

Focus

Newsletter of Zion Lutheran Church, Shawano, WI

October 2022



October 1-31 SOCKTOBER!

Madisyn Weinig, Zion member and SCHS sophomore attended an FFA Conference in Washington D.C. called the Washington Leadership Conference. While there she came up with a *Living to Serve* project, which required planning something that she could do to help her community. She chose to sponsor the October Socktober—a fundraiser where she is asking the members of Zion and the Shawano community to donate new pairs of socks to be dropped off at church and other area businesses. Madisyn chose Socktober because socks are one of the top items requested in homeless shelters nationwide. The socks will be donated to area shelters and Shawano Community Schools based on donations received.

Socks Madisyn asks for:

- ◆ Brand new pairs
- ◆ Mens, womens, childrens
- ◆ All sizes
- ◆ Drop box in the commons at Zion



Thank you for donating
to Madisyn's project!



Christmas is coming
and Zion will once again
collect items for the
*Homme Home Youth
Christmas Gift
Collection*
Nov. 13—Dec. 11.



Suggested items for boys ages 10 thru 18: New Clothing sizes: M through XL, Athletic Shoes sizes: 8-11, Wallets, Legos for ages 10+, Games, Remote Control Cars, Rubik's Cubes, Badger/Brewer/Bucks items, Axe Gift Sets, Winter Jackets/Snow Pants, Slippers, winter Gloves, Sweatshirts, Snow boots sizes 8-11, Watches, Nerf Guns, Basketballs/Footballs, Art Supplies McDonald's gift cards, Fishing Gear, Origami Paper in Books, Word Find/Crosswords, DVD – G or PG movies, Teenage/Adult Coloring Books, Men's/Teen Boys Necklaces, Young Teen Cologne, Children's & young adult books (*age appropriate, no violence or sexual content*)

* No Bathrobes, Food or Glass items, please.

Start your shopping early! Thank you!



Sponsored by the
Health Committee

Silent Auction of Baskets November 5-13



The Zion Lutheran Church Women will be organizing a Silent Auction of Baskets November 5-13. If you would like to help gather items for a basket or donate a basket, please let us know. The baskets will be due November 4. The money raised will go toward our ZLCW benevolences at the end of December.

Questions? Contact ZLCW Board members:

Mila Waukechon 715-853-7787
Karen Childs 715-526-2445
Dorothy Eidahl 715-526-2650
Linda Trevarthen 715-526-6962

(Reminder: No Salad Supper this fall.)



Financial Stewardship Update

2022 General Fund through September.



2022 Annual Budget	\$399,145
General Fund Balance Aug 31	\$ (15,570)
Sept. Contributions	24,912
Sept. Expenses	(25,594)
General Fund Balance Sept. 30	\$ (16,252)

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

A Note from the Treasurer: Our General Fund balance is in need of your financial support. As we enter the last quarter of 2022 with a negative balance please consider giving to bring it into a positive position at year's end.

Thank you Zion members for your continued support of Zion's ministries.



Youth Fundraiser!

**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.



\$307.20 was the total received for the Sept. 20 can recycling!

Thank you for your can contributions! The money went into the Youth Fund.



CROSSWAYS
CAMPING MINISTRIES

Jr. High Blast ~ November 4-6 Imago Dei Village

This fall retreat is designed to give our 6th-7th-8th grade students an opportunity to engage with others, learn more about God, grow in who they are, and provide all the camp fun that you know and love!

Contact Zion church office if you wish to attend! The \$175 youth fee will be paid by Zion!

Interested in chaperoning? We need you!



**Cookie of the Month Sale
Oct. 15 & 16 \$6 doz.**



Baked by the Wee Care Cookie Elves!



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



"There's something very positive about this church".

**Affirmation of
Baptismal Covenant/
Confirmation**

Sunday, October 30

**10:30 service in the
sanctuary**

Reaffirmation
of **Baptism**



**Happy
Birthday**

Roman Wunrow... 80 on October 2
2917 S Atlantic Ave, Apt 1102
Daytona Beach Shores, FL 32118-6032

Gail Meredith... 80 on October 6
W4764 Swan Acre Dr, Cecil 54111

Ruth Ann Furloni... 80 on October 15
815 Oak St., Shawano

AND...

Pastor Scott Ludford
65 on October 14

1147 S Union St., Shawano



Happy birthday to 48 others in October!



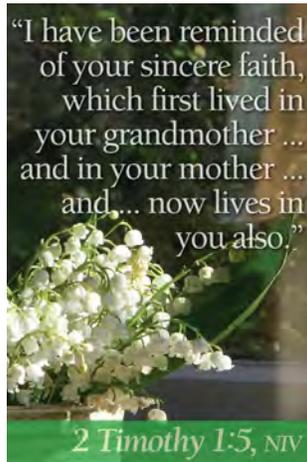
“I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you.” – 2 Timothy 1:5

Many (many) years ago my daughter, Meredith, stood by my side at a nursing home worship service slightly embarrassed, I was singing “Beautiful Savior” in a loud and vigorous monotone. I believe strongly that our children are made up of the best of both of their parents. Therefore, I am extremely thankful that Meredith has her mother's music talents, not mine.

In those years of our life together, I would catch Meredith from time to time studying me as though she was seeing me for the first time. As I now reflect on that worship service, I wonder if she understood why tears were forming in my eyes. She might of thought, “Dad must be hearing how bad he is at singing,” thus the tears. Or maybe, “Boy..., dad really loves this song.”

In reality, the tears were a combination of emotions of the moment. They brought back memories of singing “Beautiful Savior” next to my own father (also a pick-a-note-any-note singer). It was about sharing a worship experience with her and the residents of the nursing home. I was hearing and feeling the message of this beautiful hymn. In other words, I was sensing God's presence, the work of the indwelling Spirit.

The Apostle Paul speaks of the indwelling Spirit, indwelling faith and a Spirit of power, love, and self-discipline as one and the same. But in whom does this powerful Spirit dwell? Much of the time it surely does not seem as if it dwells in me! Like many of you, I suffer from doubts, fears, anger, and lack of discipline. There is great tension between the stresses and circumstances of our human lives and the Spirit that dwells among us.



Anyone who has ever been a parent or a child (and that pretty much takes care of each one of us!) knows what it is to lie in bed mulling over failures in relationships. Anyone who has ever watched the evening news knows what it is to think with fear, “that could have been me or someone I know.”

Paul writes to Timothy about the Spirit just because Timothy, like you and me, needs to hear these words again and again. “Remember, Timothy,” Paul is saying, “remember the faith of your mother and grandmother.” Paul makes a list of just a few of the things Timothy should “remember.” They are simple things we often forget in our daily frustrations and disappointments, as well as in our successful moments.

But these are the places that we know the Spirit at work. We sense the Spirit in our best moments, when we do love well and use power for good. We know the Spirit in the faith of others and in their love for us. We trust that the Spirit leads others to pray for us, and us for others.

If you are baptized, hands were laid on you, hands that poured water over your head and signed the cross on your forehead. “You have been sealed with the Spirit and marked with the cross of Christ forever.”

As you live your daily life, follow Paul's suggestion and “remember” the ways in which the Spirit acts in your life. There will be little ways that restore you and keep you going and perhaps bigger ways in which you have known yourself to be called to a particular path. May your joy in the legacy of God's Spirit increase!

Yours in the Spirit,
Pastor Scott Ludford



God's Work, Our Hands



Book Club's Current Read...
On October 12 we will discuss
The Other Story
by Tatiana de Rosnay

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.

An Invitation to All Men!

Tuesday Morning
Men's Bible Study
8:00-9:30 a.m.
Shawano's Café
W7389 River Bend Rd.



The Rite of
Confirmation
October 30
10:30 service.

☪☪ Thank you! ☪☪

Dear Zion Endowment Fund Committee,

Thank you very much for the generous scholarship. It will help me pay for my college tuition and further my education in design arts, Spanish translation, and marketing. Again, there are not enough words to express how thankful and grateful I am for your generosity.

~ Emily Heling

Dear Zion Endowment Fund,

I just wanted to personally thank you for the scholarship that I was awarded. I will be putting that towards my tuition for my last year of college! Once again, thank you so much, it was greatly appreciated.

~ Katelyn Hoffman

Dear Zion and the Endowment Fund Committee,

Thank you for choosing me as a recipient for the Endowment Fund Scholarship. This money will be going towards my college tuition. I am going for pre-vet/companion animal science. The first few weeks of college have been amazing! Thank you for helping me on this journey.

~ Faith Ugoretz

Memorial Gifts as of September 26, 2022

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

Church in Society Fund *Wee Care*
by Roberta Buenting
In memory of Howard Buenting

General Fund
by Ted & Mary Ann Rudie
In memory of Roy Ganzel

Music Fund
Given in memory of Owen Podel, Sue Podel and in honor of Jill Sousek's musical talents.

In Memory of Steve Boehmke:

- **Music Fund**
Ted & Mary Ann Rudie
Sharon Erickson

Visit Zion's Library!

The Christmas Ark by Robert D. San Souci. Elizabeth, Sara and their Mother are sailing from Maine to California to be with their father. They've been sailing for months and are so close, when their ship is surrounded by fog and cannot move. The girls are worried that St. Nicholas won't come. That night Sara is awakened by a bright light. She goes on deck to investigate and discovers St. Nicholas is there in ark. Elizabeth wakes up also and St. Nicholas takes them around the world to see where they want to spend Christmas.

The Legend of the Poinsettia retold and illustrated by Tomie dePaola. Little Lucida did not have a gift for the Baby Jesus. All she could find was a handful of weeds. But because she gave them from her heart, the weeds turned into beautiful red flowers. This is a story about the Christmas plant.

Lift the Flap Nativity by Zobel-Nolan. This is a child's perfect introduction to the timeless story of the first Christmas. With flaps to open on every page children join in the thrill of discovery as they trace the events that lead up to the birth of Jesus. The illustrations are breathtaking and delightful text combine to bring the nativity to life in a dramatic and fresh way.

The Baggage Handler by David Rawlings. A hothead businessman coming to the city for a showdown meeting to save his job. A mother of three hoping to survive the days at her sister's house before her niece's wedding. And a young artist pursuing his father's dream so he can keep his own alive. When David, Gillian, and Michael each take the wrong suitcase from baggage claim, the airline directs them to retrieve their bags at a mysterious facility in the city. They meet the enigmatic Baggage handler, who shows them there is more in their baggage than what they have packed, and carrying it with them is slowing them down in ways they can't imagine.

A Week in the Life of a Slave by John Byron. "I appeal to you for my son Onesius, who became my son while I was in chains. Formerly he was useless to you but now he has become useful both to you and to me." These words, written by the apostle Paul to first-century Christian Philemon, are tantalizingly brief. Indeed, Paul's epistle to Philemon is one of the shortest books in the Bible. From the pen of an accomplished New Testament scholar, the narrative follows the slave Onesimus and fleshes out the lived context of that time and place, supplemented by numerous sidebars and historical images. Byron's historical fiction is at once a social and theological critique of slavery in the Roman empire and a gripping adventure story set against the exotic backdrop of first-century Ephesus.

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



From Your Parish Nurse...

2022 VITAMINS AND MINERAL

Make food your plan A. Eating a variety of healthy foods is the best way to meet your health needs. But if you're low on a certain vitamin or mineral, taking a multivitamin/mineral may be of help. According to WebMD there are certain ways and timing to taking supplements.

Water-soluble Vitamins are B's: Thiamin B1, Riboflavin B2, Niacin B3, Pantothenic acid B5, Pyridoxine B6, Biotin B7, Folic acid B9, and Cobalamin B12. These vitamins can be taken with or without food, with one exception; B12 absorbs better with a meal. If you use vitamin C, put 2 hours between them. Vitamin C can keep your body from using B12. The body can only absorb so much at a given time. They are best absorbed on an empty stomach, but if you have a sensitive stomach, take them with food. B vitamins tend to boost energy, so take them in the morning; at night, they can lead to restlessness and insomnia.

Vitamin C is also, water-soluble. High doses of vitamin C can cause gastrointestinal distress in some people. Buffered forms of vitamin C are best for sensitive stomachs and taking smaller doses will help. Vitamin C enhances calcium absorption, but, as mentioned above may interfere with the absorption of vitamin B12, so take them separately.

Fat-Soluble Vitamins are vitamins A, D, E, and K need to go with fat from a meal for your body to absorb and use them. You do not need a lot of fat or any saturated fat. The healthy plant-based kind you find in foods like avocado or nuts will be just fine.

Vitamin A comes from animal sources and plant foods. It helps with night vision and prevents damage to cells and eye problem called age-related macular degeneration. (But too much vitamin A can hurt your liver). Vitamin D keeps your bones strong and helps your nerves carry messages. It also, plays a role in fighting germs. Careful time in the sun (10-15) minutes on a clear day, without sunscreen is the best source. Vitamin E is called an antioxidant, which protects your cells from damage caused by cigarette smoke, pollution, and sunlight. Vitamin E also helps your cells keep blood moving. Vitamin K is needed for blood clotting and healthy bones. People on blood thinners have to be careful about what they eat, because vitamin K stops the drug from working.

Minerals are called essential minerals that the body needs to function. Essential minerals are divided up into major minerals (macrominerals) and trace minerals (microminerals). Trace minerals are needed in smaller amounts than major minerals.

Major minerals are Calcium, Chloride, Magnesium, Phosphorus, Potassium, Sodium, and Sulfur. These minerals maintain proper balance of water in the body. Sodium, chloride, and potassium take the lead in doing this. Calcium, phosphorus, and magnesium are important for healthy bones. Sulfur helps stabilize protein structures, including some of those that make up hair, skin and nails. Having too much of one major mineral can result in a deficiency of another.

Trace minerals (microminerals) are Chromium, Copper, Fluoride, Iodine, Iron, Manganese, Molybdenum, Selenium, and Zinc. Trace minerals carry out a diverse set of tasks. Copper helps form several enzymes, one of which bolsters the immune response. Fluoride strengthens bones and wards off tooth decay. Iron carries oxygen throughout the body, and Zinc helps blood clot, and is essential for taste and smell, and bolsters the immune response. The other trace minerals perform equally vital jobs, such as helping to block damage to body cells and forming parts of key enzyme

Trace minerals interact with one another, and can trigger imbalances. Too much of one can cause a deficiency of another. The difference between "just enough" and "too much" of a trace mineral is often tiny. Food is a safer source of trace minerals.

Multivitamins are formulated in such a way to counteract any negative nutrient-nutrient interactions. They contain the appropriate levels of both vitamins and minerals which can enhance or inhibit others. The downside to this is that you could be getting too much or too little of a certain vitamin or mineral. For this reason, single vitamins or mineral supplements are more supportive to individual health goals. Supplements can also, interfere with many common medications. Since the FDA doesn't regulate supplements, look for brands that have been "verified" by one of the three companies that test supplements in the U.S.: Pharmacopeia, Consumer Lab, or NSF International. These testing organizations verify that what's on the label is in the bottle in the right amount.

If you plan on taking vitamins and minerals supplements talk to your doctor first to find out if they are going to be right for you and will not interfere with other prescribed medications. This information was found in www.webmd.com, www.mdlinx.com and www.helpguide.org

3 John 1:2 Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

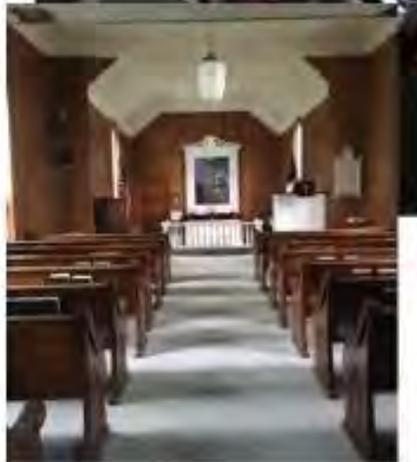
~ Jennifer Greiert, Parish Nurse



Parish Nurse October Vacation!
Out of office: Oct. 10, 11, 12, 17, 18, & 19.
In office: Oct. 20 & 21

Health Ministry Committee
will meet via ZOOM and in Room 101
on Monday, October 3 at 12:00 pm.
New members are always welcome!





Jerusalem Lutheran Church In Lunds is Remodeling

Would you be interested in helping to beautify this lovely country church? Help needed this fall to clean, prep and paint the ceiling and walls. No definite dates have been set for this interior work. If you are interested, please call Steve Elertson at 715-851-2549. He will contact you when more information on work date(s) are available.

Donations can be made out to Jerusalem Cemetery Association and mailed to W6311 County Road T, Shawano or put in the offering plate at Zion in an envelope marked Jerusalem Church.

*Thank you for sharing
your time and talents*

Please make any check payable to Jerusalem Cemetery Association (not Zion Lutheran Church).
Do not include a donation in your Zion contribution envelope. Thank you.

Zion Quilters have been busy since last October!



They have completed 184 quilts, 7 blankets, 40 Personal Care kits, and 23 school kits! These items will be taken to the regional Fall Ingathering at St. James LCMS, Shawano, on October 7, then taken by semitruck to the Lutheran World Relief warehouse in Minneapolis. Then shipped where they are needed in the world.



A special thank you
to Jady Zittlow, Molly Hanson, Pastor Scott, and Debra Ludford for taping the quilting boxes for shipping! Your help was greatly appreciated!

~ Zion Quilters

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

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Blessings to our Zion family and friends.... You have again made our monthly Wee Care Cookie Sale a success!

September featured 74 dozen Oatmeal Scotchies plus a new addition of snack mix. The Green Bay Packer cookie boxes far outsold the Chicago Bear and Minnesota Viking boxes. We have stocked the food shelves for September and are beginning to distribute weekly food bags to children in need at four area schools. This would not be possible without your help as proceeds from the cookie sales and donations go toward purchasing food for this program.

Accept our heartfelt thanks and keep up the good work everyone!! With God's help, all things are possible.

Next cookie sale Oct. 15-16!