



“For by grace you have been saved through faith, and this is not your own doing. It is the gift of God-not the result of work so that no one can boast.” Eph 2:8, 9

When you think of October 31, what comes to your mind first? Of course, it's Halloween. It's on this day that children put on costumes of different characters such as witches, ghosts, skeletons and cartoons and go door to door to collect candy and other goodies

On this very day, the day that we dress up our children in different costumes and send them around the neighborhood, something special happened.

About 490 years ago on October 31, 1517, Martin Luther nailed on the church door in Wittenberg, Germany, what is known as the 95 Thesis that sparked the greatest revolution in the history of Christian church. In this famous 95 thesis he proclaimed the glorious truth of justification by grace through faith that changed millions of lives. Therefore this day holds a special place in our church history.

I think there is an even better religious reason for us to celebrate this day. We have a better story to tell our children than just the story of ghost and witches.

Thanks be to God for Martin Luther.

Pastor Ale

Worship Board is looking for people to set up Communion

-2 Sundays a month

-2 months a year

-You will be trained

Please call 681-8765 and leave a message.

What Does Jesus Say About Money?

Matthew 6:19-21

¹⁹ “Do not store up riches for yourselves here on earth where moths and rust destroy and robbers break in and steal. ²⁰ Instead, store up riches for yourselves in heaven, where moths and rust cannot destroy and robbers cannot break in and steal. ²¹ For where your treasure is, there your heart will be also.”

The Stewardship Drive began Sunday, September 29. The theme for the drive is *What Does Jesus Say About Money?* If you have not already received the stewardship book for your neighborhood, someone will contact you soon. Please review the information and pass it onto another

Church Bulletin Bloopers

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

A bean supper will be held on Tuesday evening in the church hall. Music will follow

Potluck supper Sunday at 5:00 pm - prayer and medication to follow.

The maintenance of the church graveyard is becoming increasingly costly. It would be a great help if parishioners would do their best to tend their own graves.



Parish Planning Council Zion Lutheran Church September 23, 2008

Members present: President Lawrence Grant, 1st VP, Judy Melby; 2nd VP, Connie Peoples; 3rd VP, Ginny Armstrong; Treasurer, Winton Forsberg; Pastors Gary and Ale, Board Members; Deb Holtan, Duane Morey, Lyle Paulson, Bill Hoglo, Amber Holtan, Kristin Hanson.

The meeting was called to order by President Lawrence Grant at 7:00.

Devotions and prayer was given by Pastor Ale.

Secretary's Report was reviewed. Ginny Armstrong made a motion to accept the minutes; Duane Morey seconded it. The minutes passed.

Treasurer's Report was given by Winton Forsberg. We are pretty much even from last year. Winton would like all the budgets from all the boards at the October meeting. Judy Melby made a motion to accept the treasurer's report, Bill Hoglo seconded it. The report passed.

Board reports:

Amber Holtan (Christian Education and Sunday School Superintendent) reported on VBS, approximately 48 children were in attendance. This year they had a sack supper of sandwiches, fruit, etc. A survey will be taken to see if VBS should be changed to June and what time would be the best. VBS is for

Children 4 years of age to 5th grade.

There are 240 children registered for Sunday School, this is an increase from 210 last year. It's getting off to a good start.

Old Business:

Church offices: Pastors and Secretary have moved into their new offices. New desks have not yet arrived; they are temporarily using borrowed desks from Tony Dorn's. New window shades are needed in the offices.

The card lock security system is still being discussed (card reader, computerized all coming/going/time/organization who is entering the church. These cards can only be used on certain days and at certain times and will be noted on a computer; this is for the west door only by the new office. More will be discussed at next month's meeting. Jim Hulteen is checking on prices.

Phone system has a few "bugs". This is just minor adjustments and should be straightened out soon. Doors also have need of minor adjustments.

Approximately \$2000 is left in the building fund. \$13,000-\$14,0000 was spent earlier this year on the Youth Room. It cost approximately \$47,000 for the offices to be moved.

House at 524 North Knight: No one has purchased the house for \$1.00. This offer stands until October 15th at which time the house will be demolished. The appliances, cupboards or anything salvageable will be removed from the house and will be offered to anyone in the congregation at a silent auction; time and place to be determined later. Watch the bulletin.

New Hymnals: Our goal is for 260 so we can start using them the first Sunday of Advent (the beginning of the church year) So far we have 200 purchased. Thank you to all who have contributed to this project. You still have time to purchase a hymnal in memory of a loved one or given in honor of a special person, they are only \$25 and your name will be placed in the cover of the new hymnal in honor of your generosity.

Youth Director: We are still seeking a youth director. They had 6/7 resumes to consider; out of these two were chosen to be interviewed; one accepted a position before the interview near their hometown so declined. The other was seeking more salary then what we were able to spend. The search continues and Pastor Gary is phoning colleges, camp counselors and people he knows that may be interested. Kristin Hanson, Youth Board chair made mention that board members NEED to attend the monthly meetings. They are held the first Tuesday of the month unless

notified otherwise. They are gearing up for the National Youth Gathering in New Orleans next July 18-28. Pastor Ale reported our group will go with Redeemer. It costs \$1500 per student to attend. By going with Redeemer the cost will be dropped to \$1200 which will save each student \$300 for the trip. Zion has 18 going and Redeemer has 41. This is for students in grades 9-12.

Fund raiser for choir robes was held yesterday (28th) A freewill offering spaghetti supper was served along with garlic toast, coleslaw, pudding, apple crisp and beverage. They also had a basket silent auction and baked sale. There was a short choir concert after the meal in the sanctuary which was wonderful. We are VERY proud of our choirs and thankful for directors of each and for each member t hat religiously attends the practices to enhance our services with the gift of music. They are raising money for 40 robes to retire the 30 year old, well worn robes. The new ones cost \$150 per robe.

New Business:

Report on Fair Hills: Both pastors enjoyed it; it was held Monday through Wednesday, September 15-17. Guest speakers topics were "What is Church" and "What is Change". It was well attended.

Stewardship: Books were handed out September 25th. Theme this year "What Does Jesus Say About Money" There will be 4 temple talks during the weeks of the Stewardship Drive. Please pray about your giving this year; we are all feeling the "crunch" of the country's finances but look around and see what God has blessed your with and look at the wonderful things that are happening here at Zion; this can not continue without your help, even upping your pledge by \$1.00 a week is a big help. Also consider "Simple Giving" (it gives you a good feeling to know your still giving to your commitment when you can't be in church. It's simple to do, painless and can be done weekly, monthly and cancelled if you find you don't like it, but you'll be glad you did it.

Pastor's Reports:

Pastor Ale: *(in Youth Report) Confirmation has started (September23) There are 21-9th graders. 20-8th graders

Pastor Gary: Adult Bible Study starts Thursday October 9th at either 2:00 or 7:00. It will be the "No Experience Necessary" series.

Again this year there will be Adult Forum on the Sunday's when there is no communion. If there is a topic you would like to discuss or learn about contact Christian Education.

The meeting was adjourned by President Lawrence Grant.

Duane Morey led us in the Lord's Prayer

Next Parish Planning Meeting is: October 21 AT 7:00 PM

Respectfully submitted,

Judy Melby Acting Secretary for Jane Schaumburg

FURROWS
John Hulteen

Two horses pull hard at their collars
As the plow strikes the virgin soil.
A furrow has now been created
From the strength of the homesteader's toil.

The scene that we view was long ago,
A hundred years they say.
But the song of the rugged homesteader
Is still alive today.

Those time worn hands of the homesteader
No longer hold the plow.
The mighty roar of the tractors
Create the furrows now.

But time has not changed the purpose
For those who grasp the land.
It's still the love of the furrow
And the dirt on the tiller's hand.

Yes, it's still the love of the furrow
That runs from beginning to end.
It's still the home for loved ones
And the voice of a neighboring friend.

The land has always been there,
And perhaps it will ever be so.
Yet it's the hand that touches the seedling,
That gives wheat it's golden glow.

It's not just the dirt in the furrow.
It's not just the call of the sod.
It's the soul of the ones who till it.
It's the touch of the hand of God.

So on to the next One Hundred,
New faces will then see the land.
But the furrows will run straight as always
On the strength of the homesteader's hand.

Health, Healing and Wholeness

Newsletter Article – October 2008

“When David came to Mahanaim, Shobi..., Machir..., and Barzillai..., brought beds, basins, and earthen vessels, wheat, barley, meal, parched grain, beans and lentils, honey and curds, sheep and cheese from the herd, for David and the people with him to eat.” (2Samuel 17:28)

Talk about eating beans, and you just might set someone into fits of giggles. Most of us have heard the little ditty ...*Beans, beans, the musical fruit, the more you eat, the more you ...* well ... you know the ending! For this reason alone, many folks shy away from including beans in their diet. As you probably have guessed by now, I like to use scripture in these articles, so I pulled out the *Exhaustive Concordance*, fully expecting that the word *bean* would not be present, and lo and behold, it appears not once, but twice in the Old Testament – first in 2Samuel, then again is Ezekiel! The lowly bean has been vindicated!

Beans come in all shapes, colors and sizes. Ounce for ounce they provide more protein for your money than most other sources, such as, fish, poultry, and red meats, and often play a major role in the diets of many vegetarians. Just one cup of prepared beans will provide more than 1/3 of the daily protein needs of the average adult. Cooked, one cup contains approximately 230 calories, and supplies half of a grown woman's daily requirement of iron. One-half cup satisfies all of a child's daily iron needs. In addition, they are loaded with vitamins and minerals – especially vitamins B & E, calcium and potassium. Dried, they are easy to store for long periods of time (making them an ideal food to distribute at food banks, government subsidized food programs such as WIC, and shipped to third world countries), and almost magically double in size when soaked or cooked. Add to that the fact that they meet our daily need for fiber, and you've got a super-nutritious little vegetable!

So why don't we eat more of them? Well ... there is that little problem of you know ... gas. Gas is formed in the large intestine in the body's attempts to break down a sugar within the bean called oligosaccharide. Our bodies seem to be missing the necessary enzyme needed to complete this part of the digestive process. How can we eliminate bloating and embarrassment? Search the internet and you will discover about as many “cures” for the problem as there are types of beans! Some recommend soaking over night then discarding the water, some recommend both soaking, and cooking the beans then discarding the water, some recommend using rinsed canned beans – the theory being that the oligosaccharides transfer into the water and are washed away. Others recommend simply eating more beans, claiming that your body will adjust to this change in your diet. There seems to be only one fool-proof solution ... using a product containing the enzyme that will do the trick our body cannot ... alpha-galactosidase, otherwise known as the product Beano. Alpha-galactosidase is not appropriate for people with diabetes; it could lead to an increase in blood sugar level. People who have mold allergies may have a reaction to alpha-galactosidase. Alpha-galactosidase may increase galactose levels and therefore should not be used by those who have the genetic disease galactosemia.

Another reason we sometimes shy away from using dried beans is the time involved in preparation - soaking and cooking, but boy are they worth it! Check out the tasty recipes in the booklet, *The Bold Beautiful Book of Bean Recipes*, compiled by the employees of the Washington State WIC program. A free copy of the booklet can be downloaded at www.3doh.wa.gov/here/Materials/PDFs/15_BeanBook_E04L.pdf. This resource is used by WIC programs throughout the country.

So... the next time someone tells you that “_____ isn't worth a hill of beans”, you can respond, with, “*That is wonderful!*” because now you know what a hill of beans is really worth ...and you can leave them scratching their heads ... as you walk away!☺

Autumn Blessings!

Debbie Best, Program Coordinator, Community & Congregational Services

Diakon Family Life Services

Church Properties Discussing Changes

Properties Board is considering new changes:

- Keyless card entry system with card swipe for the outside doors, offering more security
- Updating chime system – Have you missed the chimes?
- Revamping of video/audio feed with KTRF to enable better sound quality and more reliable audio feeds
- Camera security system to increase visibility within church and for broadcast on Sunday morning

For Those Fifty and Over

Do you remember the old Dick and Jane reading books, the Sunday School books where little girls wore white pinafores and little boys wore navy blue suits? When we were moving library books, we discovered a wonderful out-of-print set of books by Mary Alice Jones. The copyright is 1943 when Bobby and Mary's parents share their wisdom in: *Tell Me About Jesus, Tell Me About the Bible, Tell Me About Christmas*. If you want to reminisce about the time you were five and sat at your parent's knee and soaked in their wisdom, check out these wonderful children's books.

Evangelical Lutheran Worship Hymnal

The Worship Board is now receiving donations for the Evangelical Lutheran Worship hymnal. Hymnals may be viewed in the back of the church. The board is hoping most of the hymnals needed will be given as memorials or special gifts.

The cost is \$25 per hymnal and includes gold stamping on the cover with Zion Lutheran Church. Please return this completed form along with the money to cover the number of hymnals you are giving to Zion.

My Gift for the ELW Hymnal (Please Print)

Number of Hymnals _____ at \$25 each = \$_____ enclosed

Name _____

If desired, you may designate your gift:

Given in memory of _____

Given in honor of _____
