



On Guard! Protect Yourself and Your Family Online Part 2

The internet is not safe.¹ We made this point last month as we emphasized several sobering realities: you and your family are being searched, children are being exposed to pornography, social media is negatively affecting our mental health, you are easy to find, secrecy and lies are encouraged, and human trafficking is happening. If you missed last month's article, you might want to go back and read it.²

Because the internet is not safe, you need to take steps to protect yourself and your family online. Last month we introduced two steps that you need to take to accomplish this (#1 Strengthen identity in the family and #2 Utilize devices/software designed to protect you online). We focus on #1 this month.

It's nearly impossible to overemphasize the importance of cultivating identity, especially for children, *in the family*. In fact, it's actually more important than peer-to-peer relationships. Make sure you process this truth: the family relationship is more important than peer-to-peer relationships.

Psychologist and physician Dr. Leonard Sax, author of *The Collapse of Parenting: How We Hurt Our Kids When We Treat Them like Grown-Ups*, makes this point:

You have to assert without apology the primacy of the parent-child relationship over relationships between same-age peers. You have to teach that family comes first... (205).

It's not that peers aren't important; it's that the family identity is more important, exceedingly more important. The reason why has to do with the purpose of parenting. Childrearing has a goal, an end, a *telos* (to use the old word for it) and it's not getting children into a good college so as to secure a well-paying job. That's too small.

Scripture alludes to it in the book of Proverbs: "Train up a child in the way he should go..." (Prov. 22:6). Consider the phrase *the way he should go*. Scripture assumes that there's a way for children to go, a path upon which they should be walking, a trajectory upon which they should be set. And it is the parents' job, not the peers', to do this. Peers have their place, but it's not in training a child in the way he should go. Parents have this sacred responsibility.

Paul echoes this in the book of Ephesians when he instructs fathers (and mothers) to bring up their children "in the discipline and instruction of the Lord" (Eph. 6:4). Parents are called by God to shape, to train, to bring up their children in the way the child should go. And, to be lovingly direct, peers aren't equipped to do this.

And this is what makes the internet especially dangerous. Again, it's not that the internet is bad; it's dangerous, and dangerous things, like fires and farm machinery, must be handled

¹ We are not saying that the internet is bad, any more than we than we would say that a pick-up is bad, but neither is safe. Both bring certain dangers that we must

counteract through intentional efforts to protect ourselves and our children.

² You can find it online (www.zionmanning.com) or pick up an extra copy at Zion.

accordingly. The internet has the power and potential to subvert the authority of the parent by inviting children into an unfiltered world of immaturity (and, quite often, immorality), one strongly driven by immature youth on social media and immoral content producers on TikTok, YouTube, and more nefarious sites.³

Dr. Sax puts it succinctly:

Your child's first allegiance must be to you, not to her best friend. The contemporary culture of texting, Instagram, YouTube, Twitter, Facebook, and online video games has concealed this fundamental reality, promoting and accelerating the premature transfer of allegiance to same-age peers (113).

He adds,

Part of the task of the parent is, and always has been, *educating desire*: teaching your child to desire and enjoy things that are higher and better than cotton candy. Video games, Instagram, and text messages are the cotton candy of American popular culture today (152).

Appreciate his point: It is the parents' job to educate desire, to bring children into a virtuous adult culture (a world above and more substantial than the cotton candy of social media and online gaming), to inculcate in them a deep appreciation and respect for the good, the right, the true, and the beautiful.⁴ And the internet has the potential to

subvert this by covertly connecting children to an ill-equipped peer culture and an often immature (and potentially immoral) online world.

Dr. Sax concurs:

The main mechanisms by which contemporary American culture today asserts its primacy in the hearts of American kids are the Internet and the mobile phone (110).

In short: you need to protect yourself and your children online. Dr. Sax is emphatic:

Fight for time with your child. Cancel or forego after-school activities; if need be, in order to have more evening meals together. Your kids can't attach to you if they hardly ever see you. And turn the devices off (111).

Last month we listed several immediate action steps to implement:

- Put your phone down and talk as a family.
- Turn off the TV and play games as a family.
- Eat supper as a family.
- Read books and talk about them as a family.
- Worship as a family.
- Discuss the sermon as a family.
- Pray as a family.

These are critical. Do them. They are how you anchor identity in the family.

educate your children's desires. For an excellent resource on shaping your desires, see *You are What You Love* by James Smith. In brief, you shape desires by choosing mature and Godly habits. So, you *habit* your way into new desires, not the other way around. In order to desire the good, right, true, and beautiful, you must make them habits.

³ As emphasized last month, these sites often lead to the more nefarious sites, whether directly recommending them (as with TikTok) or by awakening sinful desires through suggestive content that draw users into immorality.

⁴ This may be a growth area for you. If your passions are not rightly ordered (i.e. aligned with what God has called good), it will be exceedingly difficult for you to

This month we dig deeper into internet safety. In our September ALIVE: Equipped to Thrive event, Jen Morris shared an excellent resource that detailed several critical considerations for parents as they develop their media plan for their family.⁵ We will introduce some here.

Screen-Free Zones

If the family identity is going to be prioritized, screens must be minimized. Fight hard to establish screen-free zones. Start by getting them out of the bedrooms and then work on the kitchen/dining room. Screens in these places do nothing to facilitate familial togetherness and conversation and everything to further fracture family identity.

Make the remaining screens less immediate and more intentional. Unplug your TV or cover it. Do something to make it more difficult to watch so that turning it on and being drawn away from your family isn't mindlessly automatic. Make the decision to watch TV a conscious, informed choice, not your default. And if you watch, don't encourage separate watching. Watch together. Work to minimize screens so as to maximize family. This not only forces everyone to consider the appropriateness of what's being watched, but it also creates a shared experience that can facilitate family conversation.⁶

Screen Free Times

Work to establish screen-free times in your life. Do not allow them at family meals (and work to have

family meals!). Instead, prioritize family conversation.⁷ Insist that children turn screens off in advance of bedtime. Children do not need to be accessible to their peers 24/7. Further, not only are tablets, TVs, and phones major sleep interrupters (and studies continue to show how sleep deprivation negatively impacts all of us!), but they are significant sources of temptation, and with "incognito mode" it can all be hidden from you, further facilitating secrecy and an alternative online life apart from the family. Youth simply lack the maturity to be discerning. Help them.

Further, their consciences are being formed and their desires are being shaped. Burdening them with constant accessibility is mentally exhausting (the mind needs space to process life, and without that space, it fractures!) and giving them unfettered access to the morally un-zippered universe of the internet is potentially devastating for youth. Remember, they cannot un-see what they see and a child's natural curiosity and lack of maturity are a dangerous combo online (especially when you understand that online influencers are specifically targeting children with LGBTQ propaganda), so insist on screen free times.

Device Curfews

Building on the previous two points, establish curfews for devices. Phones, tablets, etc. should be turned off and turned in at night. Put them in a tech dock to charge. Your kids might protest, but they need you to do this for them. Protect them from the burden of constant accessibility and from the temptation of unsupervised internet surfing.

⁵ Copies are available in the church office.

⁶ Consider subscribing to World News Group's daily 10 minute news broadcast especially designed for families. It's a great way to watch the news, told from a

Christian perspective, with your kids. Go to <https://worldwatch.news> to subscribe.

⁷ If you would like conversation starter cards, we have some in the church offices.

If you need more reason to take these steps, remember that excessive screen time has been linked to obesity, depression, anxiety, behavior problems, mental health struggles, addiction, unhealthy expectations for relationships, and sleep problems. Protect your kids.

Establish Family Guidelines for Tech Usage

If you allow your children to play online games, insist that they play them in the commons area of the house and that they only play with people they (and you!) know *in person*. Be firm on this. Online gaming is a favorite avenue of accessibility for human traffickers. Don't endanger your children because you don't think it will happen to them. Establish rules to ensure it doesn't.

Require your children to get approval of new app downloads. You require them to tell you where they're going when they leave the house; require them to tell you where they're going online.

Teach your children good media manners. Insist that they leave phones down when they're interacting with a live person. Constantly looking at one's phone is disrespectful to the person who is trying to talk to them.

And help them be good digital citizens. Bullying is a major problem online and telling yourself, "My child would never..." is naïve. You may think, "My child would never lie to me," but Dr. Sax says otherwise, (to say nothing of Scripture!), "Your daughter (or son) is more likely to lie to you than anyone else, because she doesn't want to disappoint you" (154). This is why building the family identity is so important; it opens communication and fosters trust.

Teach responsible behavior and language online and encourage your children to tell you when they

see inappropriate behavior, whether it be inappropriate images or words.

Teach Safety

Teach tech safety. We must be firm on this: do not text and drive. Period. This is right up there with running with a knife or with a toothbrush in your mouth. Don't do it. Teach them: don't cross the street while looking down at your phone. And don't befriend an unknown person. Just because he is a friend of a friend doesn't make him trustworthy. Teach them: people lie.

We must have these conversations because the internet is not safe. It lives in the same category as firearms, farm machinery, fire, automobiles, and knives. We wouldn't set our children free with firearms or farm machinery or fires without careful teaching, firm direction, and clear expectations. The internet can be no different.

To return to our opening point, it is and remains the parents' job to train up a child in the way he should go, to educate his desires, to teach him to treasure the good, right, true, and beautiful. That is accomplished by intentionally grounding his identity in the family even as the family has its desires shaped by the family of God gathering regularly around the Word of God. Internet safety is an outgrowth of this. The action steps shared in this article grow out of this deeper concern for the family and the primacy of the parent-child relationship.

Next month we will discuss specific devices and software designed to help you protect yourself and your children online. If you have questions or would like to visit more before then, I welcome the conversation. – Pastor Conner

ALIVE

Equipped to Thrive

3-Part Series for Teenagers & Parents



July 25

Being Who God Made Me

“Our Identity Drives Our Choices”

Sept. 12

Social Media Set Me Free

“Escaping the Social Media Stronghold”

Nov. 7

Normal What's That?

“Understanding What's Normal for Teens”

Navigating teen and family life can be difficult for everyone. It is our hope that these sessions will help strengthen our teens, families, and communities.

When: 5-7pm on July 25, Sept. 12, and Nov. 7

Where: Zion Lutheran Church

Who: All Area teenagers (12-18) and their parents

Cost: Free-will donation

What: 2-hour sessions featuring parallel tracks for teens/parents, Meal with conversation starters, and an activity



Rhett McLaughlin and Charles "Link" Neal represent some of the greatest YouTube influencers of the last decade. Their content ranges from silly eating competitions to high-level-production music videos. Their content is truly creative, and they represent one of the earliest waves of YouTube stardom. Their YouTube channel – Good Mythical Morning – boasts over 17 million subscribers, and their individual videos combined have well over a billion views. Point is, your kids have probably seen them or know of them.

They also created content for the wildly popular show "What's in the Bible?" – a video series created by Phil Vischer, the original creator of Veggie Tales. The duo dressed up like 1950s rock band musicians with over-the-top gelled up hair. The songs they created for the television show were ingenious! Both ascetically pleasing and educational, their Bible teaching songs highlighted all the Judges (which if you know, are hard names to remember!), Deuteronomy, Leviticus, and more.

Being such radically talented musicians and Christian content creators, you can understand my disappointment when they released on one of their YouTube channels their formal disavowal of the Church. You can find a short clip of why they've disavowed the Church by searching: Why Rhett Left the Church - Ear Biscuits Clips.

I think it's worth considering their recent comments because our kids watch these internet influencers, but on top of that, their argument for leaving the Church is fairly common. The argument goes: The Church *should be* just; but the Church *is* unjust; therefore, I will leave the Church. While it's not highlighted in the clip mentioned above, they still have a profound love for Jesus, which, again, is fairly common: "I love Jesus, but I don't like the Church." The question is, how can we address this line of reasoning to our loved ones and to our kids?

Rhett specifically accuses the "white evangelical church" of demonstrating undeniably visible racial racism. In his video he said, "The actions of white evangelicals in 2020 serve as a strong confirmation for me personally to disassociate myself from the Church." He has solid stats to back up his position, but there's a problem with his terminology.

He quickly condemns white churches of racism. He uses the anecdotal quip that Sunday is the most segregated day of the week. The problem with that, however, is that segregation occurs in predominantly white communities as well as African-American communities; in other words, African-American congregations are just as racially segregated as white churches are – along with Hispanic congregations for that matter. Yet, Rhett condemns the "white evangelical church." There's a problem...for sure, especially in larger cities where racial minorities make up a greater

segment of the population. But call a spade a spade – racial segregation happens everywhere (it's not just a white problem). So, he has a problem with equivocation; that is, his definition of "Church" is bizarre, but it would be very easy to accept what he has to say.

But even more problematic than his definitions is his response to the problem. The Holy Christian Church is the only worldwide organism which has successfully transcended race. The Church started among Jewish converts, spread to Africa, jumped over the Mediterranean Sea into Europe. Missionaries and immigrants then crossed the Atlantic Ocean into the New World. Since then, the Holy Christian Church has seen fruit in South America as well as Asia. Islam is predominantly Middle Eastern. Buddhism is Indian. Confucianism is predominantly Chinese. Christianity is the only religion that has incorporated all races of people into the fold. Why? Because it's true. The Creator of the Universe has the power to claim His Creation through His Church. Islam, Buddhism, and Confucianism have only been able to incorporate segments of people, but Christianity values all people as individuals who bear the image of God. So, leaving the Church outright makes little sense.

My follow-up question to Rhett or family who struggle with the Church would be something like, "So, what's your alternative?" If you perceive that racial injustices are a problem among Christians – which they are – how are you going to deal with them? I'm not sure leaving the Church is the best option (in fact, I'm 100% sure it's not). As a wise churchman likes to say, "If you turn away from Christ [or in this case, the Church, Christ's masterpiece], what are you turning towards?"

Martin Luther King Jr. turned towards Christianity. Even though he was on the receiving end of

unfathomable racism from Christian Caucasians, he kept Christian truth and the biblical vision of a united Church in sight. If anyone had the right to disavow the Church, it was MLK. But in his famous "I Have a Dream" speech, he stated: "I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together." The valley and hill picture are just pulled from Isaiah 40: "Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. And the glory of the Lord shall be revealed, and all flesh shall see it together, for the mouth of the Lord has spoken." MLK turned to the Church's holy documents to give voice to his vision – which, as far as I can tell, was also the Creator's vision – for an unsegregated America. If MLK, a victim, relied on the vision of God's Church and the world for his activism, why are we so quick to jump ship? To jump ship from the Holy Church makes a mockery of MLK's strategy for desegregation because it gives the impression that we somehow know better than past Christians like MLK. Personally, I'd be happy just to have 10% of the brainpower MLK possessed. An approach that throws the baby out with the bathwater in relationship to the Church will devalue and demote the world's only useful asset in getting closer to justice.

Further, and this is no excuse to adopt apathy, but racial injustices, demonstrating prejudices, and the like will not end until Christ returns and makes all things new. The wiping away of tears caused by the devil, death, and sin (including sins of racial injustices) will not occur until Christ returns with the New Jerusalem (literally, the Hebrew means 'City of Peace') (Revelation 21:1-8). Yes, racial injustices can be a problem, but our expectations

for human achievement are as equally problematic and unrealistic. Remember, the human race killed the most innocent Man ever. We killed Jesus! So why exactly do we think we're capable of perfection in the here and now? We need to reevaluate our expectations, and take Jesus seriously when He told John that "evildoers" will persist until His return (Revelation 22:11). BUT, "**Blessed** is the one who keeps the words of the prophecy of this book." The more we take God's truth seriously, the better we will understand what justice truly is. But that truth and that understanding happens EXCLUSIVELY in the context of the Holy Christian Church.

If we truly love Jesus then we will love what He loved too. Paul writes: "Husbands, love your wives, **as Christ loved the church and gave himself up for her**, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish." Christ thought very highly of the Church. This verse begs the question, are we truly loving Christ or following Him if we disavow the very assembly He died for? While I appreciate thinkers like Rhett or Link and their honesty, I find their move illogical at best, and prideful – to say we know better than past Christians like MLK how to deal with the problem – at worst. – Pastor Johnson

Midweek Advent Services 12/1, 8, 15

Zion and Trinity:

- Trinity supper: 5:30
- Zion worship: 5:45
- Trinity worship: 6:30
- Zion supper:
following worship



Of the Father's Love
Begotten





Earlier in October, the 5th grade confirmation class visited Ohde's Funeral Home. This is the second year we've made this fieldtrip.

The week before we go, we focus on the fact that Jesus rose from the dead and how He raised people from the dead like Jairus' daughter and Lazarus. Since the Son was the instrument (the Word – John 1) by which the Father built the world, the Son of God cares about the created world right now too: including our bodies.

By going to the funeral home, my hope is to show our kids that caring for our loved one's corpse is a holy task. At a Christian's death, Jesus is caring for our loved one's soul while we're left to care for their bodies since they're not able to care for themselves anymore.

The kids learned about how bodies are embalmed and why that's necessary. They noted the prices of coffins – which is cool when you think about it because the kids got to see that our loved one's body, a good creation of God is worth significant, sometimes expensive care. Put another way, you can tell what's important in your life by looking at your receipts. We also had the opportunity to tour the garage.

We're thankful to Burke for giving us his time! As a community, we're also appreciative for the respect and honor he's invested into the care of our loved one's too – in preparing the body as well as overseeing the funeral. Thanks, Burke – along with all the other staff members at Ohde's! – Pastor Johnson



**Next year's
St. Louis
Lutheran
Heritage
Trip has
been
canceled**

If there's interest in returning to the Ark Encounter & Creation Museum please let Pastor Johnson know.

**NATIONAL YOUTH
GATHERING
REGISTRATION
MEETING**

Wednesday, November 10 @ 6pm

@ Zion-Manning Library Space

Hear the Christmas Story in Song and Word.
Bring family and friends.

Zion Lutheran Church, Manning, IA

ADVENT CONCERT



Sunday, December 5 @ 7:00 p.m.
Freewill Offering, No Tickets Required



Zion Praise Team
directed by Dr. Tom Ulrickson
narrated by Pastor Jonathan Conner

Habit Breaking



Over the past few months we've been discussing how to develop new habits. We discussed "habit furniture," (getting certain behaviors fixed in place so as to free up mental space for important life issues), "habit interest," (learning to see our habits as the compound interest of good choices made over time), "habit culture," (choosing, as much as lies within our ability, what normal behavior and thought patterns will surround us and influence us), and "anchor habits," (appreciating the power of tiny changes to reset the trajectory of our lives and the need to anchor those behavior and thought changes to concrete events and thought processes, i.e., anchoring prayer to exercise or the starting of your car).

This month we turn to habit breaking. How do we break bad habits? And, let's be honest, we all have bad habits! Emotional shopping. Emotional eating. Swearing. Nail biting. Excessive TV watching or social media scrolling. Smoking. And, yes, some of them are sinful habits. So, we can speak about this both as behavior modification and as producing the fruit of repentance. And Christians should be concerned about both.

In fact, one form of the confession of sins that we use in the Divine Service concludes with these words,

There are those whom I have hurt, and those whom I have failed to help. My thoughts and desires have been soiled with sin. I am sorry for all of this and ask for grace. I want to do better.

Doing better means changing our behaviors, many of which have become habits. Mr. Clear, in his insightful and incisive book *Atomic Habits*, addresses breaking bad habits: "Sometimes success is less about making good habits easy and more about making bad habits hard" (169). He shares a few examples:

You can reduce overeating by purchasing food in individual packages rather than in bulk size. You can voluntarily ask to be added to the banned list at casinos and online poker sites to prevent future gambling sprees (170).

He also shares a personal example:

Whenever I'm looking to cut calories... I will ask the waiter to split my meal and box half of it to go *before* the meal is served. If I waited until the meal came out and told myself, 'I'll just eat half,' it would never work (170).

In short, as Mr. Clear writes, "*make it difficult*" (169). Years ago we did something similar in our house. We knew the power of TV's pull. Kids (and adults) are drawn to screens. It's too easy to get sucked into a program and to lose huge chunks of your evening, and we didn't want that happening to us.

So, we put our TV in an entertainment center with doors that closed and we kept the doors closed (and we intentionally refrained from buying a TV that was too big for it and from subscribing to cable, which greatly reduced our viewing options). Watching TV required opening the doors. That step alone dramatically reduced the TV's pull. First, we didn't see it. Second, it took an extra step to turn it on. Over time, we forgot the TV was there. Eventually, it dawned on us that we hadn't watched it in months. In fact, we realized that it was just taking up valuable floor space. So, we

sold the entertainment center and stuck the TV in our attic. And the family activities that have taken its place have developed naturally and greatly added to our family's cohesiveness. So, making watching TV more difficult not only helped us break free from TV, it allowed other meaningful family interactions to arise in its place.⁸

The point is simple: make it difficult. Put something in the way, make some sort of roadblock, so that you have to put in effort to accomplish the behavior. Mr. Clear writes, "The best way to break a bad habit is to make it impractical to do. Increase the friction until you don't even have the option to act" (172).

Maybe you can think of your bad habit or your sinful habit as an expressway. The expressway is, typically, the fastest and easiest way to travel. It requires little thought and is easily accessible via numerous onramps. And this means that we, quite regularly, find ourselves cruising down the expressway. Sometimes that's the expressway of bad habits; sometimes it's the expressway of sin.

This would take us too far afield from our point for this article, but it would also be wise for us to consider where the expressway is heading. Bad habits lead to bad places. Sinful habits lead to even worse! Yes, they may be easy, probably even pleasurable, but their destination is most certainly not desirable!

So one way to keep us off the expressway of bad/sinful habits is by tearing up the onramps. Find some way to put a road block, some way to make getting on that expressway difficult. Think

through your life and make a list of your bad/sinful habits. What do you want to change? Where do you need to produce the fruit of repentance? Where do you need to do better? Make bad/sinful behavior difficult.

If your bad habit is junk food, find ways to make it difficult. Lock it in a cabinet in your basement and keep the key as far away from the cabinet as possible. If it's social media, delete the app from your phone. If it's cursing, make it expensive by setting a dollar amount per curse word that you will donate to charity (and report weekly to a friend!). If it's excessive TV watching, unplug it, keep the remote in the basement, get a smaller TV, hang a sheet over it or put up some sort of door/cabinet in front of it. If it's alcohol or a substance, commit to submitting a time usage log to a friend (so that you can't hide your drinking) or a weekly drug test with established consequences for missing. If it's oversleeping, get a vibrating alarm that won't stop until you get up and make it stop. Make the bad/sinful behavior difficult.

This certainly isn't *the* solution to behavior modification or of producing the fruit of repentance, but it is one that is proven to work. And it's one that you can begin implementing today. Want to learn more, read Mr. Clear's book (*Atomic Habits*) or come visit with me. – Pastor Conner

⁸ Lest you think we have grossly deprived our children of the pleasures of moving pictures, we purchased a projector that we use, on occasion, to project movies onto the wall that we can enjoy as a family, but these

are chosen as a family and watched as a family. And this, like the closed doors in front of the old TV, requires certain steps before the movie can be viewed. Children may also earn "edutainment" time on family tablets.



Family Discipling Event

Zion and Trinity continue to emphasize family discipling. On October 13, we gathered to discuss the importance of the Christian funeral.



Jr. Youth Gathering 2021

The 2021 Jr Youth Gathering focused on the 10 Commandments. Our speaker was a pastor from Minnesota. He highlighted the first three Commandments while our breakout sectionals focused on commandments 7, 8, 9, and 10. We also played trivia (one of our Zion groups won first place!). Saturday evening ended with bouncy houses, mini golf, and axe throwing provided by Lutheran Church Extension Fund. On Sunday morning, the kids meditated on the Commandments by praying through specially designed prayer stations prior to worship. Following the Divine Service, the kids headed back to Manning. We're thankful to Bobby Doyel, Ben Booth, Wendy Stribe, and Robin Heaton for driving and chaperoning our middle schoolers. Twenty kids from Manning went! That was the largest group at the whole gathering.



Bibles for Children

Zion prioritizes bringing God's Word into the lives of children. On October 17, we were privileged to gift the Scriptures to nine children. Thank you for making it possible!



Hello Friends!

We can't believe October's already over, how quickly time flies! Another busy month for us! We explored a lot of "Fall stuff"... apples, corn, squirrels, nuts, and it took the trees A LONG time to change colors this year, but towards the end of the month, we finally got to go on a leaf hunt to see how many colors of leaves we could find.



We celebrated Fire Prevention Week from October 4th-7th by learning about fire safety, making crafts, and we had a visit from the fireman. Firemen Cory, John, and Todd taught us fire safety tips, and we all got to ride around town on a fire truck. On October 6th, our preschoolers received an act of kindness from the Lorenzen family. We helped Brogan celebrate his cousin Max's first heavenly birthday with coloring sheets, treats, and each family received a card to pass forward an act of kindness.

On October 10th our preschoolers sang in church for the first time, and they did so well! Miss Shelly and Miss Ashley were very pleased with how well the kids sang. Chris Cakes and the Preschool Board did a wonderful job cooking for everyone. It is estimated that 456 plates were served during our pancake breakfast! WOW! Big thank you to everyone who supported our preschool program.

We visited Pastor Conner on Wednesdays for chapel. Pastor Conner has taught us about the really incredible things God created with His word, because His word is POWERFUL! We have had great feedback from many parents that their preschoolers are talking about God's powerful word at home! In the classroom, we are making a book about all the things God created on each of the 6 days.

This month, we focused on identifying and writing the letters P, B, F, and L. We are still working on identifying our names and the letters in our name. Miss Shelly and Miss Ashley introduced patterns, so we are trying hard to identify patterns and create our own.

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! Thank you to all our parents for sharing your children with us here at Zion, to the congregation for your very generous monetary and supply donations from our Wish Wall, and just for thinking and praying about our program. We feel so blessed that we have this available for our community.

Enjoy the pictures from our month together! You help make this possible!

Blessings,
Miss Shelly and Miss Ashley





Zion Lutheran Preschool
Pancake Breakfast
10-10-21

Many thanks to the many
people who made our
pancake breakfast
possible! And what a joy
to celebrate Jesus with
our preschool families in
worship!



10/19/2021: President LeeAnn Musfeldt opened the meeting in the name of the Triune God. Pastor Johnson shared a devotion on the hymn "Thy Strong Word." Roll called was answered by 10 members and Pastor Johnson. The minutes from the previous meeting were read and approved as corrected. The notes from the joint meeting with the Weavers on 9/29/2021 were read. The treasurer's report was given showing a balance of \$3,359.83, \$3,287.73 after subtracting the sewing money of \$72.10. The replacement had a balance of \$1,021.46. We had received a noisy offering of \$103.43.



Carol Lile reported on the Loren Ferry funeral. We served approximately 100 people. Cathie Segebart shared the LWML e-news. Cathie Segebart is going to Mission Central. The story of the LWML yardstick/walking sticks was discussed. They are \$10 apiece with the money going to offset missions.

CORRESPONDENCE: We received an invitation from Lutheran Family Service to their Christmas party. There are 3 different times on a number of dates. Pastor suggested if anyone wishes to attend there could be possible carpooling. Cathie Segebart received information from Spencer Owen. He reported on the IDW sponsored children in Haiti. They were safe as of August.

UNFINISHED BUSINESS: We discussed the Staley's chicken supper. Both the Priscilla Guild and the Weavers should receive approximately \$1,800. Suggestions for future discussion include advertising, the week ahead especially. We need to include the Denison circuit. 20 or 30 quilts went to Mission Central. There are 7 left here for the Okoboji quilt auction or for local needs.

NEW BUSINESS: Election of officers: the president position was discussed. LeeAnn Musfeldt is stepping down. After discussion it was decided to take a month to think about what a looser organization would look like, and whether anyone was interested in becoming president. We had no election. Gloria Boeck will stay on as treasurer and Susan Mahnke as secretary. Cathie Segebart will still keep track of Zone business, unless someone else would take that over to allow her to become president. We will have Advent suppers on 3 Wednesdays. The Priscilla Guild will host 12/1 at 5:30 with church at 6:30. We will decide on the menu at the November meeting. We are having a table at Halloween with candy in the fellowship hall similar to last year. Bonnie Lorenzen presented Christian life on Matthew 5:16, using the Halloween theme, likening the Christian spirit to lighted versus unlighted jack-o'-lanterns, urging us to keep out light shining using light from God through the Bible, also connecting to the story of the wise and foolish virgins.

ANNOUNCEMENTS: There is the Arcadia Thanksgiving supper on October 30 with delivery of suppers after church. The next meeting will be November 16th at 2p.m. The hostess is Bonnie Lorenzen. The Chairperson for November is Judy Lingle and the Co-Chairperson is Carol Ann Joens. We ended the meeting with the Lord's Prayer and the table prayer.

Susan Mahnke, Secretary

October 13, 2021

Pastor Conner led the Guild in prayer and then turned our attention to 1 John 3:16 where we were exhorted to love each other in deed and in truth. Cheryl Buhr followed with a reading called "Don't Be that Monkey".



President Roe called the meeting to order in the name of the Triune God, then led us in the League Pledge.

Roll call showed 12 members present. We answered with our grandmother's first name and a memory of her. The secretary's minutes were read and approved. Correspondence included a note and check payable to mites from Betty Nobiling, a Lutheran Family Service leaflet, and a request from New Hope asking for donations for a quilt auction to be held in August of 2022.

Treasurer Mary Grimm reported a balance on hand of \$2,168.95. Kitchen treasurer Darlene Vollstedt reported a balance of \$3,698.22. The mite box was passed as we prayed the mite box prayer.

Human Care Chairman Audrey Roe thanked Cheryl Buhr for seeing that the donated dishtowels were sold. Audrey used some of the profit to buy supplies for the quilters, and had a remaining balance of \$277.07.

Old Business: The noisy offering taken on LWML Sunday totaled \$489.10 for mites.

New Business: There will be a Praise Band Advent Concert on December 5th at 7:00P.M. in the church nave with a free will offering taken. This will take the place of the Advent By Candlelight table decorating with desserts served. It will be open to the Manning community and will have a Christmas message included interspersed with the music as in the past.

Election of officers will take place at the November meeting. The Secretary and Treasurer positions will need to be filled. The meeting was adjourned with the Table Prayer and the Lord's Prayer. Hostesses serving lunch were Joene Bohlmann and Janet Gruhn. Hostesses for November are Bev Grundmeier and Sue Puck.

Sue Puck, secretary



Enjoy the LIGHT with Fellowship Club

"Let us walk in the light of the Lord," (Isaiah 2:5)

While the LIGHT of Jesus never dims or changes, the Zion Fellowship Club will continue with some changes. The cold and dark of night is limiting to many members of the group. The group will meet on an AFTERNOON. The next meeting will be on Monday afternoon, November 8, at 1:30 p.m.



While previous and present members continue to be welcomed, NEW members are welcome. The group will especially focus on senior members and friends of Zion. The initial Bible studies will focus on LIGHT—the LIGHT of creation; Jesus, the promised LIGHT; Jesus, the LIGHT of the Gospels; Shining as the LIGHT of Jesus; eternal LIGHT in Revelation.

The Fellowship Club will continue to be a LIGHT in the congregation, community, and into the world. One of their special projects has been clothing collections for Orphan Grain Train.

Join us on Monday, November 8 and enjoy the L-I-G-H-T

L—Learning about Jesus

I—Increasing in the knowledge of the Bible

G—Gathering in the fellowship of believers

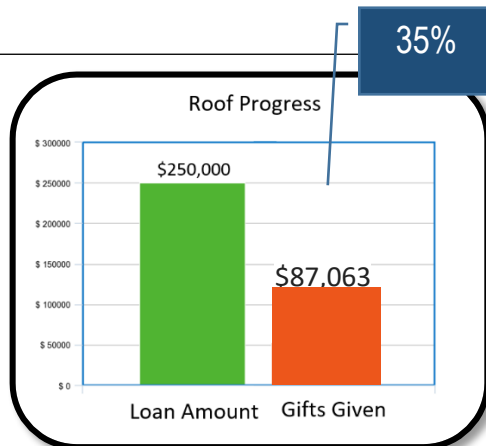
H—Helping in church and community

T—Telling the world about Jesus

Pastor Riggert will serve as pastoral advisor to the group.

thrivent®

2021 Thrivent Action Teams – need applied for & approved before year end. You may still have \$250 - \$500 per Thrivent member to be used as seed money for your team of volunteers serving others. They can be applied for 4 months in advance of your event. If applying in Dec. they can be for events way into April. The Thrivent member must be involved in the activity. Think of ways you are involved and serve others in the church, preschool, community, schools, veterans, people/families in need etc.



Please consider making a special gift to the roof or to other ongoing and upcoming mission and ministry expenses at Zion, including technology and facility needs. Ask in the office for a detailed list of giving opportunities. Thank you for your partnership!

The Face of Strength and Resilience

Resiliency is one of those words that may not be a daily part of our vocabulary. But it certainly describes many of us in many different ways. We are all resilient, even if we don't realize it. The meaning of resilience is the capacity to recover quickly from difficulties. I'm sure all of us can think of difficulties we've overcome and see how they have made us better people.



For a young child, resiliency may mean that they were able to get on a school bus for the first time, all by themselves, and make it to their classroom. For a teenager, it may mean that they passed an exam that they had struggled to comprehend the material. For the older adult, resiliency has been a part of their entire life. Maybe a parent passed away when they were young and they were sent to live with a relative. Maybe a spouse went to the service and did not return home. Whatever the situation, you can probably guess that they knew that they had to go on with life.

Mental, social, and physical characteristics all play an important role in maintaining high resiliency. The strongest evidence indicates that mental factors including coping skills, optimism, and positive emotions as well as social support and connections to people are necessary to maintaining high resilience and would be critical to an effective intervention.

The key to promoting resiliency in us, and others, is to increase positive emotions, practicing mindfulness, and focus activities to enhance happiness and reducing negative behaviors. This also includes the need to anticipate future events, we all want to look forward to something, and to strengthen relationships. For some, that may mean to write letters and make phone calls to family and friends that have not been contacted in a while. Make the first connection. You may be surprised that it may lead to a weekly call just to check in with each other.

Other effective interventions may emphasize the strengths of older adults, including the ability to establish and maintain social connections, willingness to help others, and the desire to engage in the community. This may be done with volunteering and other social or community involvement, to connect with older adults with similar interests.

Focusing on health outcomes and having high resiliency suggest that high resilience later in life can help older adults achieve improved quality of life, better mental health, and overall self-perceived successful aging, despite the adversities that they may face. Positive physical outcomes associated with high resilience include independence with activities of daily living, increased longevity, lower mortality risk, and faster recovery from illness.

So instead of looking at the older population as negative in terms of increased frailty and declining in function, and greater physical and mental limitations, focus on the resiliency of the person. Many older adults actually experience high wellbeing and quality of life, low stress, recovery from adversities and consider themselves to be aging successfully despite the onset of age related conditions. Look at that face. What do you see?

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





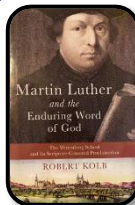
Stephen, Maggie, Ginny,
Gary, Isaac

Autumn 2021

ThM students of mine this semester, holding my copy of the oldest New Testament manuscript (P52, which is dated to 125-150 AD). I'm teaching them an advanced level Greek course and also administering the ThM Graduate Program in Luther Studies, which has 11 students (2 to 6 of which have potential for graduating next June, depending on the progress of their work).



A big adventure for us was taking Isaac to boarding High School at Morrison Academy, a Christian school in Taichung (Mid-Taiwan, an hour drive South of us). He loves it and we are so very thankful that he can go to a Christian school, which especially wants to serve missionary kids.



I'm very honored to be given the work of theological proofreader for the Chinese translation and publication of Robert Kolb's, *Martin Luther and the Enduring Word of God*!

Dr. Kolb told me that this 500 page book represents 25 years of research. Half of the book gives a fresh (sometimes iconoclastic) look at God's Word at work in Luther, and the second half looks at an area in which I think Dr. Kolb has become the world's leading authority: the influence of the Word through Luther on his coworkers and students (the 16th century reception of Luther's influence). What an exciting and valuable project currently proceeding with our excellent translator, Meifen Ku, doing the groundwork!! Previous works of Kolb we've done at China Lutheran Seminary are *The Christian Faith: A Lutheran Exposition* and *Martin Luther: Pastor of God's People*. Each of these Chinese translations continue to bear much fruit!



Bike riding and ping pong are some of our recent ways to exercise. On the left, Ginny and Gary stop to rest by a little temple on a long bike ride. The photo on the right was taken before lockdown, during our seminary's Luther Cup ping pong tournament in which Isaac came in second place after President Samuel Liu, who he is playing here in the final matches.



Camp Okoboji



CAMP OKOBOJI SUMMER 2022

Discipleship Programs

June 3-5.....Kids' Kamp
 June 9-12.....JOY Camp 40th Anniversary
 June 12-15.....Cub Week #1
 June 30.....Open House / VBS
 July 3-8.....July 4 Family Retreat
 July 10-16.....Junior High Week
 July 17-23.....Cub Week #2
 July 24-30.....Youth Week (High School)
 July 31-Aug. 5.....Family Retreat #1
 August 7-12.....Family Retreat #2

Other Events

January 28-30.....Family Ice Fishing Retreat
 Weekends Of Jan.-March....Traveling Lock-In!
 May 6-8.....Volunteer Work Weekend
 June 15-18.....IDW LWML Convention
 June 19-25.....Minneboji Bible Camp
 June 26-28.....Iowa District West Convention
 August 5-7.....Hispanic Family Retreat
 May 30-Sept. 5.....Sunday Morning Worship
 1st Sundays of the Month...Omelet Brunches!





For more information
 and to register, visit
campokoboji.org


Save the date(s)! Registration
 opens December 15, 2021.
 See you next summer at
 Camp!

12.5.21

Mission Door Offering

Pastor Pedor Lopez
*Amigos en Cristo (Denison) & Grace
 (Storm Lake)*





ZION & TRINITY

Please Note! All times and events are subject to change

TRIZION Sunday Evenings TriZion Youth Group @ Zion (6:00 – 8:00 p.m.)



November Financial Peace University at Zion at 6:15 p.m. (9 weeks)



November 6/7 All Saints' Day at Trinity/Zion



November 7 ALIVE: Equipped to Thrive at Zion (5:00 – 7:00 p.m.)
Equipping workshop for parents and teens, Supper provided



November 18 Thursday afternoon Communion Service at Zion (1:30 p.m.)



November 24 Joint Thanksgiving Eve Service @ Zion (6:30 p.m.)



December 1, 8, 15 Midweek Advent Services

Trinity: 5:30 supper, 6:30 worship
Zion: 5:45 worship, supper follows



December 5 Mission Door Offering (for Pastor Lopez at Amigos en Cristo in Denison and Grace in Storm Lake)



December 5 Advent Concert at Zion (7:00 pm.) Freewill offering



December 12 Zion's Annual Voters' Meeting, after the Divine Service



December 19 Children's Christmas Programs at Zion (musicians at 6:00, programs start at 6:30 p.m.)



December 24 Trinity:
Zion: 3:00 and 7:00



December 25 Trinity: 9:00 a.m. worship
Zion: 10:00 a.m. Brunch and Hymn Sing

November Birthdays and Anniversaries @ Zion & Trinity

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

Birthdays (T = Trinity)

- | | |
|-----------------------|-------------------------|
| 1 Beth Mundt | 15. Jesse Johnson |
| Joy Umland | 16. Sam Musfeldt |
| 2 Derek Hodne | Rachel Nulle |
| Dawn Lorenzen (T) | Paula Vogel |
| Dillon Mohr | 17. Macie Doyel |
| 3 Taylor Beckendorf | Shelly Gruhn |
| Duane Boell (T) | Sandra Vahl |
| Doug Grage (T) | 18. Beverly Grundmeier |
| Wade Janssen | 19. Martin Bornhoft (T) |
| 4 Caleb Alexander | Ryan Doyel |
| Kori Beckendorf | Mark Kucik |
| Mason Benton | Garrett Renze |
| Charles Hickman | Vera Vollstedt (T) |
| 5 Joe Riesberg | 20. Becky Eischeid |
| 6 Nicholas Birks (T) | Barbara Gore |
| 7 Samantha Doyel | Cynthia Leslie |
| Fred Gruhn | 21. Daniel Mohr |
| Levi Lapel | 22. Tyler Heaton |
| 8 Ken Grimm | Matthew Rosener |
| Travis Mohr | Thomas Walters |
| 9 Rick Lohrmann | 24. Garrett Blackford |
| 10 Jean Kusel | Allen Ehlers |
| Jeanette Lerssen | Kelly Page |
| 11 Kysen Folk (T) | 25. Luann Langel |
| Piper Mundt | Amber Neumann |
| Debbie Musfeldt | 26. Nancy Baack |
| Tammy Winter | Nicholas Diersen |
| 12. Levi Kirsch (T) | Mark Schroeder (T) |
| John Lorenzen | 27. Sandy Grage (T) |
| Dawson Mundt | Sheila Simonsen (T) |
| Kyle Vetter (T) | Ryan Willison |
| 13. Jacob Dreier | 28. Diane Genzen |
| Max Renze | Paisley Lorenzen |
| Neil Schumann (T) | 29. Daniel Behrens |
| 14. Chase Gaskill (T) | Larry Farley (T) |
| Bridget Gore | 30. Alberta Dreier |
| Steve Renze | |

Anniversaries

- | | |
|----------------------------|-------------------------------------|
| 11. Ken & Rhonda Grimm | 24. Harold & Marjorie Jurgensen (T) |
| 14. Elissa & Joe Riesberg | John & Nancy Opperman |
| 16. Allen & Becky Ehlers | 26. Ken & Becky Eischeid |
| 19. Katie & Kyle Cornelius | Stacie & Nels Nelson |
| Brett & Diana Eddy | 29. David & Kelli Page |

Official Acts

Funeral:

Gene Carl Borkowski; Died October 6, 2021; Funeral October 12, 2021 at Historic Trinity, Manning; Pastor Jonathan Conner

Betty Jean Maasen; Died October 23, 2021; Funeral October 26, 2021; Pastor Jonathan Conner

Loren Ferry, Funeral October 15, 2021; Pastor Andrew Johnson
Francis Synder, Internment October 30, 2021; Pastor Andrew Johnson

Baptism:

Thea Olson, daughter of Nels and Stephany Olson; October 30, 2021

In Our Prayers

Louise Kinnan (Darlene Asmus' sister), Justeen Schwieso, Nancy Grimm, Julie Weller, Jeanne Gruhn, Sherri Steffes, Jim Deevers, Rick Spack, John Sonnichsen (Bobby Doyel's Brother in law), Gage Carlson (great grandson of Russ and Virginia Mohr), Joene Bohlmann, Patty Meeves (Laurene's daughter in law), Bob Hagedorn, Leggy Thomson, Virgene Kroeger