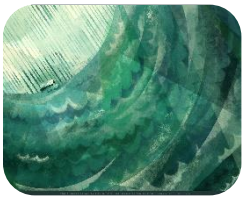
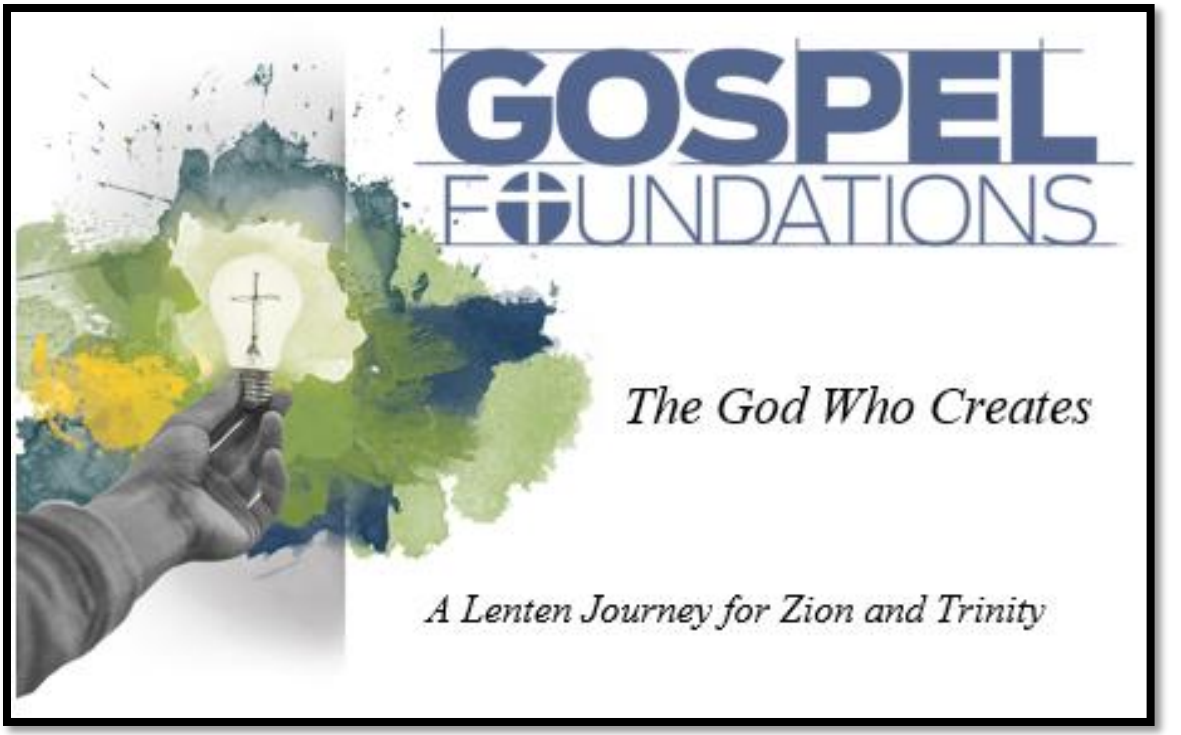
The Bible brims with wonderful stories – Israel passing through the Red Sea, Daniel in the lions' den, Zacchaeus meeting Jesus, Jesus walking on water, Jesus' resurrection, and many, many more. As parents and grandparents, we do well to teach our children and grandchildren these stories. In the process, though, we must remember to teach the biggest story, the grand, unifying story that the individual stories of Scripture join together to tell – a story of God's unrelenting love and pursuit of His people and care for His creation.

In order to help you tell this story, Zion and Trinity are going to journey through it together starting **February 15/16**. During our children's messages we will experience The Biggest Story, a beautifully illustrated narration of Scripture's grand story complete with accompanying videos. The Biggest Story traces Scripture's story from the Garden to the Cross to the renewed earth. Be sure to have your children in worship to hear and experience The Biggest Story!





From its first page to its last, Scripture tells the unified story of God's rescue mission for His people and His creation. This Lent, join the Zion and Trinity families as we begin journeying through this amazing story. Over seven sessions we'll cover the following chapters in the story:

- God creates
- Man sins
- God makes a covenant with Abraham
- God tests Abraham
- God works through a dysfunctional family
- God gives Jacob a new name
- God redeems Joseph's adversity

Through video and sermon we will trace the rescue mission of God as we see Christ on every page. Join Zion and Trinity and be a part of the story!

Lent begins Wednesday, February 26

ZION LUTHERAN CHURCH MANNING, IOWA
Celebrating and Sharing Christ's Redeeming Love

Wednesdays at 5:45 p.m.
Supper follows

Wednesdays
Supper at 5:30 p.m.
Service at 6:30 p.m.

TRINITY LUTHERAN CHURCH MANILLA, IOWA
PROCLAIMING PEACE IN CHRIST'S CROSS

Lutheran Family Service

For Nothing is Impossible with God

Being a Voice for Life

Not sure that contacting your legislators will matter? Unsure of how to make contact in an effective way?

Every single email, letter, phone call or personal visit matters immensely, and it's pretty simple and easy to do.

Why does it matter? And why is it important to take action now?

Our legislators (senators and representatives) are paid to represent the interests of ALL the people that are in their area of service. Even if you didn't vote for them or they don't share your same views, they are still responsible for listening to and representing you and your views. When it comes to vote on a specific issue, they will look back on all their in-person meetings, phone calls, written letters, and emails to decide how best to represent the views held by you and other constituents.

All the support and the right kind of productive and respectful pressure, can and will weigh heavily on their hearts and minds. And, it is very important to get your message to your legislators before a vote on the issue needs to be taken.

If we as Christians and the Church stay radio silent, we are allowing the pro-death culture to take greater hold impacting critical, life issues that God calls us to stand up for.

Right now, two specific issues in Iowa call for our life-affirming voice.

Stopping Abortion through the Life Amendment

The Iowa Supreme court ruled that our state's constitution gives women the right to have an abortion. This ruling will nullify all previous restrictions on abortion and make Iowa a "Mecca" for abortion in the Midwest. An amendment declaring the constitution DOES NOT guarantee such a right is the ONLY way to reverse this. It needs to be passed in two General Assemblies and then by a vote of the people, a 3 to 4-year process. The process begins in the 2020 legislative session.

Stopping Physician Assisted Suicide

A bill to legalize Physician Assisted Suicide waits for a shift in the legislature so it can be brought to the floor. You may better recognize Physician Assisted Suicide by more palatable names like "Death with Dignity" and "Compassionate Choices." These names are carefully crafted and marketed to win over the public, including Christians.

Aside from promoting death as the answer to life's problems, which creates an incredibly gruesome domino effect on the rate of suicides in general, it puts vulnerable subsets of the population in even more danger. Allowing "death by doctors" presents a convenient and cheap answer for "dealing" with those with disabilities, mental health illness, Alzheimer's or other dementia, and the elderly.

<u>To keep this from happening and to assure a life amendment is passed, maintaining a life-affirming legislature in the 2020 elections is critical</u>. We must work to make Iowa a place where life at all stages and in all conditions is valued and protected.

Jesus calls us to influence our culture. He tells us we are the light of His truth in this dark world (Matthew 5:14) and that we are to be like salt

preserving this truth and defending it (Matthew 5:13). Our Christian responsibility as citizens is to be a voice for God's truth in the ears of those who represent us.

Will you join us and be a voice for life by contacting your legislators today?

1. Find senator and representative names and contact information.
Visit the Iowa Legislature website (legis.iowa.gov/legislators/find). We recommend searching by your home address for the most accurate results. You should see photos of your legislators and their name to the right of the photo. Click on their name and it will bring up their contact information.

2. Plan message.
It may be helpful to do a bit of internet research to see where your legislators stand on life issues. Always make sure to first identify yourself as a constituent. If they have been in support of life issues, plan a supportive message that thanks them for standing up for all life, that shares your value of life views, and that encourages them to stay strong and continue voting to protect life at all stages, ages and conditions. Don't forget to let them know that you will be praying for them.

If they have not voted in support of life issues, or have gone both ways, thank them for their service. Present your value of life views in a professional and respectful manner. Encourage them to make Iowa a place where all life at all stages, ages and conditions is both valued and protected. Share your concern that abortion hurts women and that killing another human being (the unborn baby) is not a right, nor should it ever be. Share your concern that doctor assisted suicide puts already vulnerable people in even greater risk of harm - those who are disabled, those with mental health issues, those with diseases like Alzheimer's, and those that are elderly to name a few. Encourage them to look deep in their hearts and let them know that you will be praying for them to stand up and defend all life when it comes to voting on these issues.

3. Determine method of contact.
Face-to-face meeting is the most effective and direct way to communicate. You can set up a meeting by calling to request and set up an appointment. Let them know your name and the topic you wish to address. Confirm your visit by phone the day before. Make sure you are prepared to talk briefly and clearly about specific issues. You may have 15 minutes or only 5 minutes, so be prepared for both. The day of, be clear, positive and constructive. Ask them to state their position. Leave a written summary (one page) with your name, address and phone number. Follow the visit with a prompt thank you note. If unable to meet with your legislator, you may be able to meet with a staff assistant instead.

Writing and mailing a letter is another effective method. Make sure to include your name and address in the body of the letter and keep it to one page at most. If you are writing to address specific legislation, make sure to state the bill name and number.

Making a phone call can help legislators gauge the views of their constituents. State your name and address with the staffer who answers the phone. Share the issues you wish to address briefly and clearly. Ask where the senator/representative stand on the issue. Ask the name of the person assisting you and thank her/him by name.

Writing an email letter is okay too, however, it may not be as effective as one of the methods above.

- Lutheran Family Service

Aliens: Extraterrestrial Visitors or Extradimensional Intruders?

"Aliens exist, there's no two ways about it." Helen Sharman, Britain's first person in space (in 1992), offered these confident words just weeks ago. She went on to offer, "It's possible they're here right now and we simply can't see them."

What do you think?

Many people have claimed to see aliens. Some even claim to have been abducted by them. Yes, many of these have been exposed as hoaxes or weather balloons or a meteorological event or birds or some other natural explanation, but a handful remain unexplainable by any natural account. And some of these claims have been made by reputable people (like Ms. Sharman).

And, if you were to look back through history, you'd see that people have been reporting unknown lights and objects in the skies for thousands of years – people from India to England, from the Americas to China. The Ancient Greeks and Romans have stories about "fiery globes" and "flaming chariots" that flew through the skies. The American Indians told stories about "flying canoes" and "great silvery airships."

What are we to make out of it all? Are aliens real?

Let's take a few moments to think it through. Before we conclude our planet has been visited by beings from other planets, let's first ask if beings even exist on other planets. If life only exists on earth, the whole question of extraterrestrials must be reconsidered.

So, is there life "out there"? Let's start with Scripture. God's Word tells us that God created the sun and the moon and all the stars "to govern the day and night and to separate light from darkness" (Gen. 1:18). In other words, the moon and the sun, the stars and all the planets, were given for Earth – for us. The universe was made for us!

This is a significant and surprising truth, one that moves believers to wonder and awe. King David marveled:

> When I look at your heavens, the work of your fingers,
> the moon and the stars, which you have set in place,
> what is man that you are mindful of him,
> and the son of man that you care for him? (Psalm 8:3-4)

The majesties of space were created for us, for our enjoyment and to mark seasons and time for us. This doesn't necessarily prove there isn't life "out there," but it is strongly suggestive. Space was created for earth (and science is showing us how precisely positioned we are for space observation and discovery!).

Darwinian evolutionists struggle to accept this, seeing the universe as a vast waste of space if life only exists on earth. Carl Sagan, the famous evolutionist, expressed this sentiment when he offered, "The universe is a pretty big place. If it's just us, seems like an awful waste of space."

In fact, many evolutionists, having acknowledged the insurmountable odds to spontaneously generating life on earth, are increasingly looking to space to account for life's origin on earth. The theory is called *panspermia*. It a

nutshell, it purports that aliens seeded life on earth, which then evolved.[1]

But this assumes other planets are capable of supporting life (and then developing technology to get it here!). Ms. Sharman (quoted above) offers, "There are so many billions of stars out there in the universe that there must be all sorts of different forms of life…"

That seems reasonable until you consider something called "habitable zones." A habitable zone is a condition that has to be just right for life to exist on a planet. So, think Goldilocks. There are currently 13 known habitable zones that have to be met before Goldilocks will be happy, before Goldilocks is even able to sample the bears' porridge. These include things like the existence of liquid water, the level of ultraviolet radiation, the planetary rotation rate, the tilt of the planet, the atmospheric eletric field, the levels of carobn dioxide and monoxide, and many more.

Jay Richards and Guillermo Gonzelez were astounded by these realities and wrote the book *The Privileged Planet* to communicate how unlikely our planet is and to suggest it just might be favored in the cosmos (it was made into a documentary, which is well worth watching!). They wrote, "Precious few plots of galactic real estate are as amenable to complex life as ours…" As scientific knowledge advances, the number of habitable zones continues to decrease as the number of potential planetary candidates for supporting life continues to dwindle.

But let's just assume space is teeming with aliens. Where are they? Voyager 1, NASA's space probe launched in 1977, has long ago passed Pluto without a hint of alien life detected. But maybe they're farther out. If so, how did they get to earth? Consider a few stark realities. Light travels at an astonishing 186,000 miles per second. If we could achieve this speed (a feat we will discuss below), it would take 4.2 years to reach the next closest star after the sun. To traverse our galaxy, it would take 100,000 years. To reach the next galaxy like our own (and, therefore, the one with the greatest chance of supporting life) would take 2.3 million years (and the one after that is 20 million light years away!).[2]

Are we to assume these little ETs hopped in their spacecraft, dropped it into warp drive, and zipped along for millions of years to flit around in our skies? Radar has picked up unidentified flying objects, but it has never deteced one leaving our atmosophere. Where do they go? They're certainly not going home and back! Are they able to make physical structures disappear?

Further, when you consider the physical realities of traveling at the speed of light, you quickly realize how hopeless such space travel is.

[1] Space prevents detailing the challenges to evolving life from simple to complex. In brief, evolutionists propose two mechanisms to move evolution upward: natural selection and genetic mutations. Natural selection enables an organism to adapt to its environment, but it never creates any new genetic information. Genetic mutations do a fine job of deleting, duplicating, or damaging existing genetic information, but they, likewise, never create any new genetic information. In other words, these proposed mechanisms can account for variation within an organism kind (think variation in the dog kind), but they cannot create new kinds (like a green haired dog or moving a dog to a horse).

[2] Why are we assuming the speed of light? Here's why: if we assume normal space travel speed (38,000 miles per hour), it would take over 11 million years to reach earth from the next comparable galaxy. Those poor little aliens would starve!

Consider this: to propel an object that weighs one pound to a velocity 50% the speed of light would require an energy source equal to the energy of 98 Hiroshima-sized atomic bombs. To get something the size of a space shuttle to 50% the speed of light would require 23 million atomic bombs. It would require the same amount of energy to stop the craft!

And, lest you think this might somehow be achievable, these little aliens would also have to figure out how to avoid planets and stars. Worse, they've have to figure out how to avoid the dust in space! Hitting a piece of dust at a mere 10% the speed of light would be like hitting 10 tons of TNT. At 50% it would be like slamming into 2.2 atomic bombs! Because of this, these little green dudes would need to develop a dust detection system that would be capable of traveling faster than the speed of light to detect the dust light years ahead so as to perform evasive maneuvers. But this would put such gravitational pressure on them that it would kill them. Anything over 9 Gs kills people and destroys ships. Imagine the impact of millions of Gs!

These are the hard realities standing between us an alien visitation. And, to be as charitable as possible, even assuming evolutionary ages, there hasn't been enough time for such advanced life to evolve somewhere out there and get here. Reality has a way of asserting itself.

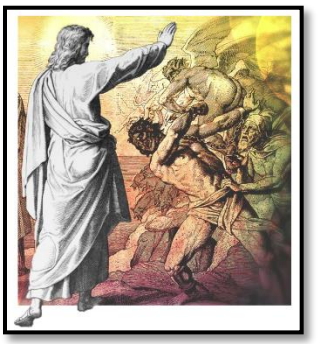
But what about people who claim to have been abducted? Did they make it up? Some may have. Many, however, probably had a genuine experience, not with extraterrestrial beings, though. What they likely experienced was extradimensional beings. And the Bible has a word for them: demons.

Why, for instance, do "alien" abductees often report that their abductors disparaged Jesus and His Word? Why would aliens from distant galaxies travel here to ridicule Jesus and His Word? And why is there such a lack of committed, confessing, practicing Christians reporting abductions? And why do abductees report being released immediately upon the invocation of Jesus' name? Why would aliens submit to Jesus? Aren't these realities a bit suggestive?

Gary Bates, author of *Alien Intrusion*, and source for much of the information in this article, offers this conclusion to his extensively documented study:

> These entities are not real physical ETs from other planets. They are from another dimension… So, to find their source, one needs to wear 'spiritual glasses.' Unfortunately, most of these modern-day researchers have embraced a humanistic-based view of the world, with the theory of evolution serving as the creator of both them and the aliens. This opens them up to spiritual deception and, in turn, has blinded them to the claims of the Bible, which makes God the Creator. I suggest the answers they have been looking for but do not want to hear may be – 'God is real, and the Bible is true.'

Ms. Sharman (quoted at the beginning of this article) is partially right. "Aliens" exist and they are among us, but they are not, in fact, extraterrestrial; they are extradimensional. They are demons. Scripture speaks openly of them even as it declares Jesus' decisive victory over them. And there are no two ways about this: Jesus lives and Jesus reigns! Want to visit more on this or discover helpful resources for further study? Let's talk! – Pastor Conner



Trinity has just ordered new Bibles to be placed in the pews in memory of members and their families. Currently, in Trinity's pews is a New International Version of the Holy Bible or NIV for short. The NIV Bible has played a significant role in my life. I went to Lutheran school in Cedar Rapids and confirmation utilizing the NIV. Maybe you grew up using the NIV or maybe even the King James Version (KJV) or Revised Standard Version (RSV). And there's a whole host of other English versions of the Bible.

Trinity has just ordered what's called the English Standard Version or ESV for short, and typically in the Lutheran Church-Missouri Synod world, churches and our publishing house, run out of St. Louis, utilize and endorse the use of ESV.

So, you might be wondering, what's the difference? Is one better than the other? Fair questions.

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The ESV was first published in 2001. But the story of the ESV started in the 90's. Over 100 biblical scholars contributed to the translating process, including Lutheran professors from our two Lutheran Church-Missouri Synod seminaries. But the ESV represents a massive effort on the part of Christians to produce a *faithful* translation of GOD's Holy Word.

+++

I'm not a translator. While your pastors utilize Greek and Hebrew (the original languages in which the words of the Bible were written), we are not as competent with translating as some are.

When professional translators translate there are two major ways in which they can tackle conveying the Hebrew and Greek words into English. They can do so in such a way that is a **word-for-word** translation or a **paraphrase** translation. Word-for-word focuses on taking one word at a time in the ancient language and matching it up with its English equivalent. A paraphrase version focuses on the meaning behind the words.

יְ וַיִּשְׁכַּב דָּוִד, עִם-אֲבֹתָיו; וַיִּקָּבֵר, בְּעִיר דָּוִד. {פ}

The translator takes, for instance, the Hebrew text above – 1 Kings 2:10 – and can translate in one of two ways.

The ESV **word-for-word** translation reads:

Then David slept with his fathers and was buried in the city of David.

The Message **paraphrase** translation reads:

Then David joined his ancestors. He was buried in the City of David.

+++

What's the difference? Ordinarily in English, when someone dies we would either say "so-and-so passed away" or "so-and-so died." We probably wouldn't say they fell *asleep*. A paraphrase Bible then wants to convey the meaning that the writer of 1 Kings is saying. The point is *David died*.

What the ESV is attempting to do is convey what the original writer of 1 Kings wrote. The verb (the action word of the sentence) the writer used was sleep.

So why might it be important in this situation to say *sleep* over and against *die*? Well, people who fall asleep wake up at some point. Following the Hebrew version gives you the impression that David is just waiting for the alarm clock to go off and then he'll be up (i.e. the resurrection of the dead). A paraphrase version might not convey that extra meaning.

+++

So which type of Bible version is right? Well, both a word-for-word translation and a paraphrase version have their place. In worship and personal and group study GOD has promised: "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness" (2 Timothy 3:16). Your time is not wasted when you're in the Bible; it's profitable! That said, when we're coming together as GOD's family we want to be as faithful as humanly possible when we're dealing with GOD's Word. That's why a word-for-word version is useful and appropriate when we're worshiping and studying together.

That said, there are times when reading GOD's word is tough. Meaning and points escape us for a variety of reasons, so a paraphrase version adds some helpful commentary when we're studying the Bible. Eugene Peterson finished The Message version of the Bible in 2002 which utilizes contemporary language. There's a place for a Bible like this, and I utilize The Message in my personal study of the Bible.

But the worship space is probably not the right time to use a paraphrase version. We don't want to jump immediately to translation and meaning; instead GOD speaks first and then translation and listening follows. – Pastor Johnson

Google search "All Those Translations!" by Dr. Jeffrey Gibbs for further reading on this topic.

College on the horizon? Have you considered one of our church's universities? With colleges on the west coast to the east coast to several close to home (St. Paul, MN; Seward, NE; Milwaukee, WI), there are great options for you. And, our District (Iowa District West) offers scholarships! Want to learn more? Visit with Zion's Board of Education or Pastor Conner.

Iowa District West

SCHOLARSHIPS

Concordia University System

Camp Okoboji

Opportunities

Opportunities

C.H.A.O.S.
CHRISTIANS HYPED ABOUT OUR SAVIOR
FEB. 14–15
THEME: 2020 VISION

Youth Camp (6th–8th grades). Games, Bible study, fun!

Register ONLINE

www.campokoboji.org

March 20-21
Jr. & Sr. Youth

Simul Justus et Peccator
Fully Sinner/Fully Saint
A Higher Things® Youth Retreat

Sometimes, it feels like there's a civil war going on inside us. The good we want to do we don't do. The stuff we're commanded by God not to do, we do (and even enjoy it). But, why does this happen to Christians? The answer lies in the gathering theme: *simul Justus et peccator (fully sinner/ fully saint).*

Future *Dates and Events of Interest:*

April 23 - 25: Wittenberg Academy
May 1: Final date to receive quilts for 2020 Quilt Auction
May 1 - 2: Spring Women's Retreat
May 6 - 10: Music Therapy Camp for Veterans
May 23: Camp Okoboji Auxiliary Quilt Auction
May 29 - 31: Kids Kamp #1

Preschool Praises for January 2019

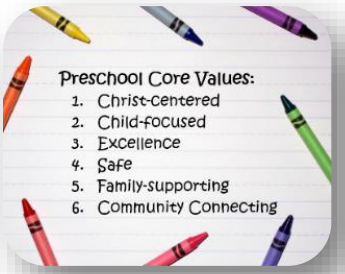
January was broken up a bit by snow days, but we still had a lot of learning to do! The first week in January was about snow and the letter S. The children got to paint with puff paint that looks like snow (shaving cream mixed with glue). We also make snowflakes out of coffee filters and they are on the bulletin board in the fellowship hall. The children used buttons to make the number 9 and count and practiced more cutting skills while trying to stay on the lines. They looked at a series of pictures and had to find which picture was different. During Jesus Time we spoke about how the wise men traveled so far to bring gifts to Jesus and that he probably was about 1-2 years old by the time they got there.

We also talked about how God used angels to warn the wise men not to go back to King Herod and for Joseph to take Jesus and Mary to Egypt to save Jesus from Herod. Pastor Conner also spoke to the children about the Magi and how they worshiped Jesus even though they themselves were not Jewish. This showed that Jesus is the savior for all people!

The second week of January we studied Penguins and I for igloo. The children enjoyed the artificial snow that I had in the sensory bin along with the plastic penguins. We did a science experiment where we put glue on a simple picture of a snowflake and sprinkled it with salt. The next day we took our salt snowflakes and used eye droppers to put water color on it. We watched as the salt soaked up the watercolor and spread across the snowflake. We also got to see what happened when the different colors met and how the color changed. We worked on the number 10 and number recognition and used our fine motor skills to trace on the tricky lines. During Jesus Time and at chapel with Pastor Conner we spoke about Jesus' Baptism and how the Holy Spirit came down and the sky opened up and God the Father spoke saying “This is my Son, whom I love; with him I am well pleased.” Could you imagine being one of the people there that day! What an amazing sight!

The third week of preschool was broken up by a full snow day and half a day off, so I had to do some switching around with my plans. I was planning to do a study on the 5 senses over a 2 week period, but now it will take a little over 2 weeks. That is okay, because I really love this study and so do the children! The first day we studied the sense of hearing and the children used their sense of hearing as they shook 5 different cups to guess what was in each one. They worked on counting and recognizing the numbers 1-5. The second day the afternoon class got to study the sense of sight. We took 3 colors (red, blue and yellow) and mixed them to discover what new colors could be made. We also identified the star shape from other shapes.

During Jesus Time we spoke about Jesus healing the paralyzed man. Jesus proved that he was powerful by forgiving the man's sins, but when other around him began to grumble because only God can forgive sins, Jesus said, "Which is easier, to say 'Your sins are forgiven' or 'Get up, take your mat and walk'?" He wanted to show them that he has the authority to forgive sins, so he then said to the paralytic man, "Get up, take your mat and go home." The paralytic man immediately got up and walked home! Jesus has the power to forgive us!



The last week of January we continued our study on the 5 senses. The children enjoyed having rice in the sensory bin that I had made in different batches to be different colors and scents (coffee, vanilla, pumpkin spice, etc). This engaged their sense of sight, touch, hearing and smell - they weren't allowed to taste it! The first day we studied the sense of smell and used it to guess what was hidden in different cups (ketchup, onion, peanut butter and orange) and did the letter N for nose. The second day we studied the sense of touch by using balloons filled with different substances then guessing what they were (syrup, water, marbles, rice, salt, beans). We also worked more on recognizing the numbers 1-5. The third day we learned about the sense of taste and made a chart to graph our reactions to the different things we tasted (sugar, baking cocoa, salt and lemon). At the end I like to have them try the lemon dipped in the sugar and then graph how they then liked the lemon! Then we learned that O is for oatmeal. In Jesus Time we learned about when Jesus was in a boat with his disciples and a big storm came. Jesus was sleeping (sleeping!) and the disciples were all worried that they were going to drown. They woke Jesus who immediately said, "Peace! Be still!" to the wind and waves and the storm stopped! He asked the disciples why they were afraid - "Have you still no faith?" We are not surprised because we know that Jesus is the Son of God, but the disciples were certainly amazed that even the wind and waves obeyed Him! Pastor spoke to the children about the time Jesus healed Peter's Mother-in-law who was sick in bed with a fever. Jesus took her hand and helped her out of bed, her fever left and she began serving everyone! Our God is a mighty God!

Fall Registration is Wednesday, February 19th and Thursday, February 20th from 4-6 pm. Parents of children who turn 3 before September 15th, 2020 are welcome to sign up for the 2020-2021 school year. We have 3 and 4 year old classes on Tuesday, Wednesday and Thursday for 2 1/2 hours each during the school year. If you have any preschool aged children or know of any families with preschool aged children, please pass on the news about our registration! Please call 655-2352 with any questions or email: zionmanningpreschool@gmail.com
Thank you for your continued and faithful support!
Mrs. Gore & Mrs. Nemitz

Addressing Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression that is related to the change in the seasons. Symptoms may begin in the fall and continue throughout the winter months. Don't brush off those feelings as the "winter blues" and tell yourself it is "nothing" and just tough it out until spring. Take steps to keep your mood and motivation steady throughout the year.

In most cases, SAD begins during the late fall/early winter and goes away during the sunnier days of spring and summer. Some people, although less common, have symptoms that develop in the summer months. In either case, symptoms start out mild and become more severe as the season progresses.

Symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems sleeping
- Changes in appetite or weight
- Feeling sluggish or agitated
- Difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Although the specific cause of SAD is unknown, it is suspected that the reduced level of sunlight experienced in the Midwest during the winter months disrupts the body's internal clock leading to feelings of depression. Reduced levels of sunlight also cause a decrease in the brain chemical serotonin, which may trigger depression.

A person that already has symptoms of major depression or bipolar disorder may have worsening symptoms during the winter months. One should take these signs and symptoms very seriously. If not treated, SAD can lead to social withdrawal, school or work problems, substance abuse, other mental health disorders such as anxiety or eating disorders, or suicidal thoughts or behaviors.

If you, or someone you know is experiences these symptoms for two weeks or more, you or they should see their provider for an evaluation.

Janet Brus, RN
Psychiatric Medical Care
Manning Regional Healthcare Center
Program Director
712-655-8262

Ladies Guild of Zion
January 8, 2019

Pastor Conner spoke on epiphany, the revelation of God in Christ to man. Christ came with light to those who sat in darkness of sin. Christian Life chairman Margaret Backhaus read "The Balancing Act."

President Roe called the meeting to order in the name of the Triune God and led us in the League Pledge. Roll call indicated 12 members in attendance who answered with "something you wish you had learned to do." Since the last meeting was our Christmas potluck, the minutes were not read. The mite box was passed and the mite box prayer recited. Treasurer Mary Grimm gave the current balance as $354.63. A handout of the 2019 Guild mission projects totaling $2,975.00 was dispersed. Darlene Vollstedt, kitchen treasurer, reported an end of year balance of $1,780.57.

Circles reports: Circle #2 served the Karmen Grabill funeral lunch. Circle #3 served the Charles Fielweber funeral lunch and Circle #1 served the Heather Kusel funeral lunch. Circle # 2 will be next. Human care reported on the money raised by selling the flour sacks on e-bay and the money spent on materials to construct quilts. 61 quilts have been tied since September. Also reported was the distribution of loom hats to five sites in Iowa.

Old business: Twenty-five tables were decorated for Advent by candlelight. $980.00 was raised for our mission projects. A big thank you was offered to all who participated.

New business: Because Guild members are aging, President Roe presented three options to consider in the matter of serving on circles. 1) reorganize into two strong circles, 2) keep three circles and move two workers from circle #1 to circle #3, 3) keep three circles and draw names with the goal of 6 strong workers on each circle. A vote was taken and we chose to reorganize into two strong circles.

In the matter of serving funerals there was discussion on changing policy for serving large funerals. An option being considered is giving families their choice of caterers. No action was taken. Bary Kienest asked if Guild would consider helping with salads and desserts for Advent and Lenten meals with the proceeds taken in given to the Guild. With our current numbers, the Guild felt they would not be able to help. There being no further business, the meeting was adjourned with the Lord's Prayer and the Table Prayer. Lunch was served by Audrey Roe and Sue Puck.

Sue Puck, secretary

Monthly Afternoon Communion Service at Zion

Is 9:00 a.m. on Sundays too early for you? Does your body cooperate better in the afternoon? Zion now offers a Thursday afternoon Communion service every month especially for you, but any and all are invited. Our next service is scheduled for **Thursday, February 27 at 1:30 p.m.** We'll gather in the nave and then welcome worshipers to remain afterwards for a time of fellowship.

Zion Congregational Survey

Thank you to everyone who took time to fill out our congregational survey! We are processing them and will communicate the results with you soon.

Did your email change? So did ours at Zion! Email us your new email at zionmanninglcms@gmail.com.

VBS Rainforest Exploration

Are you tired of cold and snow? Would you like to explore a rainforest in a warm climate? Join the children of Zion and the community for this year's VBS exploration. VBS dates are Monday, June 1 through Friday, June 5. VBS will again be held each morning during the week. The setting is a rainforest, and the theme is "Jesus Leads the Way." Children and their leaders will hear God's promises for them and will experience the warmth of His grace.

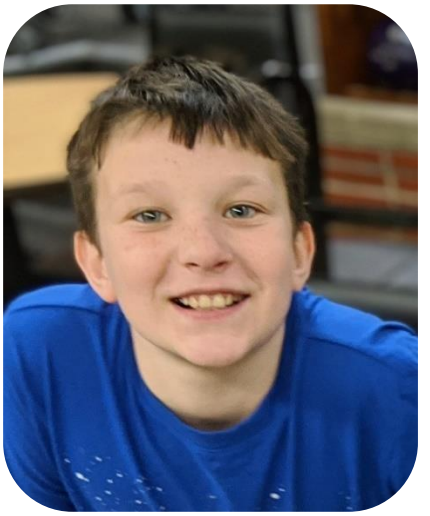
MANY VOLUNTEERS WILL BE NEEDED!!!! (Teen through senior volunteers needed!) We will need small group leaders, decorators, craft assistants, recreation helpers, administrative attendants, kitchen helpers, and more. Mark the dates on your calendar. If you know already that you will be available and would like to help, share your availability with Pastor Bob or Diane Riggert or Pastor Andrew Johnson. It will be a great (and warm) adventure.

Special TriZion Youth Group Day

- Monday - March 23 (time tbd)
- Going Axe Throwing & Laser Taging in Omaha
- Parents invited
- Fill out registration form on Facebook

Expenses covered by Jean Kusel's Thrivent Team

After a training session with Iowa District West's IOWAY Director -- Ellie Menz -- Trinity wanted to create a special emergency response room. Thanks to Carlys & Allen Stribe along with Lana Georgius and their Thriven Action Teams which helped stock our new room.



On Sunday, January 12, approximately 80 family and friends of Zion gathered for an afternoon of bowling and fellowship. The pictures tell the story! Thanks to Zion's Board of Education for sponsoring this event!

Filling the Grocery Gap in Manning

Has the closing of the grocery store in Manning made obtaining groceries difficult? Zion is here to help! John Corbet, owner of Food Land grocery stores in Audubon, Woodbine, and Missouri Valley has agreed to partner with Manning to deliver groceries to your door!

How does it work?

Food Land grocery store runs sales from Wednesdays to Tuesdays (weekly ad is available here: www.foodland.biz – click "weekly ads" and then choose "Audubon"). If you do not have internet, you may call Zion and we will print it for you.

Write out or email your order to Zion (zionmanninglcms@gmail.com) by Thursday (Friday morning at the latest) of each week (if you cannot bring your order to Zion, call us and we'll send someone to pick it up!). Be sure your phone number and address are included. We will ensure the order is submitted to Food Land. On Monday or Tuesday Food Land's driver will deliver the groceries to your door! The driver will bring your bill, which you can pay by cash, check, or credit/debit card.

How much does delivery cost?

$3 per order

What else do you need to know?

When you fill out your grocery order, be as specific as you can. For example, if you want green bananas, indicate it. If you only want a specific brand of yogurt, indicate so. If you accept substitutions (one brand of butter instead of another) say so.

If you have questions, please call Zion and we will help! 712-655-2352

Family Game Day

Bring a game and a friend to the 2020 Zion and Trinity Family and Friends Game Day!

Enjoy learning a new game or sharing a favorite.

February 16 from 3:00 – 5:00 p.m. at Zion

Pizza at 5:00!

Amigos en Cristo

News from ***La Iglesia Evangelica Luterana Amigos en Cristo:*** *Friends in Christ Evangelical Lutheran Church:* **Vacancy Pastor Daniel Vogel**, Denison, Iowa

February 2020

EPIPHANY TRADITIONS: The celebration of the visit of the Magi "Magos" at Epiphany (January 6) is an important tradition for our Hispanic families. So each year at Amigos en Cristo we continue this tradition. In the photo (right) we gathered to eat the traditional 'Rosca' cake, a round cake like a big decorated donut. Baked into the cake are plastic baby figures representing Baby Jesus. Another tradition is that whoever receives a piece of cake with a baby must bring tamales 40 days later for the festival of the Presentation of the Lord. On Epiphany many Hispanic families also give gifts to their children to remind them of the gifts Baby Jesus received from the Magi. And so during the party our children also received gifts. But most importantly at Epiphany, we teach the meaning of this special visit of the Magi to the Christ Child, teaching us that God's plan of salvation through our Lord Jesus is for all people of all nations. And so Epiphany has been called the 'Christmas of the Gentiles', the Christmas for non-Jews, for all people in our community.

THIS CHRISTMAS PINATA (right) doesn't look Christmasy but it didn't matter to 3 year old Yaretzy as she tries to battle this big piñata filled with candy. She had lots of help and soon it was spilling sweets. This was part of our Christmas party at Denison that also involved special music from professional guitarist, Humberto Diaz of our Storm Lake Hispanic ministry. He played and sang in the gym during the Piñata. There's even a special song Hispanics sing during the Piñata. He also played during our festival dinner. It was a special day of worship and activities for our families and their friends.

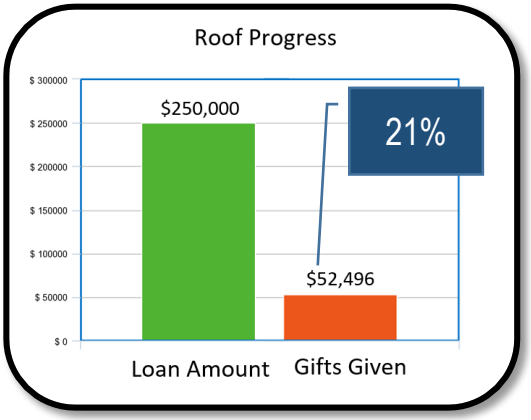
PLEASE PRAY: + For plans for the damaged church at Zion, Denison where Amigos meets. +For our plans and goals for 2020 in Denison & Storm Lake: 1. Calling a bilingual pastor, 2. Evangelistic outreach to the Hispanic community, 3. Leadership growth. 4. Meeting with area Mission Boards supporting our ministries. +With thanksgiving for our worship services and gatherings (Advent Posadas, at Christmas and Epiphany).

PLEASE PRAY: ***+In thanksgiving for the mission hearts of the many individuals and congregations of the Iowa District West who support the Lord's work among Hispanic immigrants in Denison & Storm Lake and also in our other 2 missions in Sioux City and Des Moines. +++***

Rev. Daniel Vogel
32678 Aspen Ave., Manning, Iowa, 51455
Home: 712-653-2354 / Cell: 712-309-1292
Email: daniel.vogel@ziondenison.org

UPCOMING EVENTS @ ZION & TRINITY

	February 2	Build a T-shirt canon at Trinity
	February 4, 11, 18	Bible Study at Trinity (2:00)
	February 7, 14, 28	Bible Study at Zion (9:30 walking; 10:00 study)
	February 9	Valentine Trivia Night at Trinity (6:00 p.m.) Catered meal + trivia fun! Tickets $20
	February 27	Afternoon Communion Service at Zion (1:30 p.m.)
	February 15/16	The Biggest Story A children's message series
	February 16	Game Day at Zion (3:00-5:00 / Pizza at 5:00!) Bring your favorite game and enjoy an afternoon with friends!
	February 23	Pastor Riggert appreciation service and reception (3:00 p.m.)
	February 26	Lent Begins / Midweek Services 5:45 w/ supper following at Zion 5:30 meal w/ 6:30 worship at Trinity
FAMILY EQUIPPING EVENT	March 22	Strengthening Marriage (6:00 p.m.)
FAMILY EQUIPPING EVENT	March 29	Strengthening the Single Parent (6:00 p.m.)



THANK YOU

Thank you, Pastor Riggert, for your faithful years of service at Zion!

Prayer, Praise, Reception
February 23 @ 3:00 p.m.

Everyone invited!

February Birthdays and Anniversaries @ Zion & Trinity

If we missed or misspelled your name, please inform the church office.

Birthdays (T = Trinity)

1. Gerald Beck
   Paige Mohr
   Scott Lahr (T)
2. Robin Bunker
   Carl French
   Brooklyn Riesberg
   Kendra Walters
4. Todd Gruhn
   Andrew Puck
   Adella Farle (T)
   William Joens (T)
5. Jean Hargens
   Cassandra Neumann
   Daniel Stribe
   Scott Lingle (T)
6. Michaela Chapman
7. Kennedy Adams
   Sasha Backhaus
   Marlyn Fielweber
8. Dena Diersen
   Russ Spies
   Rexanne Struve
10. Joe Ewoldt
    Devontay Hocken
    Olivia Paska
    Doug Ridgley
    Keldi Olson (T)
11. Dane Blom (T)
12. Tammi Powers
    Donna Schmarzo
    Sara Birks (T)
13. Jason Opperman
14. Ken Puck
15. Kristin Backhaus
    Frank Boeck (T)
16. Ryan Borkowski
    Scott Saunders (T)
17. Cory Beyer
    Carol French
    Adam Gruhn
    Jeanne Gruhn
    Jenna Rosener
18. Zach Dreier
    Carolyn Kerkhoff
    Luke Potthoff
19. Shaunda Martin
    Curtis Weems
    Roger Wegner
20. Janice Monson
    Jayde Rosener
    Lynette Gaskill (T)
    Mary Rasmussen (T)
21. Jean Ferneding
    Araya Hass
    Mike Powers
    Sierra Ferry (T)
23. Tom Wegner
    Mitchell Lahr (T)
24. Scott Opperman
    Barb Page
    Eric Christensen (T)
25. Kodilynn Rosener
26. Deanna Frank
    Keith Boyens (T)
27. Rylie-Shea Muhlbauer
    Scott Stribe
    Jeremy Wulf
28. Adam Albertsen
    Katie Sextro
29. Karen Vollstedt

Anniversaries

2. Errol & Anna Belle Wegner
3. Richard & Judy Irwin (T)
4. Joe & Becky Karsten
5. Paul & Monica Christensen
9. Lowell & Betty Schroeder
12. Lenus & Kristie Borkowski
13. Bill & Deb Ranniger
14. Chad* & Lynette Gaskill (T)
15. Bob & Gloria Ewoldt

In Our Prayers

Sherri Steffes, Jim Deevers, Rick Spack, Natalie Mason (Bruce and Mary Grimm's daughter), Gage Carlson (great grandson of Russ and Virginia Mohr), Maridee Bohlmann (David & Joene Bohlmann's daughter-in-law), Lynn Kruse, Joyce Schroeder, Nancy Grimm, Arlene Mohr, Patty Meeves (Laurene's daughter in law), Steve Rutz, Dewayne Buhr, Janice Monson