stocking shelves.



Wee Care Supporters

Stoney Hill Church Ladies Group brought food and helped pack bags.

Thank you everyone!



**THE COMMUNITY
BLOOD CENTER**
connecting lives | sharing life

Monday, June 20 ~ 2:00 - 5:30 pm

Donate Blood at Zion in the Commons.

To schedule your life saving appointment call 800-280-4102 or Parish Nurse 715-526-2017.

Or you may also visit communityblood.org, select "Schedule."

One pint of blood can save up to 3 lives! Blood donation is a quick, simple and amazing way to give back to your community. You can donate whole blood every 56 days!

Donate blood and get a coupon for a FREE ice cream cone from the Dairy Queen!



Please consider supporting Zion Lutheran Church Blood Drive. Thank You!

Sponsored by the Health Ministry Committee.



New Sign for Zion's County Park Service!

We would like to thank Tom Laude and Steve Laude for installing the sign. Looks great!

Financial Stewardship Update

2022 General Fund through May.



2022 Annual Budget	\$399,145
General Fund Balance Apr. 30	\$ (3,992)
May Contributions	26,034
May Expenses	(27,812)
General Fund Balance May 30	\$ (5,767)

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

A Note from the Treasurer: Thank you to all who have given generously to support our ministry.

Thank you Zion members for your continued support!



ZLCW Rummage Sale
August 4 - 5 - 6

Donation Drop-off in the Fellowship Hall starts Tuesday, June 14.
Please... no electronics!

Initial Rummage Sale set-up will be on **Monday, June 13 starting at 9:00 a.m.**
Volunteer help much appreciated!



Happy Birthday



Jean Rudie... 78 on June 7
302 Madison Way, Apt. 8, Shawano
Dejon Polzin... 90 on June 13
61 Industrial Ave., Rm. 24, Clintonville
Alfred Niles... 88 on June 18
N5170 Redwood Ln., Shawano
Happy birthday to 47 others in June!



Youth Fundraisers!

Car Wash Cards!
\$36 for 5-Count

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

Thank you for supporting Zion's youth!



Aluminum Can Collection Bin
behind the garage!

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



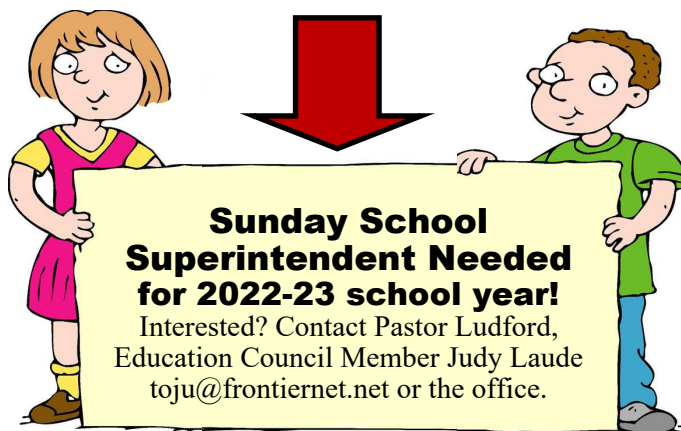
God's Work, Our Hands

Vacation Bible School June 6-10

Monday thru Friday 9:00 am - 12:00 pm



- ✓ Child must have completed 4K-5th grade
- ✓ Youth & Adult volunteers needed!



Sunday School Superintendent Needed for 2022-23 school year!

Interested? Contact Pastor Ludford, Education Council Member Judy Laude
toju@frontiernet.net or the office.



at Zion
~ Saturdays 5:00 p.m.
~ Sundays 8:00 a.m.
at the Shawano County Park
~ Sundays 9:30 a.m.

Worship Services at Jerusalem, Lunds
Following Sundays at 11:00 a.m.

July 3 ~ September 11

Join Jerusalem for a Potluck Lunch after service!



A Few Thoughts About the Holy Spirit

Recently, I listened to a couple share the news that their daughter was back from college for the summer and suddenly everything in their home is different. Things change in a house when someone new moves in. Whether it might be the birth of a baby, the arrival of an exchange student, or the coming of an elderly parent needing care, things change in the house when someone new moves in.

Some of the changes that come are anticipated and welcomed. We look forward to the fun and exciting patterns of life that will come with the new arrival. Some other changes, however, are not anticipated -- perhaps not even expected -- and consequently those changes may not be welcomed.

It's no different when God moves in. Things change. We'd be doomed if they didn't! But while some of the changes that come with God's arrival that are anticipated and welcomed, some others are not.

In June, Christians enter the longest season of the church year, that being the season of Pentecost. We might say that the Day of Pentecost was an occasion when God moved in...in a new and special way. The coming of the Holy Spirit changed things noticeably in the church, just as the Spirit's arrival and presence changes things noticeably in an individual life.

The Holy Spirit seems at times mysterious and sometimes threatening. The Holy Spirit is not as easily relegated to heaven as the Father, and not as easily relegated to history as the Son. The Holy Spirit is God "moved in," and we may rejoice in the results, or we may be uncomfortable with them. Either way, though, the Spirit is here.

To be assured of the Holy Spirit's presence and work among us is central to hope. Remember what happened that first Pentecost. A few scattered and frightened followers were in a room praying. Suddenly there was a sound and flames, and the Holy Spirit came upon them. They were transformed. No longer cowering before the soldiers and crowds, they went on boldly to win a great part of the Mediterranean world for Jesus in one generation. They had received a strange power from outside themselves.

This is our hope, too. If we have to believe that we are on our own resources, alone to untangle our snarled moods and ways, and if we are on our own to face the

gigantic issues that loom before this world, we would lose courage altogether. But we are not alone. A powerful presence is among us, working within us and around us.

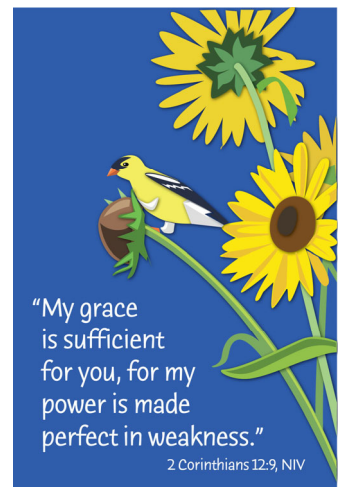
This winter I was the passenger in a two-seat airplane. Everything went along smoothly as long as the pilot was in control of the plane. I was allowed to fly the plane for awhile and did rather well. But if the pilot had been incapacitated for any reason, I assure you there would have been panic and paralysis or both on my part, I needed his hand!

We are all like that. We were never designed to go this life alone. We are profoundly dependent beings. It is in the awareness that God is at our side, within us and around us that we become calm, bold and competent. Knowing our own dependence is the first need; knowing the Holy Spirit's presence is the second. Paul said, *"So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me."*
¹⁰ Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong." - 2 Corinthians 12:9-10

We need not know precisely how the Holy Spirit is around or how God's Spirit works. Let us leave that to the unpredictable wonder of God's ways. To assume that we can manipulate or control the Holy Spirit to achieve ends that we have designed may be an affront to God. It is enough that we preach, teach, and hear the Word with truth and faithfulness and that we receive with gratitude the sacraments God has given. We are called to do the works of love among one another! The Holy Spirit will be there to do amazing work within us, among us, and in our world.

I look forward to being in worship with all of you and engaging in the ministries that God has called us to be a part of this summer. For those who will be traveling these warm summer months, may God guide and bless you in your journeys!

In God's ministry,
Pastor Ludford



The Parish Records

Deaths:

† James Teskey April 19, 2022
Graveside service held May 6.



Volunteers needed!
Please sign up online or
contact the office. Thank you!

From Your Parish Nurse...

Love Your Gut:

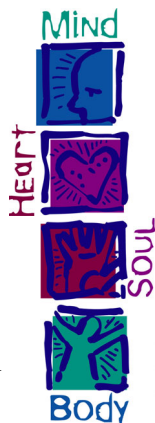
Gut Health is important because all food is ultimately broken down in the gut to a simple form that can enter the bloodstream and be delivered as nutrients throughout our bodies. This is only possible with a healthy digestive system.

A healthy gut contains healthy bacteria and immune cells that ward off infectious agents like bacteria, with the brain through nerves and hormones, which help maintain general health and well-being.

Our gut is home to more than 100 trillion bacteria. The bacteria play a vital role in our metabolism and health. The bacteria feed on dietary fiber while they perform a variety of duties, including helping to make vitamins B and K, and breaking down dietary fiber. This breakdown results in a release of beneficial, anti-inflammatory fatty acids that are vital energy sources for our bodies. Not all bacteria are good bacteria. You need to get rid of some of the harmful bacteria, and replace it with beneficial bacteria. Probiotics can help with this.

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. Probiotics are known as the "good" bacteria that help keep your gut in top shape. Probiotics are live bacteria found in certain foods or supplements. They can provide numerous health benefits. Foods containing probiotics are yogurt, sauerkraut, kimchi, kombucha tea, kefir, some types of pickles (unpasteurized) and other pickled vegetables (unpasteurized). If you're going to eat fermented foods for their probiotic benefits, make sure they're not pasteurized, as this process kills the bacteria. Probiotic supplements are pills, powders, or liquids that contain live beneficial bacteria or

yeast. Some individuals should not take a probiotic, or who may experience worsened symptoms if they do, such as people with small intestinal bacteria overgrowth or people sensitive to ingredients in the supplement. Not all supplements are equal and are effective. It is a good idea to consult with your doctor or a healthcare professional who is knowledgeable about probiotics.



Prebiotics come from types of carbs (mostly fiber) that humans can't digest. The beneficial bacteria in your gut eat this fiber. Prebiotics are types of fiber that feed the friendly bacteria in the digestive system. Prebiotics are found in vegetables, fruits, and legumes. A few of these foods include Asparagus, onion, garlic, bananas, apples, oats, and Jerusalem artichokes.

Keeping your gut bacteria balanced is important for many aspects of health. To do this, eat plenty of both prebiotic and probiotic foods, as they will help promote the most ideal balance between good and bad gut bacteria.

Lastly, it is time to reduce our junk food intake. Your gut bacteria just don't like it. Reducing anything that's highly processed or large amount of refined sugar. Remember, we want to love our gut!

For more information on Gut Health go to
<https://exnermedical.osu.edu/>
and <https://www.healthline.com>

POVERBS 13:25 The righteous has enough to satisfy his appetite, But the stomach of the wicked is in need.

~ Jennifer Greiert, Parish Nurse

Health Ministry Committee
will meet via ZOOM and in Room 101
on Monday, June 6 at 1:00 pm.
New members are always welcome!



Our Goggle calendar is available
via our website.

You can always stay up-to-date!
www.shawanozion.org



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

Our next meeting will be
1:00 p.m. Monday, June 6.



Monday, June 20
2:00 - 5:30 pm

Community Blood Center
will be at Zion
You can donate whole blood
every 56 days!

Donate blood and get a
coupon for a FREE ice cream
cone from the Dairy Queen!



Zion's Prayer Chain

If you have a telephone prayer chain request, please call Co-Chairs, Winnie Preston 715-851-9576 or Eileen Ellertson 715-526-3500.

Thank you! ☘ ☘

Zion Lutheran Church Family,

We, the family of Howard Buenting, wish to express our sincere gratitude for the support you have given us in our time of need. Howard meant so many things to all of us. He was a faithful servant until the end. He is now with the Lord. Even though Roberta's home is now in St. Paul, she still sees Zion Church as her church family. Your kind words, cards, prayers, and many memorials meant so much to us.

Love and Blessings,
~ Roberta and Family

Praise God From Whom All Blessings Flow was the theme for the 30th Annual Parish Nurse and Congregational Health Ministries Conference I attended on May 18 & 19 at Concordia University Wisconsin. A few highlights of the conference program overview were Review the Development of Health Ministries in the U.S. The purpose of my life as a Christian. Evaluate existing community health ministry models that include spiritual and physical health. Human Sex Trafficking: Education is Prevention and Detection. This program gave the audience an overview of how serious this is right in our cities.



The Health Ministry Committee put together a survey for Zion's Congregation to fill out and return by June 30. This will give us an idea what you would like to attend and learn more about. Thank you for your valuable input.

~ Jennifer Greiert Parish Nurse.

Memorial Gifts May 2022

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

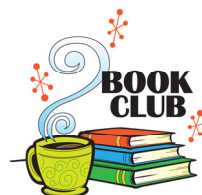
In Memory of Jim Teskey:

- **General Fund**
The Siericks (family friends)
- **Youth Fund**
Mike & Dorothy Eidahl

Church in Society Fund (Wee Care)
by Ted & Mary Ann Rudie
In honor of Jackie Weier's birthday

Book Club's Current Read...

**On June 8
we will discuss**



**The Book of
Longings**
by

Sue Monk Kidd

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.

Visit Zion's Library!

Not My Daughter by Barbara Delinsky. When Susan Tate's 17-year-old daughter, Lily, announces she is pregnant, Susan is stunned. A single mother, she has struggled to do everything right. She sees the pregnancy as an unimaginable tragedy. Then comes word of two more pregnancies involving Lily's two best friends – and the town turns to talk of a pact. Susan, high school principal, has been viewed as a role model. As Susan struggles with the implications of her daughter's pregnancy, her job, financial independence, and long-fought-for dreams are all at risk. The emotional ties between mothers and daughters are stretched to breaking in this emotionally wrenching story of love and forgiveness.

My Jesus Storybook by Carrie Lou Goddard. Jesus' birth, his boyhood in Galilee, and his adult ministry were parts of a glorious lifework in which he showed people what God was really like: Jesus, the infant born in a stable with Mary and Joseph to guide him; Jesus, the boy who worked in a carpenter shop enjoying the smell of cedar wood; and Jesus, the young man riding into Jerusalem on the back of a donkey with children loudly praising him. These seven stories show the many wonderful ways Jesus reflects God's love for everyone, through the life he lived and the stories he told.

All Manner of Things by Susie Finkbeiner. After Arnie Jacobson's brother Mike enlists as a medic in the Army in 1967, he mails her the address of their long-estranged father. If anything should happen to him in Vietnam, Annie must let their father know. In Mike's absence, their father returns to face tragedy at home, adding an extra measure of complication to an already tense time. Letter by letter, the Jacobsons must find a way to pull together as a family, regardless of past hurts. In the tumult of this time, Annie and her family will grapple with the tension of holding both hope and grief in the same hand, even as they learn to turn to the One who binds the wounds of the brokenhearted.

**Open during business hours weekdays, before & after Saturday
evening service and Sunday mornings.**





Congratulations High School Graduate Faith Ugoretz

On Sunday, May 22
Zion honored high school
graduate Faith Ugoretz. She's
pictured here with the quilt the
ZLCW gave her as a high
school graduation gift!

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

Email: zion@shawanozion.org

Website: www.shawanozion.org



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

Confirmation Class and parents had a great time and a wonderful experience on May 11.



The class was connected via Zoom with Pastor/Artist Paul
Oman. The painting theme was *Jesus on the Road to Emmaus*.

