

Holy Week @ Zion



4/10
Palm Sunday
9:00 a.m.

- Children process & sing
- Reading of the Passion
- Palm Procession



4/14
Maundy Thursday
7:00 p.m.

- Holy Communion
- Stripping of the Altar



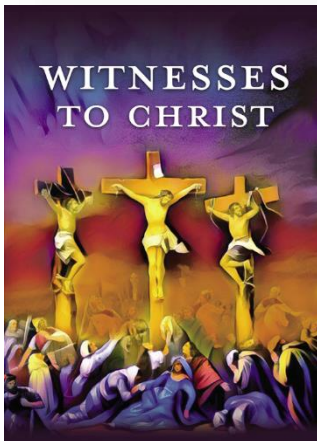
4/15
Good Friday
7:00 p.m.

- Bidding Prayer
- Tenebrae Service



4/17
Easter Sunday
7:00 a.m.

- Children process w/ lilies & flags
- Holy Communion
- Breakfast following



Holy Week Worship at Trinity: See and hear the “Witnesses to Christ”

Palm Sunday took place on SUNDAY! Jesus rose early on SUNDAY. Palm Sunday and Easter Sunday worship at Trinity will take a two week transition from the Saturday afternoon service to a 9 a.m. Sunday morning worship gathering. A breakfast will precede the Easter service. Maundy Thursday and Good Friday worship services will be held at 6:30 p.m.

The “Witnesses to Christ” series focusing on witnesses from the Gospel of John will continue through Holy Week. Stand on the streets of Jerusalem with the disciples on Palm Sunday; come to the Upper Room and meet Judas Iscariot on Thursday evening; join disciple John beneath the cross of Good Friday; and see the resurrected Jesus with grieving Mary Magdalene on Easter Sunday.

Pastor Johnson’s invitation would especially extend to this special season of worship: “Keep your rump in the pew!” and invite family, friends and neighbors to be seated with you. We look forward to leading you in worship during Lent and Holy Week.



Say it Out Loud:

A Key Piece in Lives Built on Right Thinking and Ordered Passions

In various and sundry ways we have addressed the question of mental health in the pages of this newsletter.¹ In this article we are returning to a key piece in the battle for lives built on right thinking and ordered passions (i.e. a mentally health life). Before we go any further, though, please understand that the words in the preceding sentence are deeply significant. We are aiming for lives established on right thinking, on thinking aligned with reality, with creation as it really is (because it's possible to have wrong thinking, thinking out of line with reality). And we are striving to order our passions precisely because they need to be ordered, because disordered passions wreak havoc in our lives. Disordered passions are a lot like immature, undisciplined children left to their own devices. It's not pretty. Another way of saying this is that we are aiming for human flourishing and that is largely dependent on right thinking and ordered passions.

So the first step in honing mental health with an aim toward human flourishing is accepting that reality is a certain way. It has been fixed that way by the Creator (Scripture regularly refers to this as

"the fear of the Lord"). I regularly tell my children, "Reality has edges." These edges are fixed (and often sharp!).² We cannot live a life set against these edges and expect to experience mental wellbeing (or physical, financial, emotional, and spiritual wellbeing!).

Second, we need to acknowledge that our thoughts and our desires can be out of line with reality. It's possible that our thoughts are wrong and that our desires are disordered. In fact, it's exceedingly likely that at least some of them are wrong and disordered because this is what it means to be fallen creatures. Our thoughts and desires have been warped by sin. So to ensure we're building our lives on right thinking and ordered passions, we must go to the Definer of reality and learn what He has called good. And this will require submitting our thoughts and yielding our desires to Him (which is why regular worship and Bible reading and studying are essential!).

With these foundational pieces in place, we can move forward into the focus of this article: *saying our thoughts out loud*. To avoid making our point prematurely, though, and thereby, diminishing its importance, we need to start with an image: imagine solitary confinement. Imagine being locked into a dark cell... alone... for weeks, months, maybe years. What does that do to a person? In two words: bad things. These bad things include anxiety, depression, anger, panic attacks, paranoia, hallucination, self-harm, violent

¹ Pastor Johnson has contributed several insightful and personal articles, Janet Bruhn includes a monthly piece on a different piece of mental health, and I have periodically addressed it. I encourage you to check out the three pieces recently posted on Zion's blog (<http://zionmanning.com/blog.php>) that take a little longer look at the question of mental health.

² I also like to tell them (with a smile on my face): "I am reality." In other words, my vocation as a parent

requires me to stand in the place of reality for my children so that they can learn where its edges are in a safe and loving environment. My "edges" are softer and more forgiving. If I serve well in my vocation, I will prepare children who respect reality and live in line with it, and thereby flourish as individuals. I also joke that I need a T-shirt with the words: "Parent: I am reality."

outbursts, and many, many more Very. Bad. Things.

So if we are able to recognize the deleterious effects of solitary confinement on people, why do so many of us lock so many of our thoughts (our deepest struggles and mental battles) into solitary confinement? Why do we refuse to let them see the light of day? Are we afraid they're too dark? Do we fear what others might say? Or are we afraid we might have to let them go? The truth of the matter is that some, if not most, of these thoughts are false (or a warped version of the truth) and they deeply impact our feelings and powerfully influence our behavior (because what you believe affects what you feel affects what you do). And if they are not built on truth, they will mislead us and disorder our lives and that is a recipe for mental mayhem and emotional turmoil.

So let's journey together for the next few moments into our minds' prison rooms and see what we've confined there.

- I am a failure. There's no point in trying. I might as well give myself up to destructive behavior (binge eating, alcohol abuse, pornography, etc.).
- People don't appreciate me like they should and I need to be appreciated so I'm justified in harboring unkind thoughts about them or undermining them.
- My wife is a negative person and that's not right. If she's going to do wrong things, I will too.
- I'm not happy in my marriage and I deserve to be happy (whether through divorce, an affair, or escape through a mental or virtual/online affair).
- My parents are a mess. They care more about themselves than me. So I'm going to find someone who will make me feel loved

even if that means doing things with him that I know are wrong.

- I'm afraid my boyfriend will leave me if I don't move in with him and I don't want to be alone.
- I am an outcast among my peers. If I identify as LGBTQ I will be accepted and loved.

All of these beliefs make perfect sense in the darkness of solitary confinement, which may explain why we are hesitant to bring them out into the light. But in the light things look differently. To be more specific: Saying our thoughts out loud forces us to hear them and then to evaluate them.

Try it. Go through the previous list and say them out loud. How do they sound? Do you hear the half-truths, the justifications, the overstatements and mischaracterizations? If someone else said them to you, would you nod your head in full agreement? Surely not.

This is why we all need to say our thoughts out loud. We need to hear them. We need to bring them into the light. Ideally, we will do this with a mature Christian, a competent counselor, our pastor, and/or our husband or wife. This may be, initially, a scary thought, which is why we routinely keep these thoughts locked in solitary confinement. We don't want to face the thought of releasing them because they have been the justifications we've used for our feelings and actions, but if we want to flourish as people, if we want to build our lives on right thinking and ordered passions, we need to bring our imprisoned thoughts into the light. We need to say them out loud. The journey toward mental health and human flourishing involves much more than this, but it certainly doesn't involve less. So, let your thoughts out of solitary confinement. Find a mature listener and say them out loud and join the journey toward mental health and human flourishing. – Pastor Conner



Standing against the Spirit of this Age

Every age has prevailing ideas, ideas so pervasive that they are nearly accepted without question. Our age is no different. I've written before in these pages about one of those ideas, the belief that *we are sexual beings*. You can read that article on Zion's blog (see link below).³ Here is a brief excerpt from that article:

We are sexual beings isn't merely asserting that sex is a part of the human experience; it's asserting that sex is everything, that sex is at the core of our being as humans, that expressing our sexual desires is at the heart of our identity...

Yes, sex is a part of the human experience, even having the blessing of God within the marriage of husband and wife (for the purposes of one-flesh union and procreation), but it is not of the essence of being human...

Instead of accepting the assumption we are sexual beings, we would do better to confess the historical truth that we are religious beings. We are wired to desire God, to know Him, to fellowship with Him. Scripture declares that God has set eternity in our hearts, so that our hearts instinctively yearn for fellowship with Him. Knowing God precedes all else. True fulfillment is found in knowing Him and in being known by Him. Our identity is not found in any sexual behavior or preference, but in our created and redeemed status as children of

God. The need to appreciate this truth cannot be overstated.

In this article we tackle another (false) prevailing idea. It shows up everywhere, in movies, in inspirational speeches, on bumper stickers and posters, in books, all over social media. Parents counsel their children with it and children dream in line with it. It sounds like this: *be true to yourself; you need to find yourself; be your authentic self*. Although it takes different forms, the underlying idea is the same: internal sense is king; authentic desires are queen.

While there is a kernel of truth in these statements (it's important not to let peers, for instance, pressure us into ungodly and unhealthy behaviors), the kernel has been saturated in poison. Perhaps it would be easier to see in the following statement from former Supreme Court Justice Anthony Kennedy. He's writing here for the majority in *Planned Parenthood v. Casey* (1992), a case which (sadly) upheld the constitutionality of *Roe v. Wade*. He writes:

At the heart of liberty is the right to define one's own concept of existence, of meaning, of the universe, and of the mystery of human life.

Justice Kennedy, an intelligent man, here utters nonsense, completely unlivable nonsense (We would never, for instance, apply such ideas to sports or driving – that every person gets to define the game or the rules of the road for himself. That would be madness!), but he has masterfully captured the spirit of our age. A person's internal sense is sovereign. Nothing from outside the person has any bearing on the person's identity or liberty. Being true to oneself is all that matters.

³ zionmanning.com/blog/174/questioning-the-unquestioned.php

The spirit of the age insists that the highest ethic does not come from a source beyond the person, but from within the person; that's what's ultimately behind the slogan *find yourself* and *be your authentic self*. The highest ethic is being true to one's internal sense.

This is why our age considers it perfectly normal to define people by their sexual desires: gay, homosexual, lesbian, bisexual, pansexual, queer, etc. Authentic desires are queen. And this is why our age regards it as a reasonable thing for a man to claim to be a woman and vice versa. If internal sense is king, then this is completely reasonable. One's created nature as male or female is irrelevant. The body doesn't matter. The Creator's work and words don't matter.

If, however, reality exists independent of our internal sense (it does), this belief must be rejected. If identity is determined by a source beyond us, beyond our desires (it is), this belief must be repudiated. Please note, though, that we are saying that the *belief* must be rejected and repudiated; we are not saying that the *people* who have been deceived by the belief are to be. Love requires us to draw near to them with truth and compassion.⁴

How then do we stand against the spirit of our age? Or, putting it positively, how do we confess the truth of God in a concise and confident way? I offer two starting points. And please understand, these are starting points. They are not exhaustive, but they are critical in countering the spirit of our age and in positively confessing the truth of God.

- 1) The Creator always comes before the creature.
- 2) Use the Creator's words.

The Creator always comes before the creature.

Another way of expressing this is *the fear of the Lord*. Ecclesiastes succinctly expresses the idea: "Fear God and keep his commandments, for this is the whole duty of man" (Ecclesiastes 12:13). Fearing the Lord means putting the Creator first – always. The thing missing from the spirit of our age is the Creator. Reconsider the sloganized expression of the spirit of our age – *find yourself, be your authentic self* – they ignore the Creator. They set the *self* up as sovereign, as the chief determiner of identity and reality. And the truth of the matter is that the self is not qualified for such a task.

Here's the truth: you don't need to journey within to discover yourself because God tells you who you are. You are His creature. You bear His image. You are a male or a female and that is beautiful and good. You have a mother and a father and certain responsibilities toward them and their representatives. You have neighbors who need you (siblings, classmates, teammates, etc.). You have a people and a place where God has planted you. And you have a God who has redeemed you. This is who you are.

You don't need to journey within to find yourself; you need to hear the Word of your Creator. He tells you who you are and reveals your identity in your vocation. The journey within only takes you into an internal sense that has been warped by sin

⁴ I have written numerous articles on how to draw near to those struggling with same-sex desires and/or gender identity issues. Several of them are posted on

Zion's blog (zionmanning.com/blog.php) and more are available upon request.

and into desires that can deceitfully lead you astray, away from what God the Creator has called good. Letting your internal sense and desires be king and queen is a recipe for disaster.

Begin here: the Creator always comes before the creature. His will revealed in His work (i.e. creation) and in His Word (Christ and Scripture) determines reality and our identity.

Use the Creator's words.

The second point builds on the first: use the Creator's words. More specifically, use the Creator's words to define reality and identity. He doesn't define people in sexualized terms; He defines mankind as male and female.

Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

So God created man in his own image,
in the image of God he created him;
male and female he created them.

And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." (Genesis 1:26-28).

Male and *female*, these are the Creator's words. Use His words. This means that we do not define people in the sexualized terms in vogue today. We may speak of a man with same-sex desires or of a woman who identifies as a man, but we do not label a person by their sexual desires or internal

sense, i.e. *gay*, *lesbian*, *homosexual* (or even *heterosexual*!), or *trans*. These are not the Creator's words. The creational words of *male* and *female* must remain.

With His words firmly in place, we can speak about a male's or a female's internal sense and desires. When we do so, we will, no doubt, discover desires out of line with what the Creator has called good in creation. We will discover the same thing in our own hearts – because Scripture teaches that our internal sense and our desires have been bent and twisted by sin. They are out of line with what the Creator has called good. So we cannot turn to them to define reality and identity. They are not reliable.

We must also acknowledge that our bentness IS NOT LIMITED to sexual desires; it includes *ALL OUR DESIRES*. Every last one of us has been bent by sin and has desire upon desire out of line with what the Creator calls good. And that means that WE ALL need a Savior. This is why the spirit of this age is so pernicious and dangerous: it leads us to believe we don't need Jesus, specifically the Jesus who redeems us from sin-twisted desires and false beliefs about reality. And this is why we must stand against the spirit of this age.

We cannot begin with the assumption, as the spirit of this age does, that our desires or our internal sense are morally good and trustworthy. Instead, we turn to our Creator who is good and trustworthy and we use His words. To stand against the spirit of this age – that reality and identity are determined by our internal sense and our desires – we must learn to put the Creator before the creature and to use His words to define reality and identity. – Pastor Conner



See the Great Things God has Done

Pastor Johnson (Andrew as I like to call him) is the talker in our family. You put him in any situation and he can start up a conversation with anyone. I like to say he could talk to a wall and make it want to talk back to him, but me, I struggle with the small talk. So, while he has been very vocal during this whole process, I have taken a much quieter role, one of the caregiver. Yes, I send out the update on his progress, and since the process has started I'm the one you hear from, but when it comes to how I'm feeling about the whole ordeal I tend to remain silent. So, while Andrew is incapacitated at the moment, I figured now is as good a time as any to talk about my role in the process.

The first time Andrew had cancer I wasn't around. I was friends with him, but only on the fringe, as in, I had been introduced to him but my friends were friends with him more than I was actually friends with him. It was actually because of his bout with cancer the first round and my message to him that said "I am praying for you" that we started talking. He says he saw his opening and took it. Haha.

The second time Andrew had cancer, we were at the seminary. We had just gotten back from vicarage, and he went to a routine checkup for them to tell him that his AFP tumor marker had risen. Later, once it was confirmed that the marker was going up even further, I was beside myself. My world crashed down around me. It took everything I had to get through the day. I had

no job, I had graduated school, and now my husband had cancer, what was I going to do. But, as time went on so did I. It took the strength of my family, friends and coworkers (I eventually got a job at Crave Coffeehouse in St. Louis) and God to get me through. When we moved to Manilla and he started treatments (It was a full year and a half long process until his numbers returned to normal) I felt a little stronger. I knew I had God and my community behind me. My family and friends checked in on us daily, but it was hard. It was devastating, but the thing is we got past it. We made it. We thought we were in the clear.

Then it came back.

When Andrew came in and told me that the routine blood work that he had gotten done had come back with an AFP of 5600 I remember thinking this is a dream. I didn't react for a full three minutes because I was just sure that he was joking. That there was going to be a punchline. We had made it past this part of the journey. We had conquered it and moved forward. There was no way this was true. He assured me it was.

Here is the thing though, this time, my world didn't fall apart. This time, I was shocked, but after I got over the shock of it and took a deep breath, I knew God had us and we were going to do what we had to do. And that brings us to today. Here we are living in Rochester, MN for six weeks, only to be followed up by three or four weeks at home and then back to Rochester for another four weeks of chemo, transplant, repeat.

This has been hard. Hands down this has been one of the hardest things we have both ever done. If anyone tells you that transplant is easy, you can kick him and tell them I say different. But at his lowest, when Andrew's blood cells bottomed out (hemoglobin at a 5 (normal is 13), platelets at a 5 (normal is 135) and Leukocytes at a .1 (normal

is 3.4)) and he felt absolutely awful, he said you have to go through the hard stuff to get to the good stuff right? And he is right. This process, while excruciating has taught us both a lot, and for me, it has taught me first and foremost that I am a control freak. (Haha bet that wasn't what you were expecting I was going to say.)

The thing is, I control none of this. I want to take care of Andrew. I want to make things better, often I want to be his savior, and yet, I can't. I am only human. I am limited. I didn't go to school to be a doctor. If you asked me what those numbers that I just laid out on his blood counts were prior to this I wouldn't have been able to tell you. Yet, here I am and God has put me here and given me a task that I feel completely and utterly inept to do. This is what it is to be a caregiver. It is standing by and losing control. It is saying "God I need your strength to get through the day." It is crying out saying "Why is this happening God? What can I do differently to stop it?" And it is recognizing that there is nothing you can do but stand in awe at the amazing miracles of Jesus Christ.

While here in Rochester Andrew and I have seen God work in miraculous ways. We have seen him drop Andrew's AFP by half without medication. This doesn't happen. I know most of you are confused when I say AFP (Alpha Feta Protein) but it's a tumor marker and the thing about tumors is, they don't shrink by themselves. Well, not unless you have divine intervention.

We have seen and talked to people who have had organ transplants. I firmly believe that these are a miracle in and of themselves. To be able to save someone's life with your own, that's incredible (and Biblical). We are currently living with people who have had heart transplants, liver transplants, kidney transplants, it's crazy.

We have seen God work through us. We have seen the miracle of God allowing us to help a poor woman who had fallen outside of the transplant house. Well into her 80s this woman stepped off the curb wrong and took a spill. It was 10 degrees that day and we found her seconds after she fell. Praise God because while Andrew ran in and got the administration to call 911, I stayed with her and talked to her and we prayed with her. Meanwhile the entire time we are sitting outside (at least 15 minutes) no one came out other than us. No one drove by. That poor woman would have been lying there without any help until someone came upon her. We praise God for allowing us to be there and to pull out and go the back way, because we just as easily could have pulled into traffic and not come upon her.

We have seen medical providers that have went above and beyond. Many of you know that Andrew struggles with anxiety. When Andrew had to go back into the hospital recently because his numbers were so low one of the Nurse Practitioners got down eye to eye with him and made sure he knew that this was temporary. Later, after I had left he started to have a panic attack. A different Nurse Practitioner was there. They gave him meds to calm him down but she got down and held his hand and she prayed with him. She recognized that he was in crisis and God could help. She was with him when I got there that night in the hospital continuing to speak truth to him, that he is loved, and loved by the God of the Universe.

We have seen God at work. Ash Wednesday was one of the hardest days for us. It was a day that normally Andrew looks forward to and prepares for. At Trinity there are ashes and usually incense. We do communion together and recognize the reason we need a Savior is because we are all sinners, we are on an equal plain. This Ash Wednesday, however, looked a little

different. We were informed that there would be a service at the transplant house so we attended it. Little did we know that we would be attending a service led by an Anglican priest who was also going through a stem cell transplant. They had never had a service at the transplant house before but this priest said we need one and I can do it. So he did, and the room was so full they had to bring in extra chairs.

We have seen healing. We have seen people get better and get to leave and we hope that one day we will too. Haha. No, we know we will, but it helps to see it. It helps to see God's hands at work healing people in daily life.

So, while part of being a caregiver is driving to the appointments, giving Andrew his medicine, making sure he eats and drinks, doing the laundry, taking his temperature, etc. etc. etc., it is also watching God work. It is seeing the good things that God has done. It is being daily encouraged by all of you. It is remembering Joshua 1:9, "Be Strong and Courageous. Do not be afraid; do not be discouraged, for the Lord your God is with you wherever you go." – Tiffany Johnson

Thank You!

We are truly humbled by all those who planned, prepared, and executed the benefit in our honor. It is encouraging to see our communities come together. We are unworthy of the gifts we have received, but you have allowed us to focus on healing rather than all the nitty gritty details. Thank you to all the volunteers, donors, those in attendance, and our parents. We love our communities and we look forward to getting back into action as soon as possible. – Pastor and Tiffany Johnson

John writes, "Let us not love in word or talk but in deed and in truth" (1 John 3:18). And that's what you did in the Johnson's benefit. Well done!



Update (as of March 25) from Tiffany:

Many people have asked us what we need and what will happen coming home so here is the update on that:

Can Andrew be around people or does he need to be quarantined?



Andrew can be around people. He needs to wear a mask and preferably the people he is around will also wear masks. Hand washing and sanitizing is very important and he can't be around anyone sick. So basically yes, but covid restrictions.

Can we make food for the Johnsons?

Yes if you feel so led to make us food, that is great, but please try to make it so either we can cook it ourselves or we can warm it up ourselves. Has to do with a temperature point that kills all bacteria.

Can we (the Johnsons) have our pets?

Yes! We cannot wait to get back to our little critters lol. They have become part of the family. Andrew cannot pick up poop or be in the same room as the litter box, but yes, we can have our pets.

What do you (the Johnsons) need from us (the members of Trinity and Zion)?

We need you to not act like he is dying. Because he is not. Or as Andrew said, "Don't be weird."

Yes, the transplant failed, but we are still in the battle; it just looks a little different, to quote a very wise person. Love us like always. Call us when you need something or want to talk! We are here to serve you still. Give us a little grace (which you all already do.). Andrew and I will be trying to figure out what our new normal looks like with chemo and how he feels going forth. Some weeks he will do the service, some weeks he will do some of the service, some weeks someone will cover, but we will all get through this together.

Lastly, pray for us. Please continue to pray for healing, for ways the doctors can utilize any of their resources. Pray the chemo works and shrinks the tumors to a place where radiation is an option or surgery. Pray that God would perform a miracle. And pray for Andrew as he moves forward as well. We love you all so much and we can't tell you how much we are looking forward to coming home. – Tiffany Johnson

Living in LIGHT--Fellowship Club Updates

Orphan Grain Train Visit

The Fellowship Club invites members and guests on a “field trip” to the world Orphan Grain Train headquarters in Norfolk, Nebraska. Visitors will meet at Zion on MONDAY, APRIL 4, at 9 a.m. for the day trip. Lunch in Norfolk will precede the 1 p.m. tour. The group will return to Manning by approximately 4 p.m.

The Fellowship Club continues to support Orphan Grain Train (OGT) by organizing clothing drives for the local Ida Grove warehouse and by assisting with sorting and boxing at the warehouse. The Ida Grove warehouse is one of 29 national support centers. OGT is a recognized service organization of The Lutheran Church – Missouri synod and shares its mission to “bring Christ’s name and character to needy people both near and far” by providing humanitarian assistance. More information on the organization is available at www.ogt.org.

In 1991 Norfolk pastor, Rev. Ray Wilke, visited Riga, Latvia and saw the need for humanitarian assistance. Rev. Wilke shared his vision with Clayton Andrews, then president of Andrews Transportation. The two mission-minded leaders grew OGT to an organization that has provided relief to over 69 different countries. In 2021, assistance of over \$38 million was provided. National and international response is coordinated from the Norfolk headquarters.

A sign-up sheet for the trip is located in the fellowship hall so that adequate transportation can be arranged. Your name on the sign-up sheet is for planning purposes only and does not require a firm commitment. The only cost is your own lunch. Join us!



LCMS NATIONAL YOUTH GATHERING July 9-13 in Houston

ZION WILL SEND A HISTORICALLY
LARGE GROUP
30 KIDS & CHAPERONES!

WOULD YOU CONSIDER GIVING
\$1/ATTENDEE TO SUPPORT THIS
HISTORIC ENDEAVOR TO DEVELOP
OUR KIDS? GIFTS CAN BE GIVEN TO
BARY KIENAST OR JODI RAMSEY.



Preschool Praises for March

Hello Friends!

March was an exciting month, as we enjoyed the change in weather, more days outside, and a little bit less snow!

During the first week of March, we celebrate Dr. Seuss' birthday with a lot of fun activities: some wore crazy socks, green eggs and ham treat, games, and a lot of Dr. Seuss reading. We also held Dad's Night on March 3rd. During class we had the preschoolers answer a questionnaire about their dads, and we shared the answers at Dad's Night. Some of the questions included: How old is your Dad? If you could buy your dad any gift, what would it be? What does your dad cook best? As you can imagine, we had some interesting answers and good laughs. At Dad's Night, the students and their dads ate pizza and made birdhouses and decorated picture frames.



In the second week of March, Miss Shelly and Miss Ashley held parent teacher conferences. It was great to have time to talk with each parent individually and share how much growth each child has made. Miss Shelly received a lot of wonderful comments about how much the preschoolers are singing and talking about Jesus at home.

The third week of March, Manning Dental visited our classroom and taught us about our teeth and proper teeth care. They sent a little gift bag home with each student and inside was a toothbrush and new toothpaste.

During Jesus time in class and chapel with Pastor Conner, we continued to learn about how POWERFUL and MIGHTY our God is. Pastor Conner spoke about Nicodemus and explained that "God so loved the world that he gave his only son, that whoever believes in him shall not perish but have eternal life." The preschoolers heard the story of Jesus healing the blind man by making mud out of spit and then putting it on his eyes. He then had the man wash the mud off and he could see!

This month, we focused on identifying and writing the letters R, K, H and N. Our units included Dr. Seuss green clovers, healthy eating, and teeth care. The students have worked hard on identifying their names since the beginning of the school year, and many of our students can write their name now with a model or independently. We continued practicing counting, identifying numbers through 10, and shapes. It is so fun to watch the preschoolers grow physically, spiritually, socially, and academically!

Some things we are most looking forward to in April are chapel days with Pastor Conner, an Easter egg hunt where students can search for eggs and take them home in a new Easter basket, and continuing to practice our new songs for Preschool Graduation in May.

Continued on next page...

Blessings,
Miss Shelly and Miss Ashley

Preschool Praises for March

The Zion Preschool thanks you for your ongoing support of our program and for giving us the opportunity to share the love of Jesus in word and deed with children and families! We want to give a special thank you to Janet Smith, Paula Wulf, and Marlene Borkowski for applying for a Thrivent card to help cover costs of Jesus' Birthday, Easter basket supplies, and Dad's Night supplies. A special thank you to all who have graciously donated to expand our outdoor recess equipment, we cannot wait to share with everyone the items that are coming to our preschool soon! Miss Shelly and Miss Ashley are also working on personal thank you's for these gracious donations! They will be enjoyed by many, many future Zion Lutheran Preschool students. Thank you to all our parents for sharing your children with us here at Zion, and to the congregation for your prayers and continued donations. We are so blessed to have such strong Christian, youth programs here at Zion.

Enjoy the pictures from our month together!

Blessings,
Miss Shelly and Miss Ashley



Your loving support
allows us to share
Jesus with every
one of these
children and their
families!





Pastor Conner opened with devotion, prayer. Christian Life: Cheral Buhr read "Finding the Way." President Roe called the meeting to order with 13 members present. Roll Call: recall a cooking disaster you or someone else have had.



March 9, 2022

Ladies Guild

Audrey shared that our Mite Box goal has not been met. The Treasurer's report was given by Cheryl Zinke. Kitchen treasurer report balance was given by Darlene Vollstedt. Discussion of purchasing a new 100 cup coffee pot or 2 as there are a couple that are not working properly. Committee reports: Treasury book audit has been completed and there were no issues found. Old Business: Audrey thanked everyone for their participation for the Pastor Johnson benefit. There was a good turnout. Orphan Grain train delivery March 9 included several donated quilts. Some of the guild ladies and others helped sort and process items for shipping. New Business: Sue Puck brought up the National Youth Gathering cost for the 30 kids to attend. After discussion there was a motion and 2nd to give \$30 to the cause. Audrey presented some information she had received to the group on Camp Okoboji. Meeting was adjourned with the table Prayer and Lord's Prayer Lunch was served by Gloria Ewoldt and Becki Ehlers. The next meeting will be the meeting on April 13th, 2022. Hostesses will be Becki Ehler and Gloria Ewoldt. The Meeting was adjourned.

Gloria Ewoldt, Secretary

FALL PREVENTION

Falling hurts!

What can you do to prevent it?

How can you arrange your house?

Why are emergency devices important?

Special presentation at Zion

Wed., April 13 @ 1:00

All invited.



MRHC Occupational Therapist
Amanda Arneson



LWML Spring Rally

10:00 a.m. Saturday, April 23

@ Zion, Manning

Lunch Provided

All Invited



Guest Speaker: Amy Hull
Transition and How to Cope



Why Is It So Stressful?

When I was looking at my health topics calendar for April, I noticed that April is **Stress Awareness Month**. I began thinking about all of the things that I am stressed about and quickly figured out, these are things that I stress about all year long. Gas prices. Are my kids and my Mom okay? Why is lettuce so high price?



Have you ever been in a situation that was a little (or a lot) overwhelming? Well, you are definitely not alone! Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find that healthy balance is the best way to live a productive, happy life.

Prolonged stress can lead to real physical problems and can cause strokes, ulcers, muscle and joint pains, as well as other physical symptoms. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

There are several common reactions to stress that most people experience. This may include disbelief, shock and numbness; feeling sad, frustrated and helpless; difficulty concentrating and making decisions; and headaches, back pains and stomach pains.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and blood sugar levels. This is helpful in an emergency situation, but having this "rush" for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Sometimes the stress of our lives is not something we have the power to change. We need to recognize when we don't have control, and let it go. Avoiding getting anxious about situations that we cannot change is important to remember as well as taking control of our reactions and focus our minds on something that makes us feel calm and in control. We all need to develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Focus on those healthy ways to cope with stress:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- Avoid drugs and alcohol – these can create additional problems and increase the stress you are already feeling.
- Recognize when you need more help – know when to talk to a psychologist or counselor if things continue.

This month, recognize the difference between good and bad stress and try to find your happy place within the madness. Let yourself have a good time and get your mind off the busyness of the real world.

Janet Brus, RN
Psychiatric Medical Care / Manning Regional Healthcare Center
Program Director – Senior Life Solutions



SERVING THE LORD

ALL OVER ASIA

NEWS FROM THE FERRY FAMILY



Lent 2022

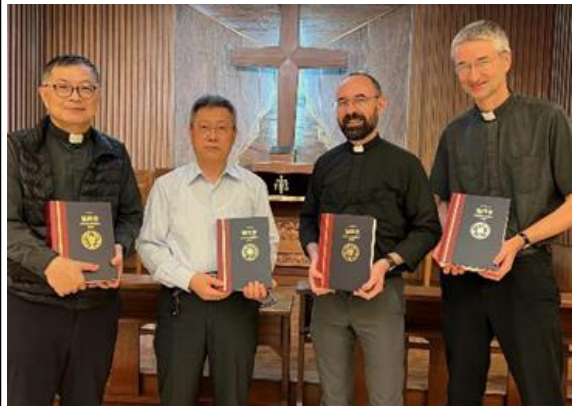
Greetings from Taiwan! The Ferry Family arrived safely back in Taiwan in early February, and was immediately put into two weeks of quarantine. We had seven COVID tests in total over three weeks, but received a clean bill of health and have resumed normal life here. We are glad to be home and settled back in. Here are some glimpses of life since we departed the United States after our incredible months-long visit:

Bottom left: Caylee gets used to wearing a mask on the bus ride out of Wisconsin. No exceptions, even for babies!

Bottom right: Caleb and Caitlin get back to work in Catechesis with Daddy in his office.

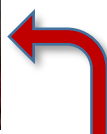
Middle Right: Gathering with church partners in Taipei (and with LCMS missionary Michael Paul) to celebrate the new Book of Concord in Chinese!

Top Right: Charlotte and Chloe resume Chinese class with Teacher.





Cassandra turned 8 years old during our quarantine time in February. Despite the fact that we were separated and locked-in, she still made the most of the special day. Here she poses with the “cake” assembled by sisters Chloe and Carissa, from the snacks and crackers in the room. Can you see the “8” they made from the cookies?



Momma Cheryl also had a birthday during our quarantine days. The girls insisted on “making” her a cake out of the snacks, just like they did for Cassie. Can you see the number that indicates her age?



Charlotte's birthday was our third special day during quarantine. But at least hers was during our days locked-in at home just before it ended. Charlotte turned four years old, and wanted a doggie on her cake. Momma was more than happy to make it now that we were back in our own kitchen.

PLEASE PRAY FOR:

- Re-integration to life in Taiwan after our time in the USA recently.
- Cheryl and the kids as they resume Chinese classes and homeschooling.



Amigos en Cristo

News from **La Iglesia Evangelica Luterana Amigos en Cristo:**

Friends in Christ Evangelical Lutheran Church

Pastor Pedro Lopez, Denison, Iowa

April 2022

Hello everyone! It is nice to connect with you again through the District Newsletter. Great things are happening around the district with outreach to Hispanic Ministry. Currently, we are in the planning mode, things like planning the famous annual rummage sales that have been on hold for the last couple of years due to COVID, the outing at Camp Okoboji in August, and picking our delegates to the VII Hispanic Convention happening in Orlando, Florida.

We have met several leaders from different organizations and churches, gathering volunteers for our future ESL and Citizenship programs, activities that will allow us to provide needed services to our communities and provide opportunities for meeting people and invite them to our churches.

In Denison, we had a great bilingual Ash Wednesday service together with our brothers at Zion. It was a very eye-opening event for our members as it was for the brethren at Zion. I had an opportunity to meet our staff at Camp Okoboji as we plan the event in August. This event, I was told, brings lots of families together and gives us an opportunity to minister to them. I will be planning a Cross-Cultural bilingual worship service on that occasion. I will provide more information in the days to come.

In Storm Lake we are providing a confirmation class to a mom and her three children. We are planning a bilingual Easter Sunday Service together with our brothers and sisters at Grace, with a breakfast before the worship service. Put it on your calendar, you are all welcome!



The Hispanic Convention takes place August 2-5 in Orlando, Florida. We are bringing 8 Hispanic leaders to experience the fellowship and hear about the advancement of Hispanic Ministry around the LCMS. We will partner with leaders from around the Latin American world. This will be a new experience for our leaders. Please pray that this event will strengthen the faith and commitment of the Hispanic leaders in our District. April 2022 Iowa District **!AMIGOS EN CRISTO and GRACIA!** West, LCMS News from Las Iglesias Evangélicas Luteranas Amigos en Cristo in Denison and Gracia in Storm Lake Pastor Pedro Lopez 7 Please pray for the other Hispanic Ministries in our beloved District including Shepherd of the Valley, West Des Moines; the Sioux City area; Storm Lake; Denison; and the outreach happening in the Carroll and Harlan areas.

Rev. Pedro Lopez
Assistant to the President
Missionary at Large
pedro@iowadistrictwest.org
571-606-7600 (cell)



Thank you for your continued prayers, financial support, and all you do for our programs.

Gracias y bendiciones,



*Rev. Mark and Megan Mantey
Serving in Uganda*



Paul said to Timothy in 1 Timothy 3:5-7, “I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice, and now, I am sure, dwells in you as well. For this reason, I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.”

These exact words were shared with the seven recent Lutheran Theological College Uganda (LTCU) graduates on February 20th. Bishop Charles Bameka said that the men had been well-trained by family and church leaders in their deaneries and during their education at seminary. All of the graduates are active in the LCU, some teaching and preaching in refugee settlements, and most leading Bible and Catechism classes at their congregations and preaching stations.



*LTCU graduate, Otesa Anthony, shakes
hands with Rev. Peter Maganda, Dean of
Students, at graduation*



*Megan with LTCU Year One seminary
students as they receive study Bibles*

Other recent graduates are evangelizing and started preaching stations on their vicarages (during COVID-19 lockdowns). We are thankful these men have a strong foundation of support and leadership, both in their home regions and through the national church leaders and seminary instructors.

The week before the LTCU graduation, three men were ordained into public ministry as LCU pastors. These men were from the first graduating class of the Lutheran Theological College Uganda. We both served as their instructors while they were students. We praise God that the LCU’s plan of training more pastors is coming to fruition.

Please continue to pray for the Lutheran Church of Uganda and its leaders to equip faithful servants for ministry. Pray that the graduates and newly ordained pastors may joyfully serve as they lead.



*Rev. Mark and Megan Mantey
Serving in Uganda*



January and February allowed us to connect in different ways with students, congregations, and an LCMS short-term missionary.

The 2nd semester of the school year started the first week of February. It is always an excellent time to welcome back students and learn how their families were during Christmas and New Year's activities. In Uganda, it's very popular to say "Happy New Year!" to someone if seeing them the first time after the new year. We say it well into February, and it always brings smiles to our faces.

This semester, we were grateful to help host Pastor Jacob Mueller from Holy Cross Lutheran Church in Emma, Missouri. He came to teach for the second time to the Year 2 and 4 students. He led a course on Romans, which offered hands-on ways to minister to people and preach the Gospel.

BIBLES FOR AFRICA

The LCMS recognizes the importance of hearing and understanding the Word of God. One of the ongoing challenges at seminaries in Africa is getting Bibles and relevant texts into students' hands. Thus, we are thankful for an ongoing LCMS grant called Bibles for Africa. This grant allows Bibles to get into people's hands throughout the continent.

Most recently, Year One students received a Lutheran Study Bible at the seminary. These Bibles will be vital as they study, learn, teach and preach for years to come. We are grateful the LCMS and LCU can work together in this way to ensure that people know about the love of God through Christ Jesus by hearing the Word.

Please Pray for:

- The recent graduates from the Lutheran Theological College Uganda as they forge ahead in life and ministry
- The seminary faculty and students as they continue with the semester
- Health and safety as we serve
- The LCU pastors, seminary students, evangelists, and deaconesses as they share the Word of the Lord with their communities



Snapshots of Zion



7th and 8th graders deliver meals to Zion members.



Family and Friends of Zion enjoy Lenten meals. Thank you HS Youth!



Young & Young at Heart ring bells before worship

To Zion's Youth Families: In years past I have not attended Lenten services due to my husband's medical condition that prevented him from attending with me. This Lenten season is my first at Zion in many years, which has been delightful. Not only have I enjoyed the message from the pulpit but also the delicious supper your group has provided every week. As a member of Zion, I want to say Thank You for a great job in doing God's work that provides another extension of fellowship to our Zion family. Cheral Buhr

Please Note! All times and events are subject to change



**Sunday
Mornings**

**Resurrection Reality: Defending the Historicity of Jesus'
Resurrection - Zion Family Bible Class (after worship)**



April 6

**Wednesday Lenten Service
Zion: 5:45 service (meal follows)
Trinity: 5:30 meal, 6:30 service**



April 10

**Palm Sunday
Trinity: 9:00 a.m.
Zion: 9:00 a.m.**



April 13

Fall Prevention Presentation at Zion (1:00 p.m.)



April 14

**Maundy Thursday
Trinity: 6:30 p.m.
Zion: 7:00 p.m.**



April 15

**Good Friday
Trinity: 6:30 p.m.
Zion: 7:00 p.m.**



April 17

**Easter Sunday
Trinity: Breakfast 7:30 a.m.
Worship: 9:00 a.m.
Zion: Worship: 7:00 a.m.
Breakfast: after worship**



April 20

Witness Night at Zion (6:30 p.m.)



April 21

**Thursday afternoon Communion Service at Zion
(1:30 p.m.)**



April 23

LWML Spring Rally at Zion (10:00 a.m.)



April 24

Confirmation Sunday

April Birthdays and Anniversaries @ Zion & Trinity

Birthdays (T = Trinity)

- | | |
|------------------------|-----------------------|
| 1. Gloria Boeck (T) | 16. Marian Drake (T) |
| 2. Connie Ahrendsen | Earl Thomas |
| Elijah Backhaus | 17. Tate Greving |
| Kaia Backhaus | Tim Kienast |
| Eletha Christensen (T) | Sue Puck |
| Larry Hansen | Paislee Stoberl |
| 3. Aaron Ahrendsen | Lucy Vetter (T) |
| Lillie Ceminsky | 18. Curt Janssen |
| 4. Dorothy Knudson | Cheryl Kerkhoff |
| Duane Otto | Susan Lamb |
| Joleen Spies (T) | 19. Colton Otto |
| 5. Mason Boell (T) | Diane Riggert |
| Kimber Opperman | 20. Tanner Bald |
| Carson Woebke (T) | 21. Joene Bohlmann |
| Jackson Woebke (T) | 22. Corey Gaskill (T) |
| 6. Darla Neumann | Conrad Kurth |
| Thomas Saunders (T) | Merrick Stribe |
| Dennis Tibben | 23. Shauna Borkowski |
| 7. Jeff Bradley | Ashley Meier |
| Amelia Hinners | Roger Sinow |
| Jesse Page | 24. Collin Borkowski |
| Hadley Wiig | Ericka Irlbeck |
| 8. Mikasia Jacobsen | 25. Jackie Hagedorn |
| 9. Hayden Miller | Virginia Johnson |
| 10. Stephen Grimm | Becky Karsten |
| 11. Jamie Hanson (T) | 26. Lori Ferry (T) |
| Vicki Tibben | 27. David Gore |
| 12. Cory Otto | Georgia Lohrmann |
| Kael Renze | Rylan Stoberl |
| Chloe Swanson (T) | 28. Glen Ahrendsen |
| Thomas Ulrickson | Eric Lage |
| Nathan Vetter (T) | 29. Nels Olson (T) |
| 13. Drew Greving | Craig Wegner |
| Deborah Ranniger | 30. Andy Booth |
| 14. Katelyn Dreher | Emily Brus |
| Brett Eddy | Madison Grabill |
| 15. Jerry Backhaus | Nancy Opperman |
| Natalie Bauer | Sara Puck |
| Nancy Muhlbauer | Robbie Sweeden |
| Karen Reinke | |

Anniversaries

8. Todd & Tammy Winter
 9. Michael & Bricy Lorenzen (T)
 25. Brian & Diane Vetter (T)
 28. Greg & Sandra Sextro

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

Official Acts

Alberta Louise Dreier; Died March 5, 2022; Funeral March 10, 2022 @ Kessler Funeral home, Audubon; Pastor Jonathan Conner

Arlene Adele Jahn; Died March 19, 2022; Funeral March 26, 2022; Pastor Robert Riggert (Trinity)

In Our Prayers

Joene Bohlmann, Justeen Schwieso, Nancy Grimm, Julie Weller, Jeanne Gruhn, Sherri Steffes, Jim Deevers, Rick Spack, John Sonnichsen (Bobby Doyel's Brother in law), Patty Meeves (Laurene's daughter in law), Leggy Thomson, Janet Smith, Gene Mahnke, Janice Monson, Annette Hilsabeck, Amy Benton, Pastor Johnson, Jay Coon (Karl Rutz's brother in law), Paxton Bierl