

# What would YOU say?

Every week, as we draw our confirmation session to a close, I invite our confirmands to write in their learning journals either one thing they learned or to ask one question they have (the question doesn't have to be related to what we asked in class and often it isn't). This month I share one of their questions. I share it for a few reasons: 1) I want you to know that our young people are asking very thoughtful questions. 2) I want you to understand how important it is for us to be ready with thoughtful answers. And 3) I want to invite you to think with me toward an answer to this particular question, which is a question that has been asked many times in similar words by various confirmands over numerous years. So, it's not an anomaly; it's an ongoing, pressing question that we need to be ready to answer.

Here's the question: ***Why do people believe a boy can be a girl (or vice versa)?***

What would you say?

Let's think through a response (I'm not just giving us the answer I offered the confirmand). And let's do it in a thoughtful and careful way. So, let us not say something flippant or rude like, "Because they're crazy." We may (and no doubt will) discover that they believe certain things to be true that aren't true (that aren't in line with reality), but 1) we may find that we also have some beliefs that are out of line with reality (and being labeled *crazy* would not be well-received) and 2) we will create a situation in which the questioner will meet a reasonable, kind, and charitable person who identifies as transgender and come to the conclusion that the crazy person is actually you. So, no thoughtless, dismissive answers!

The truth of the matter is that real people believe that a boy can be a girl. Why? What is the underlying belief about reality? This is what we need to evaluate. So, the question we really need to be asking is: *What determines reality?* Is reality determined by my feelings and desires or is reality determined by something outside of me? Give this question considered thought because this is *the* question that needs to be answered.

The Christian worldview emphatically asserts that reality is defined and determined by a source outside the creature, by the will and work (i.e. the creation) of the Creator. In other words, the creature (us) does not define reality – God does and that reality defines the creature; that reality tells us something about who we are and how we are to relate to the world.

Relevant to our discussion, the Creator created male and female. He even went so far as to stamp unique chromosomes on these two sexes (XY and XX) and these sex chromosomes are present in every human cell that has a nucleus, which is nearly all of them. This is reality. Humans have been created in the binary as male or female.<sup>1</sup> To deny this is to deny reality.

Further, male and female have been created to find their complement in their created other, so males in females and females in males. And this, too, is obvious in what the Creator has created. Consider the human body. A woman has a heart. It has been created to circulate blood in her body. A man has two lungs. They have been created to oxygenate his blood. These organs operate independently of every other human body. They don't have a complement in a created other.

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<sup>1</sup> Yes, there are biological abnormalities, often referred to as *intersex*, but these are clear biological/chromosomal issues. While they may make

it difficult to determine a person's sex, they do not create a third sex.

But, when we come to the sex organs we discover something different. We discover organs that have been created in such a way that they must partner with their complement to do what they are designed to do. This doesn't mean that a person is required to partner with (i.e. marry) their complement and procreate. But it does mean that this created reality informs our identity. There are two sexes that God has created as the complement to one another. We honor this by highly esteeming marriage and the sacred (potentially life-giving) relationship between husband and wife.

This is what we refer to as *the created order*, a concept deeply rooted in Scripture. Paul, in his letter to the Romans, builds his case against same-sex behavior on the created order, arguing that such behavior is "contrary to nature" (1:26), contrary to the reality God has established. As such, behaviors and beliefs that oppose God's created order are out of line with reality and, therefore, cannot be affirmed.

In the question we are considering, a male who believes he is a female (or vice versa) has a belief that is out of line with reality. How he came to that belief is an important question, one that is largely overlooked in our culture's headlong rush to embrace and celebrate transgender identity. It's beyond our focus for this article, but it is often arrived at through some sort of trauma or delusional ideation or dissociative disorder. Affirming a transgender identity ignores these deeper issues and does little to nothing actually to help the sufferer. What they need is not to have their false beliefs about reality affirmed, but to have their pain addressed and their created identity affirmed and celebrated.

Let's consider a couple parallel examples to help make this clear. Imagine a young woman who struggles with anorexia. She weighs 97 lbs. but

believes she weighs 300 lbs. What is reality? Do her beliefs about her body determine reality or the number on the scale? If beliefs determine reality, then good medical care would affirm stomach stapling.

Or, consider a man who struggles with Body Integrity Identity Disorder (BIID). In this mental disorder a person with a healthy body identifies as paraplegic or as blind, for instance. What determines reality? Do his beliefs determine reality or his healthy body? If beliefs determine reality, then good medical care would affirm severing the spinal cord or optic nerve.

Now return to the man who identifies as a woman (or vice versa). What determines reality? If it's his beliefs about his identity, then good medical care would include cross-sex hormones and surgery, but if the body informs identity (as reality says that it does) then it cannot be good medical care to remove healthy organs or to affirm a belief that is out of line with reality. What must be addressed is the beliefs that are out of line with reality and the pain that is driving the false beliefs (or the lie being celebrated in the wider culture and among friend groups that are introducing and guiding the individual toward a transgender identity).

But this is much harder than affirming a person's sincere (albeit confused) beliefs. This is the care, nonetheless, that we are called to give. Help requires hearing a person's pain. It requires affirming them as the male or female God created them to be. It requires humbly acknowledging reality as it really is, a reality that originates from outside us and defines us.

If you want to visit more about this, I welcome the conversation! If you want to learn more about what our young people are asking, ask me. They have thoughtful questions; we owe them thoughtful answers. – Pastor Conner

# All Saints' Day

Observed November 6  
Remembering. Emulating. Thanking God.



## A Service of Grief & Hope

November 9 @ 6:30 p.m.  
@ Zion

Remember,  
Acknowledge, Hope

*Join the family of Zion as  
we remember our griefs  
and together raise the  
banner of hope in Jesus .*





"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof...."

A significant Christian thinker made the observation: "I am not convinced that freedom of religion has been good for church or society in America." He goes on, "Freedom of religion is a temptation, albeit a subtle one. It tempts us as Christians to believe that we have been rendered safe by legal mechanisms." The temptation is to switch God out for democracy or religious freedom guaranteed by the Constitution as the ultimate source of our happiness and salvation as Christians.

This is not the first time Christians have been subtly tempted by religious tolerance. In 313 Roman Emperors Constantine I and Licinius, issued the Edict of Milan. The law transformed how the Roman government treated Christians. Once persecuted, Christians received the rights and protection necessary to worship freely in the Empire.

The Edict of Milan paved the way for what would later be termed Constantinianism. Named after the Emperor, Constantinianism refers to the government's favorable disposition towards Christianity as well as the interaction of the government in the Church's affairs. In the case of Constantine, he was responsible for calling Christian bishops together to debate how exactly Jesus related to God (Constantine's council at

Nicaea led to the development of the Nicene Creed). The Emperor directly intervened into the affairs of the Church.

Now you might be wondering, what is so bad about a positive relationship between government and the Church? Don't we want a Christian nation? Well, maybe. But there are plenty of examples where nations that claimed Christianity as the state's religion which then demonstrated less than stellar Christian qualities. Lutherans and Catholics followed Hitler's Aryan initiative which led to the persecution and genocide of Jewish people in Germany and beyond. Then there is the fact that many countries within Europe claim some form of Christianity as its preferred flavor of worship, but despite housing some of the most beautiful houses of worship in the world only 22% of Europeans step foot in these houses on a semi-regular basis (and this statistic is a little dated). Point being, the protection and free exercise of religion does not guarantee an expression of positive Christian character. On the contrary, history demonstrates that Christians have failed to demonstrate character when there was freedom of religion.

Jesus might be able to shed some light on why that lack of demonstrating Christian faithfulness in a place where freedom exists. As He was criticizing washing regulations among the Pharisees, Jesus taught His Disciples: "Do you not see that whatever goes into the mouth passes into the stomach and is expelled? But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person." The human heart is the problem. This does not represent a full list of the possible qualities (or vices) that flow from the human heart. In the case of living in a place where religious freedom exists, additional vices like apathy,

laziness, or unfaithfulness may be added to the list. The proof is in the pudding. Confirmation retention is not all that high in our churches. Our hearts convince us for reasons x, y, and z that even though we possess the opportunity to worship freely, something else requires our attention. The Voice of the Martyrs publication does a nice job of showcasing Christians living in countries deprived of religious freedom. Many of those Christians demonstrate a level of urgency and faithfulness that is fanned into flame by governmental persecution. A Christian pastor once said that Christianity fizzles out once it gets into bed with power (Europe is good example of this, and the United States is trailing after her big sister).

So, what's the alternative? Is the answer eliminating the First Amendment or hoping for state sponsored persecution? Well, we are not gluttons for punishment. We don't go seeking out martyrdom. Plus, it is nice to have the ability to criticize a document like the Constitution which guarantees my right to be critical of said document (but again, the issue is not so much the document as it is our hearts). But, maybe, the alternative is to ask new questions. Rather than being concerned about whether or not our nation is Christian, we begin to ask ourselves, is the Church being faithful (within our context of religious liberty)? Are we worshipping our national structure over and against our God?

Besides asking new questions, we should be able to move forward with confidence. That is, confidence in the fact that even if our religious rights were stripped away, we could still thrive. The Christian Church can still function despite governmental antagonism or persecution (just look at Christian history). The reason being Jesus remains Lord whether we live in cushy U.S. of A or hostile North Korea. – Pastor Johnson



## The Myth of Multitasking



**Multitasking:** “the mythical activity in which people believe they can perform two or more tasks simultaneously.”<sup>2</sup>

Before you start arguing that people walk and breathe simultaneously, understand what’s actually being said. Dr. Hallowell is arguing that the human brain cannot simultaneously give its full, focused attention to two focus-requiring activities. So, we cannot multiply 17 by 12 in our heads while actively listening to a conversation between two friends. The problem is we attempt multitasking scenarios like this all the time (and we let our kids attempt to learn in such multitasking environments).

And the prevalence of screens and media in our lives has only made the situation worse. We try to send texts and read emails while listening to our children tell us about their day (and we wonder why our children grow distant from us). We check Facebook or send snaps with a friend while listening to a presenter lecture (and we remember almost nothing of the presentation). And our children try to do their homework while fielding texts, running YouTube videos, and listening to music (and we wonder why they struggle in school).

According to a Common Sense census, half of teenagers watch TV while doing their homework. 60 percent text. And 76 percent listen to music. And nearly two-thirds of the teens surveyed actually thought that watching TV while doing their

homework didn’t impact their ability to focus on it or the quality of their work. Reality laughs at them.

As Joe Clement and Matt Miles (authors of *Screen Schooled: Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber*) write, “Multitasking and focus never go together.” And the science bears it out. A University of California, Los Angeles study has shown, with the help of MRIs, that multitasking actually uses a different portion of the brain than true focused attention. Focused learners use the hippocampus – the region of the brain that creates deep, lasting learning and retention. Multitaskers use the automatic system in the brain, and this system is not good for retention or for applying learning to various life scenarios. It’s good at what it’s designed to do – alert us of a sudden event – but it’s not good at memory retention.

Let’s illustrate: A teen is bored in class. The teacher is describing the process by which the Constitution of the United States was produced. To anyone who cares, it’s a fascinating account, the result of which still impacts us today, but the teen doesn’t care. He’s more interested in sending a selfie of himself being bored in class (because getting noticed is how he secures his status and identity in school), but he tells himself he can listen and send the selfie simultaneously. He immediately begins to receive reactions from other students in the class and in other classes who have seen his selfie. They are eager to share their bored selfies, too.

They exchange multiple messages until he hears, “This will be on the test.” This is precisely the sort of thing he has set the automatic portion of his brain to notice, the sort of automatic detection program that he has running in the background,

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<sup>2</sup> Dr. Edward Hallowell, psychiatrist and author of *CrazyBusy* (quoted in *Screen Schooled*, 79).

but he didn't actually hear what it is that will be on the test, so he asks the student next to him. Once he gets the information he needs, he jots it down, and then returns to the entertaining inanities of the mediaverse.

This is what multitasking looks like. It doesn't actually involve giving two events or activities focused attention. Instead, it involves giving a certain, limited amount of focus to one activity and a "background detection" sort of attention to the other, listening for certain key words (like the student's name) or certain sudden and alarming events (like loud noises). This does nothing to foster learning and retention.

And this is why Joe Clement and Matt Miles say that multitasking and focus *never go together* and why Dr. Hallowell calls multitasking a *myth*. A more accurate term for the behavior is *multi-switching*. We switch our attention from one activity to another, but this sort of back and forth switching is very difficult for the brain. Instead of being free to give its full attention to a specific task or to a specific subject, the brain has to jump back and forth, so it never has the opportunity to lock its focus onto one thing.

The effects of this multi-switching may surprise you: not only does it make us less efficient as people (so, it takes us longer to complete tasks if we are trying to multitask – actually, multi-switch – but it also inhibits our brain's ability to move information into long term storage – i.e., memory and application of stored information). Further, research is showing that chronic multi-switching atrophies the brain! That's right, it actually shrinks the brain!

Multi-switching is especially impactful for teens because the teenage years are critical for brain development. During the teen years the brain undergoes a critical pruning and myelination

process that optimizes the young brain for adulthood. We might call this the brain's "use it or lose it" system. The synaptic connections that the brain uses most are myelinated (think of this as a special coating or layering that optimizes neural pathways and reduces the amount of energy needed for the process to work) and the connections that the brain doesn't use are pruned. That's right, the brain removes the neural pathways that are not being used. If you don't use it, you lose it.

And our excessive (and obsessive!) connection to screens (justified by our reality-denying belief in our ability to multitask) is keeping us (and our children!) from using the parts of our brain that specialize in focus, long-term retention, and the ability to apply learning to a diverse array of life situations. This is especially critical for teens because they are in the prime pruning years of the brain. So if we care about meaningful learning and the application of learning, then we need to rethink our relationship with screens.

We need to curate focus-friendly environments (in our homes and schools) in which distractions are removed or silenced. Especially for our children, we need to remove unneeded screens, cellphones, smartwatches, and earbuds. We need to turn the TV off (and every streaming video). If music is playing, it cannot have lyrics in a language the listener understands (classical music is best if music is needed to drown out noise we can't silence). If our children are required to have online textbooks, we can request a hard copy or buy/rent one.

We must think "focus friendly." The brain is a remarkable gift of God, capable of amazing things. We need to get the gadgets and noise out that are distracting it so it can do its focus-amazing work. For strategies on how to do this, come talk to me! – Pastor Conner



**Discipling Event  
10.12.22**

**Topic:**

Becoming Screen Wise – Reconsidering Our Relationship with Screens

**Feedback:**

Thought provoking for families with small and large changes suggested.

It was meaningful to spend undivided time with my son.

Encouragement to do the hard, right thing.



Zion and Trinity youth welcomed Zion's Children's missionary in the Dominican Republic, Tirzah Krey, on September 28.

From Tirzah:

It was an absolute joy to present and share about God's work. Furthermore, it's always extra special when a congregation is so very supportive and engaged in the ministry. I pray we can continue to stay in contact!

**Children's Missionary @ Zion**





Zion Lutheran Church, Manning IA



# ADVENT CONCERT

December 4 @ 7:00 p.m.

Featuring Zion's Praise Team

Freewill offering / No tickets required  
Refreshments following  
All invited

*Peace is proclaimed!*



## How do I Forgive?



Jesus said, “Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses” (Mark 11:25). And Paul said, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32).

But forgiving is hard. As C.S. Lewis put it, “Everyone says forgiveness is a lovely idea, until they have something to forgive...” So how do we do it? How do we forgive?

Let me say up front that what I’m going to suggest is much easier said than done. Having said that, I have found that what I’m going to suggest helps tremendously in the act of forgiving. Before I share it, however, let’s first clarify what we mean by *forgiveness*.

Forgiveness is a promise to act and speak about a person in a certain way. It is not first about feelings. Feelings are important. They serve like a lookout on a ship, calling out if something appears amiss, but they must not be given the helm as captain. Truth talk and Christ-guided decisions must captain the ship. This is especially true with forgiveness because hurt feelings can be exceedingly difficult to handle. If we let our hurt feelings commandeer the ship, we will, in all likelihood, never steer it toward the peaceful waters of forgiveness. And make no mistake, keeping the ship on the course of un-forgiveness will lead us into rough seas.

Forgiveness has been described as a conscious decision to make the following promises to those who have sinned against us:

- *I will not dwell on this incident.* This can only be done by choosing to dwell on the cross of Jesus, which we’ll expand upon below.
- *I will not bring it up again and use it against you.* This is a promise not to keep the sin in our back pocket like a club that we pull out to beat the individual down when they sin again.
- *I will not inappropriately talk to others about it.* This doesn’t prevent us from going to our pastor or mentor for counsel.
- *I will not let this incident stand between us or hinder our personal relationship.* As we’ll share below, the thing that we, in forgiveness, promise to let stand between us is the cross of Jesus (see *The Peace Maker* by Ken Sande for more on these promises).

Take note of the nature of these promises. They say nothing of feelings. Again, it’s not that feelings don’t matter; it’s that conscious decision and action matter more. Feelings must often be led kicking and screaming.

Further, appreciate what your forgiveness is doing and not doing. Your forgiveness is releasing a person from the penalty he or she might otherwise incur from you. It’s not releasing him from the penalty he might incur from God. In other words, when you say, “I forgive you,” you are saying, “I won’t bring my wrath on you. I won’t take vengeance on you.” You are not saying, “God won’t bring His wrath on you.” Your forgiveness doesn’t have that power. Only Christ’s forgiveness has that power. Make sure you appreciate this: only the cross of Jesus can propitiate God’s wrath. Whether the person who sinned against you confesses his sin to the Lord and receives His forgiveness, is a different matter.

And this brings us to the thing that makes it possible for us to forgive, the thing that teaches us *how* to extend forgiveness to someone who has sinned against us. How do we do it? Put Jesus

between yourself and the person who sinned against you. Visualize Jesus on the cross and recall what Scripture says about that cross.

And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross (Colossians 2:13-14).

As Jesus makes clear in John's Gospel, He did this for the whole world:

As Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God [in this way] loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life (John 3:14-16).

If Jesus died for the sins of the whole world, then He most certainly died for the sins of the person who sinned against you. We must constantly keep this before our eyes. To help us forgive, we need to visualize the cross of Jesus standing between us and the person who sinned against us. We need to put it in the way, to make it so that it actually obscures our vision of the person who sinned against us, to make it so that we have to push it out of the way to take vengeance on the one who sinned against us.

So if we're trying to get even or to make someone hurt like he or she hurt us, we need to envision ourselves pushing the cross of Jesus out of our way and actually saying, "Jesus, you're in my way. I need to settle the score. I need to make this person hurt. So get your cross out of my way and let me at him!"

Doing this will force us to see the sinful significance of what we're doing even as it empowers us to extend forgiveness. Because if Jesus died to absorb the wrath of God against your sin *and* the sin of the person who sinned against you, what right have you do show wrath? Didn't Jesus suffer enough? Wasn't His cross sufficient? Wasn't it for the whole world? Or, are you through your determination to get even or to cling to bitterness (which is both mental murder and mental suicide), suggesting Jesus' cross was lacking in some way, that He suffered for your sins, but not for the person who sinned against you?

Whether the individual receives the forgiveness of Christ, whether he confesses his sin and receives forgiveness in Jesus, is a different matter, one separate from your act of forgiving. You can trust that God is just. If the person who sinned against you genuinely confesses his sin to Jesus and receives forgiveness from God, then you can know that justice for his sin was done in the cross of Jesus (see Paul's words in Romans 3 on God being just and the justifier of the one who has faith in Jesus). If the person (tragically) doesn't turn to Jesus for forgiveness, and thereby rejects the justice enacted for him in Jesus' cross, then you can know that He will face the justice of God when Jesus returns to judge the earth. Either way God will act justly toward sin.

For our purposes, when we ask how we can forgive, the only answer is the cross of Jesus. We must put His cross continually before our eyes so that it obstructs our view of people. What must stand between us is not sin, but Jesus. Only then will we discover *how* to forgive. – Pastor Conner

## November 2022: Fellowship Club

This year's LIFE focus of the Fellowship Club continues at the Monday afternoon, November 14 at 1:30 p.m., Fellowship Club gathering. The group (guests and friends welcomed) will explore the LIFE emphasis of the Gospel of John. The December meeting (December 12) will feature Wanda Pritzel, who will review the LIFE initiatives of Lutheran Family Service.



Thank you for the recent clothing donations to Orphan Grain Train ministries. The items are delivered to the Ida Grove warehouse for distribution nationally and internationally. OGT is presently responding to the hurricane disaster in Florida and the continuing needs of Ukraine refugees. Learn more about Orphan Grain Train at [ogt.org](http://ogt.org). Be watching for another clothing collection in early 2023.



Among the new items on the Fellowship Hall display is information on Crossroads of Crawford country (the ministry goes well beyond the county lines). The October meeting featured an inspiring presentation from director Jeanette Clausen. Crossroads meets the needs of individuals at life's "crossroads": a pregnancy, family resources, and assistance to elderly. Pick up a brochure and learn more.

### Priscilla Guild Summary:

Treasurer Gloria reported that we have \$2,339.59 in the Priscilla Guild checking account. The Guild elected to cover the first Advent supper (November 30). Cathie reported that more than 100 women attended the LWML rally at Mission Central, and that Mission Central has raised over \$11,000,000 throughout the year.



After reviewing the guidelines for funerals and facility use, the Guild decided to increase the recommended facility usage donation from \$45 to \$60. They also decided to increase the recommended funeral serving donation from \$1/person to \$2/person. The Guild and Weavers will meet after worship on October 29 for a final wrap-up meeting concerning the Staley's Chicken Dinner.

### Ladies Guild Summary:

The regular meeting was held Oct. 12. Pastor Conner opened with a devotion. League Pledge. 14 guests present. Circle and Human care reported they are continuing to quilt. Connie Andreasen's sister donated 4 boxes of fabric to the group. They are in need of any size of flat sheets, yarn, and heavier material items to use between the quilt top and the bottom. Contact them if you have questions on the items they need.

Old Business: Discussed the fall rally held in Carroll on Oct. 8<sup>th</sup>. Changes of the Carroll Zone were voted on and approved, changing Human care to be part of the President Elect job, and Christian Life going to the President.

New Business:

November coffee date has been changed to the 3<sup>rd</sup> Sunday in November.

Circle 1 will be serving the next funeral.

The next meeting will be on November 9.

Lunch was served by Darlene Vollstedt and Janet Gruhn.

Gloria Ewoldt, Secretary



# Welcome, New Members!

Robert, Megan, Jack, & Liv Riesselman  
Justin, Angel, Rylan, Piper, & Dawson Mundt  
Matt, Amy, Bynli, Hayden, & Harvey Blackwell  
Marsha (Max) Beck

We're excited to celebrate and share Jesus with you!



Joint Thanksgiving Eve Service

11.23.22 @ 6:30

@ Zion

The Thanksgiving story is much deeper than Mayflower Pilgrims and Abraham Lincoln's first proclamation. God's people gave thanks to their Creator and Redeemer throughout Scripture.

Join us for worship Thanksgiving Eve, November 23, at 7 p.m. The thanksgiving story of a Samaritan leper (Luke 17) will be featured. What stories of God's grace and bounty can you share with your family this Thanksgiving?

## Preschool Praises for October

October was a fun filled month for us at Zion Preschool!

We had a few visitors at Preschool this month! Kelly from the Nature Center brought in spiders and taught us all the fun facts about the little creepy crawlers. For fire safety week, the Manning Fire & Rescue volunteers came into our classroom to teach the students all about fire safety and even gave them a ride around town in their fire truck. We really appreciate our heroes! Lastly the kids' favorite things they got to see in the parking lot this month were tractors. Thanks to Van Wall and Kevin Boyle for bringing us some tractors during our farming theme.



Pastor Conner talked to the kids about Adam & Eve and how they brought sin into the world by disobeying God. Pastor also spoke about Noah and the Ark and God's love for us. The kids are still always so excited about our Chapel time.

We continue learning about our letters and sounds but specifically focused on the letters T (for Tractors) and P (for Pumpkins) this month. We not only talked about the colors green and orange but also had fun mixing colors. The kids mixed blue and yellow to make green and mixed red and yellow to make orange! We talked a lot about the square and rectangle and even made a fire truck with shapes. Fine motor skills are still a large focus in our classroom and we continued tearing paper, painting, lacing and even starting practicing with the scissors! We also LOVE counting and are always counting different items every day.

On top of all of that, we even had a fall party in our classroom. We enjoyed a yummy fall themed snack followed by a few games. The kids cheered each other on as we pinned the nose on the pumpkin and bowled down the hallway!

A huge thanks to all those that supported the preschool during the Pancake Breakfast this past month. It was a huge success and the children sounded wonderful singing their songs during the church service. Thank you to the Preschool parents and the Preschool Board for their volunteer work that day, you made everything go so smoothly and were essential to the success!



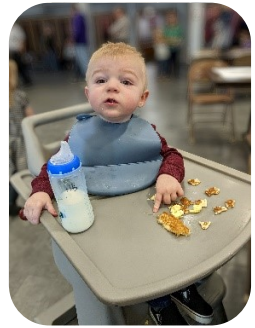
Ms Amy & Ms Melanie





Praise God for the privilege of sharing Jesus with children!







## Nobody's Perfect

We all know that it is impossible to be perfect at everything we say and do. Perfectionism is not the same thing as striving to be your best, though. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can avoid the pain of blame, judgement, and shame.



You've likely known people who wear their perfectionism as a badge of honor, but the reality is it can be deeply painful to live the life of a perfectionist. It goes deeper than just being a person that looks and acts "perfect" all of the time. It serves as a protective strategy used to avoid any situation that may cause us to feel defective, inadequate, or unworthy of love.

Now, don't get me wrong. There are some things that one must be "perfect" at such as accounting, official documents, and medical documentation. However, we all know that the human error can occur. While we strive to be perfect in these areas, we all know things happen and errors may occur. For those people that are perfectionist, any errors that are made may be seen as a failure.

There are three main kinds of perfectionism. Self-oriented perfectionism means that "I must be perfect," socially-prescribed perfectionism means that "others expect me to be perfect," and other-oriented perfectionism means "I expect others to be perfect".

When we aren't able to accept the parts of us, or others, that are flawed it can lead to self-defeating thoughts or behaviors that make it harder to try new things, find creative joy, or achieve our goals. It can also take a toll on our mental health, causing stress, anxiety, or depression.

There are a few common signs of perfectionism that you may recognize:

- You cannot relax even after you finish what needs to be done
- Your house must be spotless to have guests over
- You don't try things you know you won't succeed at
- Planning is a must to avoid failure
- Being on time is a must
- You plan out every single detail of your vacations instead of going with the flow
- You feel fear, shame, and guilt because of your own unrealistic expectations
- You constantly re-do completed tasks because you feel they are not good enough

There is nothing wrong with having ambition and holding yourself to a higher standard. Striving for more is all about confidence, inspiration, self-motivation, and a growing mind. However, perfectionism is about the fear of failure, focusing on mistakes, self-criticism, and a fixed mindset.

Letting go of perfectionism takes time and dedication. We can still strive to do better, but make sure you discover the joy, honor your needs and desires, and feel freer in your day to day life.

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



## Iowa District West Jr. Youth Gathering: Called, Gathered, Enlightened

15 middle schoolers and 5 chaperones traveled to Des Moines for the annual Iowa District West - Jr. Youth Gathering. Deaconess Tiffany met us there since she was a part of the planning team. This year's theme, "Called, Gathered, Enlightened," focused on the work of the Holy Spirit in our lives. The kids moved from different stations that highlighted some unique aspect of the Holy Spirit's activity. We capped the night off with a servant event. We packed 12,000 meals for Meals from the Heartland alongside other congregations from the District, and then we were able to enjoy games like gaga ball and bouncy houses. Thank you for supporting events like these! They leave a lasting impression on the kids. Thank you, also, to our chaperones for driving and leading our kids. So, thank you Kari, Jen, Ben, and Amelia!



## DCE Update



Zion's DCE committee has been working to finalize a list of candidates to interview. God willing, those interviews will begin in the next couple weeks. You still have time to submit interview questions to the committee. You may share your questions with chair person, Joni Kienast, or with Pastor Conner.

As we move forward, please keep this process in your prayers. Ask the Lord to give the committee wisdom and discernment and for the Lord to continue to raise up faithful and committed mission and ministry supporters.

5:30pm Dinner

Advent & Art

6:30pm Worship




Midweek Advent Series  
at Zion

11.30, 12.7, 12.14 @ 5:45 p.m.  
Supper following



**Pattern, PreSeNce, Prophecy**  
Seeing Jesus in the Old Testament




*Giving thanks*

to *Almighty God* for investors, partners, the church  
and her workers.

During this season of *thankfulness*, Lutheran Church Extension  
Fund (LCEF) gives thanks to those who allow us to support  
LCMS churches and workers.

May the *Lord* bless you as you come together for *Thanksgiving*  
with those you *cherish*. We pray that His presence will grace  
your gathering, and He will fill your hearts with His *love*.

From the LCEF family, may your family have a  
*Happy Thanksgiving!*

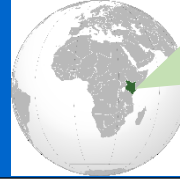
 **Lutheran Church Extension Fund**  
> where investments build ministry

**CAROLE WHITE**  
LCEF District Vice President | Iowa East and West  
515-240-2229 | Carole.White@lcef.org



Mark and Megan Mantey  
Serving in Kenya

Mark: Associate Regional Business Manager  
Megan: Regional Coordinator of Care and Development



We greatly appreciated our time at Zion this past Sunday. It was such a joy to meet you and the other saints of Zion. Thank you for the encouragement as we continue to serve. We are so grateful the people at Zion continue to pray for us, encourage us and support the Lord's work through our hands.

Peace in Christ,  
Mark and Megan Mantey

The Mantey's at Zion October 8<sup>th</sup>



**Pray daily for Mark and Megan**  
– and how you can support and tell others about their ministry. Visit [lcms.org/mantey](http://lcms.org/mantey)  
**Learn about LCMS international work** at [international.lcms.org](http://international.lcms.org)  
**Support an international worker.**  
Call 888-930-4438





# Amigos en Cristo

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

September 2022

Hello everyone! After these cold, rainy, windy, and hot days (Iowa style), I am learning how the weather can change in no time! Ministry is often like that, at least in Hispanic Ministry. You've heard me before and/or read about our plans for an ESL program here and there or visiting some places to possibly open outreach to the community, and suddenly God says: No go there instead! The mysteries of God's plan!

Even though ministry still happening at the existing post: Storm Lake and Denison areas, God opened the hearts and spiritual eyes of our brothers and sisters at St. Paul in Hartley. After a few meetings and conversations about the Hispanic Challenge in O'Brien County, specifically in Hartley, we are opening an ESL program to minister to the incoming Hispanic families in their community. We are so excited about it! Thanks to the fast response from our volunteers and leaders helping me in this spiritual venture.

As said last month, August, September and October had been great months as I was given the opportunity to share the story of God's doing among our many ministry opportunities with several LWML groups around the District during their fall gatherings. It was an amazing opportunity to see so many of our female leaders and others taking up the challenge of bringing Jesus's name to their communities and for us to tell the story of the ever-growing Hispanic community and our effort to impact them with the message of our Savior Jesus Christ.

We are gearing up for the yearly Thanksgiving gathering at Trinity Lutheran Church in Odebolt. It is scheduled for November 13 at 3 pm. You are all invited to come and rejoice in a bilingual worship service with all the Hispanic members of our churches in Iowa and Nebraska. Please check our Facebook page to stay informed of events and happenings with your Hispanic Ministry at "Ministerios Hispanos Iowa District West." Gracias for your continued support and prayers. Please invite me to your churches and organizations so I can share more about Hispanic Ministry in our District and beyond.



October 24, in Denison, we will begin our ESL program to meet new people and help our community, we are planning to have this class every Monday and Thursday from 6:30 to 8:30 pm. We will have a program for the children too, praise and prayer will be offered before class.

We are still looking for volunteers to teach both the English and Sunday school class. If there is a musician out there who would like to help me with the praise time, you are welcome too. It is going to be a lot of fun! Think of it, teaching and meeting the needs of your Hispanic neighbors and taking the opportunity to teach them about Jesus our Lord!



Rev. Pedro Lopez, Assistant to the President  
Missionary at Large, [pedro@iowadistrictwest.org](mailto:pedro@iowadistrictwest.org),  
571-606-7600



# Snapshots of Zion



Celebrating Matt Blackwell's baptism!

Zion sends 15 youth and four chaperones to Iowa District West's Jr. Youth Gathering



Giving Bibles to our 3<sup>rd</sup> Grade students



Celebrating Lucy Opperman's



Zion's "expert" shoppers helped "Pack the Pantry."



***Please Note! All times and events are subject to change***



**Sunday  
Morning**

**Zion Family Bible Class (after worship)  
Sunday School at Trinity**



**November 5/6**

**All Saints' Day @ Trinity & Zion**



**November 9**

**A Service of Grief and Hope at Zion (6:30 p.m.)**



**November 17**

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



**November 23**

**Joint Thanksgiving Eve Service at Zion (6:30 p.m.)**



**November 30  
December 7, 14**

**Advent Midweek Services  
Zion: 5:45 service / 6:30 supper  
Trinity: 5:30 supper / 6:30 service**



**December 4**

**Advent Concert at Zion (7:00 p.m.)  
Freewill donation / no tickets required**



**December 11**

**Annual Voters' Meeting at Zion (after worship)**



**December 18**

**Children's Christmas Programs**



**December 24**

**Trinity: 4:00 Candlelight Service  
Zion: 3:00 and 7:00 Candlelight Services**



**December 25**

**Trinity: 9:00 a.m. worship w/ Holy Communion  
Zion: 10:00 a.m. Brunch and Hymn Sing**

# November Birthdays and Anniversaries @ Zion & Trinity

## *Birthdays* (T = Trinity)

- |   |  |
|---|--|
| 1 Beth Mundt<br>Joy Umland  | 14. Chase Gaskill (T)<br>Bridget Gore<br>Steve Renze                                       |
| 2 Derek Hodne<br>Dawn Lorenzen (T)<br>Dillon Mohr                                       | 15. Jesse Johnson  |
| 3 Taylor Beckendorf<br>Duane Boell (T)<br>Doug Grage (T)<br>Wade Janssen                | 16. James Asmus<br>Sam Musfeldt<br>Rachel Nulle<br>Paula Vogel                             |
| 4 Caleb Alexander<br>Kori Beckendorf<br>Mason Benton<br>Lueka Feller<br>Charles Hickman | 17. Macie Doyel<br>Shelly Gruhn<br>Sandra Vahl   |
| 5 Kysen Folk (T)<br>Joe Riesberg  | 18. Beverly Grundmeier   |
| 6 Nicholas Birks (T)  | 19. Martin Bornhoft (T)<br>Ryan Doyel<br>Mark Kucik<br>Garrett Renze<br>Vera Vollstedt (T) |
| 7 Samantha Doyel<br>Fred Gruhn<br>Levi Lapel  | 20. Becky Eischeid<br>Barbara Gore<br>Cynthia Leslie                                       |
| 8 Ken Grimm<br>Travis Mohr<br>Alexander Thelen  | 21. Daniel Mohr  |
| 9 Rick Lohrmann<br>Kenneth Stripling  | 22. Tyler Heaton<br>Matthew Rosener<br>Thomas Walters                                      |
| 10 Jean Kusel<br>Jeanette Lerssen   | 24. Garrett Blackford<br>Allen Ehlers<br>Kelly Page  |
| 11 Piper Mundt<br>Debbie Musfeldt<br>Tammy Winter                                       | 25. Luann Langel<br>Amber Neumann  |
| 12. Levi Kirsch (T)<br>John Lorenzen<br>Akeo Maynard<br>Dawson Mundt<br>Kyle Vetter (T) | 26. Nancy Baack<br>Nicholas Diersen<br>Mark Schroeder (T)                                  |
| 13. Jacob Dreier<br>Jordan Edgington<br>Rodney Frank<br>Max Renze<br>Neil Schumann (T)  | 27. Sandy Grage (T)<br>Sheila Simonsen (T)<br>Ryan Willison                                |
|   | 28. Diane Genzen<br>Paisley Lorenzen   |
|   | 29. Daniel Behrens<br>Larry Farley (T)   |

## *Anniversaries*

- |  |                                     |
|--|-------------------------------------|
| 11. Ken & Rhonda Grimm                           | 24. Harold & Marjorie Jurgensen (T) |
| 13. Nathan & Johanna Kropf (T)                   | John & Nancy Opperman               |
| 14. Elissa & Joe Riesberg                        | 26. Ken & Becky Eischeid            |
| 16. Allen & Becky Ehlers                         | Stacie & Nels Nelson                |
| 19. Katie & Kyle Cornelius<br>Brett & Diana Eddy | Lucas & Andrea Schwery              |

## *Official Acts*

### **Adult Confirmation:**

10.2.22 Robert & Megan Riesselman (Jack & Liv), Marsha Beck, Justin & Angel Mundt (Rylan, Piper, & Dawson), Matt & Amy Blackwell (Brynli, Hayden, & Harvey)

### **Funerals**

Beverly Jane (nee: Pickel) Rix; Died 9.30.22; Funeral 10.3.22 @ Ohde Funeral home; Pastor Conner  
William Kenneth Weitl; Died 10.17.22; Funeral 10.21.22; Pastor Conner

### **Adult Baptism:**

Matthew Albert Blackwell; 9.28.22; Pastor Conner

### **Baptism:**

Lucy Jean Opperman, daughter of Jason & Kimber Opperman; 10.23.22; Pastor Conner

### **Trinity: Baptisms**

October 30 - Baptism for Adaline Ertz  
October 30 - Baptism for Mya Nelson

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

### *In Our Prayers*

Jim Deevers, Rick Spack, Lyle Mundt, Pastor Johnson, Paxton Bierl, Stan Baack, Justeen Schwieso, Nancy Grimm, Sherri Steffes, Tawnya Jacobsen (Kristin Backhaus sister), Rhonda Sandison (Laurene Meeves' daughter), John Bexten (father of Beth Alexander and Amy Blackwell), Jane Luetje, Cheral Buhr, Randy Mahnke