



Parish Contacts

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Parish News

Confirmation classes resume Wednesday, October 3. Hadley will meet at 5:00 pm and Zion 7:00 pm.

Zion – Best Choice Save-A-Label Program

Best Choice labels can be redeemed for \$.03 each. Please turn in all labels to Carol Serfling.

Hadley continues to accept all shoes and boots for *Soles for Souls*. They can be dropped off at the Church in the south coat room.

Zion – The October, November and December “*Christ In Our Home*” daily devotional booklets are on the back table. Large print version also available.

Hadley delivered Meals on Wheels during *God’s Work, Our Hands* week. There were eight participants. It was kind of a slow week as far as numbers of meals delivered, there were eight to nine homes we delivered to each day, oftentimes it can be up to 16-17. As participants we gained a certain satisfaction in doing this and the people receiving meals have a nutritious well-balanced meal.

Zion prepared and served a community meal at Luverne Methodist church on September 26 for their *God’s Work, Our Hands* project. More information will be in the November newsletter.

Lutheran World Relief – Fabric Kits

You’ve maybe heard the analogy about teaching someone to fish... well you can help teach a person to sew and provide the tools to earn an income and break out of poverty. Fabric Kits are used in vocational training programs to teach young men and women useful, marketable skills. Cover them with love!

Some important guidelines to remember.

- Fabric should have no stains or holes.
- Use cotton or cotton-blend fabric. No knits or 100% polyester. No camouflage or sports team material.
 - 2 ¼ yards of 60” wide fabric
 - 3 yards of 44” wide fabric
 - 4 yards of 36” wide fabric
- New spools of neutral-colored, general purpose thread (250-300 yards per spool)

Zion will be collecting the items through the month of October. A box will be in the back of church for your donations.

All who would like to come help package the kits will meet Wednesday, November 7, 7:00 pm in the Zion basement. Refreshments and fellowship will follow. The kits will be donated November 18 during the Thankoffering service.

This is a great way to use fabric that maybe you bought for a project and never did. You may have a grandmother or a neighbor that has unused fabric. You can even find fabric at rummage sales or Goodwill. Fabric stores have a remnants table that are discounted, plus you can download coupons for extra savings. Contact Cindy Knips (507-920-6721) if you have any questions.



Ondini – Shetek

Slideshow of Bob’s trip to South Africa

October 14 during worship

Zion will have a potluck afterwards followed by African themed games and even some African food!

All are invited to attend.



- 3 Josh Winselman (Z)
Whitney Henning (Z)
- 7 Doreen Veenhuis (H)
Takoby Mack (Z)
- 9 Jackie Veldhuisen (H)
- 11 Deb Kroon (Z)
Rick Nelson (Z)
- 12 Kevin Nelson (H)
- 13 Colton Lynn (Z)
- 16 Lloyd Bennett (H)
Connie Sorenson (H)
- 18 Kaylin Gibson (Z)
- 20 Miranda Grimmus (H)
- 27 Chelsey Nelson (H)
- 28 Jeff Carrier (Z)
- 30 Peggy Carrier (Z)
Linda Rosenberg (Z)

Please contact the office with any additions or corrections

Missionary Contact Information

Zion & Hadley: (Drop an email or note sometime)
Rev. Dr. Elisabeth Johnson
B.P. 111
N'gaoundere, Cameroon
Email: elisajo@msn.com

ELCA World Hunger - Send donations to: **ELCA Gift processing center, PO Box 1809 Merrifield, VA 22116-8009**, or give online with credit card at www.elca.org/give (click on "Donate Now", then click drop-down box below dollar amounts for choices.)

Lutheran Disaster Response –For online giving, go to www.ldr.org. Follow the links for the specific crisis to which you want to give.

Shetek Lutheran Ministries

"Christ-Centered Renewal & Learning for All Ages."

October 19-20

Octoberfest Retreat
Open to all 3 – 6 graders. Come to camp for a fun overnight! Hear more about God's love! Experience fun games and activities! Meet new friends and counselors!

October 26-27

Women's Retreat
A Retreat for women of all ages. Come to camp to be renewed in your faith, relax with other women in Christian community and rejuvenate in God's beautiful Creation!

For details call 507-763-3567 or check out www.shetek.org



We would like to thank the Zion Lutheran Church for the very special, meaningful, heartwarming service. The hymns and piano were lovely. The delicious lunch you provided was so very much appreciated. It was so kind of the kitchen helpers. I know my mother sincerely appreciated the home visits, cards she received, friendship and fellowship over the past years. Also, thank you to Bob Ossefoort for his words of comfort and spiritual support during this difficult time. Our sincere gratitude.

Family of Hazel Kortleever
Sherry Aeikens & family

ELCA Mission Statement:

"Marked with the cross of Christ forever, we are claimed, gathered, and sent for the sake of the world."

Southwestern Minnesota Synod Mission Statement:

"God places us in cities, farms and towns together under one prairie sky. The Risen Christ surprises us with opportunities to plant God's Word in the world. Walking together in confidence, we cultivate life-giving congregations, nurture partner ministries, and cooperate in the life of the ELCA. By God's grace, together we have what we need."

Health Benefits of Attending Church?

Are there health benefits to going to Church?

There are studies done on everything these days. Maybe some people don't have enough to do, or maybe they just want an answer to something that bugs them.

The World Health Organization defines health as "a complete physical, mental and social well-being." Religious beliefs and participation can affect individual behavior, promote compassion, shape public life and communication, promote well-being, health and wholesomeness. To be fair, in some people religion can also promote feelings of guilt, anxiety, violence and intolerance. Approximately 65% of Americans consider religion to be an important part of their lives, 83% reported praying to God in the last week, but only 43% reported going to a religious service. Does *your* health benefit from going to church?

I checked out two studies done on this topic; a recent study by Marino Bruce, a Vanderbilt University professor and the associate Director of the Center for Research on Men's Health; and a new study published in JAMA International Medicine (researchers from the Harvard T.H. Chan School of Public Health) that studied women. I wish I could say that I read these studies, but I only skimmed through them-too many big words I didn't understand. The objective of the studies was to evaluate associations between attending a religious service and mortality in men and women.

The JAMA study used 74,500 (a rounded number) women who filled out a questionnaire in 1992. Most of the women were Catholic and Protestant and were 30-55 years of age. 18.9% of the women attend services more than once a week, 40.7% attended church once a week, 16% attended less than once a week and 24% didn't attend at all. At the time of the questionnaire, the women were free of cardiovascular disease and cancer. Beginning in 1996 and going through 2012, these women were evaluated every couple of years. Adjustments were made for the differences between life-style factors (smoking, exercising, eating healthy, etc.), demographics and medical histories.

During the sixteen years the data was analyzed, 13,500 of the women died - 2,700 to cardiovascular disease and 4,700 due to cancers. After making the

adjustments for life-style factors, risk factors (health) and attendance to religious services, those attending religious services more than once a week had a 33% lower all-cause death rate, compared to those women who had never attended. Frequent attendance at religious services were associated with significantly lower risk of all-cause deaths among the women. The women who attended services had fewer depression symptoms, were less likely to be current smokers and more likely to be married.

In the second study done by Marino Bruce, he notes that the interest between religion and health is almost as old as humanity. Bruce studied men of all ages but concentrated on the ages between 40 and 65. He also figured in differences, such as physical activity, smoking, alcohol use, healthy eating, education, income and social support.

In his study, he found that concerning the mortality rate of churchgoer's vs non-churchgoers (adjusting for age, race and chronic medical conditions), those who attended church services had a 46% reduction of death. His findings supported the overall theory that attendance at religious services is associated with less stress and greater longevity. The rate of church attendance strengthens social support from family, and friends, having an effect on life-style decisions and social conditions. The men's health showed a significant relationship between church attendance and mortality in the 40-65 age group (even after adjustments). Similar findings were also noted in those under forty.

There were ups and downs in both studies. The results of the studies don't imply that health care professionals should prescribe church attendance, but those who already have religious beliefs, attendance at church services could be encouraged as a form of meaningful social participation. The results of both studies show the importance of church attendance as a referee between health and lifespan.

Without a doubt, religion is associated with positive health outcomes and have proved to reduce mortality in those 40-65 by 55%. So, the question goes back to you-

Do you believe in the health benefits of a life with God?

By Deb Kroon



PUZZLE

From the heart

We all need people who share godly wisdom with us.

Directions: First, unscramble the bold letters to spell another word for "pal." Write that word in the first empty row. Then move the words under each bold letter to that letter's new column. The result will be Proverbs 27:9, NIV.

D	E	F	I	R	N
F					
to	bring	Perfume	incense	and	joy
Perfume					
of	the	the	and	heart,	pleasantness
the					
advice.	their	a friend	from	springs	heartfelt
A friend					

Answer: FRIEND; Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice. Proverbs 27:9, NIV

Fortunate FRIENDS



Make this fun "gratitude gift" for a friend.

What you need:

- pen
- round object to trace (about 4 inches across)
- lightweight colored paper
- scissors
- ruled notebook paper
- Chinese food takeout box (or small paper gift bag)
- hot glue gun

What you do:

1. Trace circles onto the colored paper and cut them out.
2. Cut strips of notebook paper and write messages to a friend (or Bible verses about friendship).
3. Fold each circle in half without making a crease. Secure the top center edge with glue.
4. Pull the outside edges together by creating a bend in the center of the paper. Undo the bend and insert the fortune.
5. Re-bend the "cookie" into shape and add glue inside to hold it in place.
6. Put all the "cookies" in a takeout box and give to your friend.

Zion Council Meeting

September 6, 2018

Zion Lutheran Council met on Thursday, September 6, 2018 at 7PM. Members in attendance were Angelle Berreau, Deb Graham, Sara Henning, Kevin Knips, Deb & Mel Kroon, Randy Kruse, Carol & Chuck Serfling and Bob (Member).

The meeting was called to order by Council President, Deb Kroon.
Deb Kroon opened with a devotion.

Secretaries minutes were read from the August 2018 meeting. M/Chuck to approve the minutes. S/Angelle. Motion carried.

Treasurer's report was reviewed for August 2018. M/Chuck to approve the report. S/Angelle. Motion carried.

Bob's Report:

- Bob has a new mentor, Joyce Capp from Pipestone.
- Bob registered for the Fall Theological Conference, the cost will be \$135; he will not need housing.
- Confirmation will start October 3. Bob would like to hold a meeting on Wednesday, September 19, 2018 at 7:30PM for confirmation students and their parents. This year's Confirmation students at Zion will be Jacob Henning, Summer Hoiland and Takoby Mack.
- Bob reported information on Samaritans Purse Operation Christmas Child. Our congregation usually supports the Community Christmas Baskets, but maybe Sunday School can do this for their mission project this year; Sara will check into this.

Unfinished Business:

- Gutters are completed.
- Consensus of the Council to have Deb K. check on a couple people to work on the bathrooms in the basement.
- We will be doing the Community Meal on Wednesday, September 26, 2018 for "God's Work Our Hands". On God's Work Out Hands" Sunday which is scheduled for Sunday, September 9th, we will be taking a special collection that will be donated towards the Community Meal that we'll be serving on the 26th of September.
- Bob will do his Africa presentation on Sunday, October 14th during worship.

New Business:

- Consensus of the Council to allow the Grand Prairie Rockets use of the basement for their meeting on September 9th at 7PM.
- Deb Kroon spoke about lack of attendance and what we can do.
 - Bob has been working on visiting members that haven't been attending.
 - Council members discussed ways to reach out to members and will start implementing a few things.
- Next Council meeting is scheduled for Thursday, October 4, 2018 at 7:00PM.

Closed with the Lord's Prayer

Sara Henning,
Zion Lutheran Church Council Secretary



HADLEY ZION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Zion – a box is in the back of church to collect fabric during October (see page 1)	2	3 Confirmation: Hadley – 5:00 pm Zion – 7:00 pm	4 Zion Council meeting 7 pm Zion Bible study 2 pm @ church	5	6
7 20 th Sunday in Pentecost (green) H – Worship/Comm. 8:45 am Z – Sunday school 9:45 am Z –Worship/Comm. 10:45	8	9 Hadley Council meeting 7 p.m.	10 Confirmation: Hadley – 5:00 pm Zion – 7:00 pm	11	12	13
14 21 st Sunday in Pentecost (green) H – Worship 8:45 am Z – Sunday school 9:45 am Z –Worship.10:45 am; potluck after worship	15 H – Bingo at Golden Living Center, 2 pm	16	17 Confirmation: Hadley – 5:00 pm Zion – 7:00 pm	18	19	20
21 22 nd Sunday in Pentecost (green) H – Worship/Comm. 8:45 am Z – NO Sunday school Z –Worship/Comm. 10:45	22	23 Please submit all November newsletter items by 9 am	24 Confirmation: Hadley – 5:00 pm Zion – 7:00 pm	25	26	27
28 Reformation Sunday (red) H – Worship 8:45 am Z – NO Sunday school Z –Worship.10:45 am	29	30	31 Confirmation: Hadley – 5:00 pm Zion – 7:00 pm	<p style="text-align: center;">Hadley</p> Ushers – Dan Braun Payton Braun Reader – Brent Johnson Altar – Sandy Swan Cleaners – Connie Sorenson	<p style="text-align: center;">Zion</p> Ushers – Reader – Carla Ennenga Altar –	