

Rightly Punctuating Emotions. You Have More Control Over Them than You Think.



With three kids running cross country, Rebecca and I see a lot of slogans on t-shirts. Here's a smattering of the more common ones:

- "Who's going to carry the boats?"
- "The faster you run the sooner you're done."
- "Our sport is your sport's punishment."
- "Pain is weakness leaving the body."
- "XC: Where success is measured by your own improvement."

At a recent meet, I saw this simple statement on the back of a shirt: "I choose to be happy." I've seen it before, and while it can surely be stretched to its breaking point, it presents an element of truth: *we have more control over our emotions than we think*. We may not have control over our life circumstances (and we'll say more about this in a moment), but we are not powerless peons who must yield to the impulses of our emotions.

Think of our emotions as punctuation marks. We tend to punctuate our emotions with a period or an exclamation point. In other words, we simply accept them as the final word (the period), so an experience over which we have no control, or as a cause for alarm, even panic (the exclamation point), but emotions should really be punctuated with a question mark. They invite us to ask: *This thing is happening. How do I deal with it? How do I respond? How do I bring my worldview to bear?*

Pay special attention to that last question. *How do I bring my worldview to bear in whatever circumstance lies behind the feeling?* Here's why this is important: The story we tell ourselves governs the emotions we experience. This is an exceedingly important insight. All of us interpret the world through the framework of the story that we tell ourselves. So the real question is, *What story are we telling ourselves?*

Do we live in a Godless world devoid of meaning, morality, and purpose? Do we live in a world in which God, if He's real, is too distant or distracted to notice or care about the happenings in our life? Do we live in a world where our happiness is the most important thing? Do we live in a world where God is waiting for us to show enough faith and sacrifice for Him to act? Do we live in a world where God expects us to discern His will through intuitions and signs? Are we alone, abandoned, forgotten?

How we answer these questions will affect what we do with our emotions. As we've shared in previous articles, what we believe to be true about God and reality affects our feelings and this affects what we do. So, to get to the place where we can begin to exercise thoughtful control over our emotions, to the place where the statement *I choose to be happy* becomes a real possibility, we have to get our beliefs to align with what is true about God and reality.

Here are a few key texts from Scripture to help us in this endeavor. Consider carefully what these texts say about God and reality.

- In the beginning, God created the heavens and the earth. Genesis 1:1
- The LORD by wisdom founded the earth; by understanding he established the heavens... Proverbs 3:19

- “Who has made man’s mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the LORD?” Exodus 4:11
- God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear though the earth
gives way,
though the mountains be moved into the
heart of the sea... Psalm 46:1-2
- Jesus said, “Out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.” Matthew 15:19
- Jesus said, “This is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.” John 17:3
- Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 1 Peter 4:12
- God shows his love for us in that while we were still sinners, Christ died for us. Romans 5:8
- Jesus said, “In the world you will have tribulation. But take heart; I have overcome the world.” John 16:33
- For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. Romans 8:18

To summarize: God is the Creator (we are the creatures, and fallen, sinful ones at that). He governs by wisdom (a wisdom as beyond our understanding as conceptualizing every star in the night sky as one unified constellation is beyond our understanding). Suffering is real and not

inconsistent with God’s wise governing. Happiness isn’t the highest good (knowing God and being known by God is). We have great purpose in our God-given vocations in which we have tremendous freedom to choose. God is simultaneously transcendent (above and over everything) and immanent (near to us in His mediated grace). God acts first; He doesn’t make us earn His favor or provision. We live in the age of suffering and death. This is normal in this age (not okay, but normal), but the age to come will banish the age of suffering and death and usher in the age of life and eternal joy.

This is true. This is who God is. This is reality. And we must hear it and repeat it again and again and again to ensure that the story we’re telling ourselves is true. Only then will we have any chance of governing our emotions.

Let’s imagine a couple scenarios. Scenario one: You lose your job. Maybe your position was eliminated. Maybe you were fired. Maybe it was some other scenario. Obviously, there are going to be some powerful emotions involved. Remember, these emotions are punctuation marks. If we treat them like a period or an exclamation point, we will let them control us (and likely forget to bring our Biblically informed worldview to bear). If, however, we treat them like a question mark, we can see how they drive us to our worldview. *How does my worldview speak to this situation?*

Notice in our scenario that you likely had no control over losing your job. So as we said earlier, we often have little control over our specific life circumstances, but if we treat our emotions like a question mark that invite us to bring our worldview to bear on the situation, we will realize that we do have control over what we do with our emotions.

Unfortunately, many people tend to treat their emotions like periods and exclamation points. Think of the *period* crowd as Eeyore. They glumly bow to their gloom, believing their emotions to be the final, depressing, word on reality. They don't believe they could choose to be happy.

And think of the *exclamation point* crowd as Chicken Little. The sky is always falling. This is called *catastrophizing*. So, in our scenario the individual would attach catastrophic ideas or images to the losing of his job – *My life is over! I can't face the world! I'm going to go bankrupt! Disaster! The sky is falling! This shouldn't ever happen!*

But ask yourself, *Is that true?* Given what we know about God and reality, are the conclusions of the Eeyores and Chicken Littles true? Of course not. Losing your job, while exceedingly unpleasant and likely beyond your control, is not inconsistent with the way the world is or with the wise governing of God. So, you could lose your job, but you can't lose God's promises to you in Jesus (God doesn't take them back). God remains sovereign. His promises remain true. So when your emotions ask you what your worldview has to say about the situation, you can tell them.

Scenario two: You receive an unexpected medical diagnosis. Maybe it's career altering. Maybe it's life-changing. Maybe it's life threatening. These are all exceedingly unpleasant realities and sure to bring intense emotions. As before, we must recognize that our emotions aren't periods or exclamation points, they are question marks that drive us to our worldview. *Where does my scenario live in reality? Where does my scenario live in God's wise governance? Where does my scenario live in God's promises?* These questions will drive you into your worldview, into God's Word, and into God's promises, which is exactly

what you want. And this will help you choose your response.

Perhaps an image will help. When you're experiencing big emotions, mentally imagine yourself in a theatre. You are watching yourself on stage (this obviously involves your imagination!). How is the person on stage responding to his emotions? Is she treating them like a period or an exclamation point or a question mark? What does the person on stage need to hear? What truth about God or reality does she need to hear? What promise does he need to hear?

Now, tell them. Speak truth into their life. Confess reality to them. Tell them who God is and what His promises are. In other words, speak truth into your life (the truth you have heard and rehearsed in God's Word). You may even find it helpful to speak truth out loud to yourself. Some have also found great assistance in journaling, in recording their life circumstances and the emotions they initially experienced with them and how they spoke truth into those emotions. This allows them to reflect on their reflections, to think about their thoughts, which allows them to bring perspective and truth into their life.

Going back to the t-shirt slogan *I choose to be happy*. It doesn't have to remain a slogan on a t-shirt; it's actually a practice you can adopt. It doesn't mean you will only experience happy emotions; it means you get to speak Christian truth into your circumstances and the Christian truth is centered in the good news, (dare we even say *happy* news?) of Jesus Christ. To get there, though, we must first learn how rightly to punctuate our emotions. If you'd like to visit more about this, come talk to me. I'm glad to help you learn how to rightly punctuate your emotions. – Pastor Conner

Talking to Your Kids about Love and Sex



I, Kathryn, wanted to share a fantastic article and resource this month with parents, grandparents, and families about having the birds and the bees talk with your children. I know the thought of having these talks with our kids and grandkids makes most of us adults cringe. Yet with the realities of social media, smart phones, and peers in school the “talk” can no longer be just that, one talk. We need to be equipped to have ongoing conversations with our kids from young ages about this topic, in age appropriate ways. So I wanted to pass on this great article from the website defendyoungminds.com on having the “talk.” Marilyn refers to books I have written about in previous newsletter articles. We are working on getting the books she highlights into our church library, but if you are interested in the books now, I do have a copy of the Jr. Edition for ages 3 -7 and the bigger kid edition for 8-teenagers as well as the companion counselor book in my office for you to borrow. I hope you find this article and its resources as helpful as I have. – Kathryn Schneider, DCE



7 Things Your Seven-Year-Old Should Know about Love and Sex by Marilyn Evans September 19, 2023

This article was originally published on 2/13/2018 and updated on 9/11/2023.

We live in the age of information. We also live in a hyper-sexualized era. Put those two together and you quickly realize there are ideas filtering through our cultural climate that you wouldn't expect a seven-year-old should know.

The information kids receive can be upsetting, disturbing, confusing and unhealthy. It can also spark questions and curiosity. **Often kids turn to unreliable and dangerous sources, like pornography, for answers.** Dr. Asma J. Chattha, M.B.B.S., pediatrician at Mayo Clinic Children's Center explained, “it is all the more important to have these conversations with our children earlier than we thought.”

One of the best ways parents can inoculate kids from turning to the internet with their questions is to have *frequent, layered conversations about love, sex, and intimacy in the home*. Today we'll discuss 7 essentials we think parents should include to help protect kids from the harms of pornography and sexual predators.

Our read-aloud books make room for more conversation

Parents tell us one of the reasons they love the *Good Pictures Bad Pictures* books is that these books allow you to teach young children to reject pornography without broaching the subject of sex.

That's because we know parents want to bring up the topic of sex in their own way and according to their child's needs. **We think parents are the best people to teach their kids about sex.** As you read on, please consider the points below as *guidelines around which you can frame your family values.*

7 essentials your seven-year-old should know about love and sex

1. A seven-year-old should be able to name all their body parts (and know how special their body is)

In *Good Pictures Bad Pictures Jr.* kids learn, "every part of your body is good, including private parts. But taking pictures of them is *not* good."

Young children are fascinated by how the body works. Parents can capitalize on a child's inquisitive nature by helping them identify the correct names of all their body parts (private and not private) from a very young age.

When kids know that every part of their body is important it helps them develop a good self-image and have greater respect for others. **Knowing the correct names of body parts can also help protect children from sexual abuse!**

Giving kids the correct vocabulary to express themselves promotes health and safety. Think about it, a child should feel as comfortable telling their parents, "*My vagina is hurting*" as they would "*I scratched my elbow.*"

Tip: Remind kids that the one of the most amazing parts of their body is the brain. This helps kids focus on more than just physical appearance.

2. A seven-year-old should know where babies come from

Once children learn the correct names of their body, it's a pretty natural transition to talk about where babies come from. *Remember this doesn't need to be tackled in just one sitting.* **Find out what your child knows first. Then help them fill in missing details.**

Some kids naturally ask, others won't. I had one like that. Finally I said, "*Ok you're old enough that you might hear kids at school spreading some strange ideas about sex. Let's make sure you've got the facts straight.*"

I asked him what he knew. He had some general concepts that when pieced together would have made a strange looking baby. LOL! But with a bit of prodding, we talked about not just the scientific facts (sperm meets eggs) but also, what it means to be in love, married, and creating a family.

3. A seven-year-old can know that moms and dads have sex

When I was seven, I'm pretty sure I convinced myself that babies automatically appeared when people got married. My parents had four kids, so logically they must have been married four times! Funny then, but today I might have Googled the answer!

Of course kids shouldn't know intimate details of their parent's sex life. But they can know that parents *do* have sex. **It's even Ok that kids know sex is an expression of married love.** This will

help kids understand that there is an appropriate time and place for sexual intimacy in relationships.

And when kids know their parents have sex *it helps remove any shame or embarrassment kids might feel about the subject of sex*. Which means they'll be more likely to go to their parents with questions they have, rather than look for information in secret.

4. A seven-year-old should know about different kinds of love (friends, family, romance)

This year my 9-year-old son received a note from a secret admirer. It read, "I ♥ U ... and have since second grade!"

I wasn't sure if my son would be flattered or run for the hills. Either way, this was serious business. Plus we had the tender feelings of a young girl to consider. *I used this as an opportunity to talk to my son about girls, crushes and different kinds of love.*

My son and I were pretty certain we knew who his admirer was. "Well this girl seems to like you a lot." I said. "What do you think about that?" He let out a big sigh and then blurted, "The girls all think they should have a boyfriend mom! That's stupid!" After a fun chat we decided at his age it's good to have girls that are your friends ('cause girls are cool, too!). But they don't need to be your *girlfriend*. **Then we continued to talk about why (when he's much older), it will make sense to date and maybe even have a girlfriend ...one day!**

5. A seven-year-old should know why love should always be a part of sex

Whoa, whoa, whoa! ...Already? **Actually, this is the number one reason your kids need *you* to talk to them about sex.** That's because 99% of

the information your kids will gather about sex outside your home will fail to acknowledge that love is even a consideration!

At school, your kids might learn about sex through the lens of *biology, anatomy, social studies, health, consent, contraception, gender identity, etc.* But most schools won't touch on love and the emotional consequences (good and bad) that come with the act of sex.

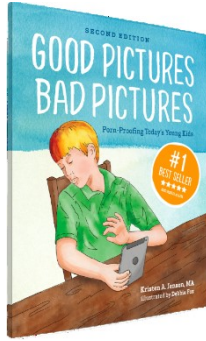
We live in a cultural environment that promotes sex as something separate and distinct from love. It's important that children learn from their parents that relationships grow over time. And that sex should be reserved for adults, like moms and dads, who know they *love* each other very much. Imagine the instances of sexual exploitation that would be avoided if more people grasped this concept!

6. A seven-year-old should know why pornography is bad

In today's digital reality parents cannot control when or how their child could be exposed to all sorts of highly sexualized imagery. **By age seven your child is ready to sit down with you and have a serious conversation about pornography.** We know that can feel like a daunting task, which is exactly why we recommend *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids* as a way to get the conversation going.

In this beautifully written and illustrated picture book parents and children learn together:

- How to **define** and **recognize** pornography
- How pornography **acts like a magnet** to look again
- How pornography **tricks the brain into addiction**
- How to **help your brain reject pornography**



Good Pictures Bad Pictures Porn-Proofing Today's Young Kids

"I really like the no-shame approach the author takes. It's so much more than just 'don't watch or look at porn.' It gave my children a real understanding about the brain and its natural response to pornography, how it can affect you if you look at it, and how to be prepared when you do come across it (since, let's face it... it's gonna happen at some point)." -Amazon Review by D.O.

When parents talk to children about pornography it's good to mention that all humans deserve to be loved and treated with kindness. **Pornography is the opposite of love.** *It takes something that is meant to be good and turns it into something very bad.*

7. A seven-year-old should know where to go to find ANY answer about love and sex

In an earlier post, [*Will I Rob My Child's Innocence If I start talking about the Dangers of Porn*](#), Kristen explained:

In children, we often equate innocence with *ignorance*. We don't want them to have to know about "adult" topics. But unfortunately children are at risk of pornography exposure from a young age. **Keeping them ignorant of those dangers means they have no way to protect themselves from their own curiosity!**

Kids can find *information* about *anything* at the click of a button. As parents it's our job to give them *real knowledge* on important subjects. When parents speak appropriately about *love and sex* at home, kids learn to trust that mom and dad have answers to their questions even before they ask.

Become the expert for your kids

It's hard to believe that by age seven your little one is starting to express more independence. Social interactions occur more frequently through school and playdates. For many kids at this age their access to the internet is expanding.

That said, every child has different needs. So don't fret if you haven't started having these conversations yet (I was a late bloomer). Today is always a good day to start!

Talking in *age appropriate* ways about love and sex in your child's formative years establishes a safe place for your kids to talk as they grow up and have more sophisticated questions. If your kids learn to see you as the expert today, they will trust you as the expert tomorrow too!



Monday-Friday
October 23-27
Help stock the
Manning Food Pantry

Serving residents of the IKM-Manning School District.



**Take your donations to
Manning Pharmacy.**

Collection carts will be located inside the
front door. Your donations will
be gratefully received.

Non-perishable canned &
boxed goods, fruit juices

Paper products

Soap & laundry detergent

Personal hygiene items



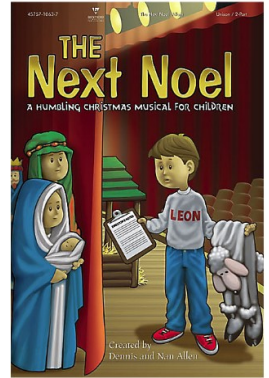
Other Happenings and Resources:

The Next Noel

We are starting practice soon for our two Christmas programs! The older children will begin working on songs in Confirmation opening and Sunday School opening for their program, The Next Noel! If you would like to help with this program in any way please let me know! dcekathryn@gmail.com

Pumpkin Season is here!

You may not be obsessed with Pumpkin Spice lattes, but pumpkin season is upon us! Just take a drive past the Conners' home and you'll see it's that time of year! If you love the lattes, or are like my husband and love this time of year as it means roasting a ton of pumpkin seeds, this season can be a great reminder to start new traditions with your family and to maybe consider using pumpkins to teach the little ones in your life about Christ and shining his light. On page 10 you will find a prayer you can use when pumpkin carving at the end of this month and below is a pumpkin muffin treat to make at home.



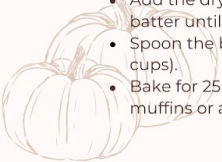
PUMPKIN MUFFINS

Ingredients:

- 1 3/4 cups of flour
- 1 cup packed brown sugar
- 1 tsp. baking powder
- 1 Tbsp. cinnamon (I personally add WAY more)
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs
- 1 can (15 oz.) pumpkin puree
- 1/2 cup oil
- 1 Tbsp. milk
- 1 tsp. vanilla

Directions:

- Preheat oven to 375°F. Line a muffin tin (12 muffin cups) with paper liners (or grease with butter).
- In a bowl, add and stir together all the dry ingredients.
- In another large bowl, add the eggs and whisk them with a fork. Add the pumpkin puree, canola oil, milk and vanilla. Stir until smooth.
- Add the dry ingredients into the wet ingredients mixing the batter until it is smooth.
- Spoon the batter into your muffin tins (it should fill 12 muffins cups).
- Bake for 25 minutes. (Note: This recipe makes 12 regular-size muffins or about 40 mini muffins.)



Enjoy!





Afternoon
Communion
Service
October 19 @
1:30

SPONSOR



Fellowship

AT ZION

SIGN UP IN THE FELLOWSHIP HALL

THE PUMPKIN PRAYER

DEAR JESUS.

As I carve my pumpkin, help me pray this prayer:
Open my MIND so I can learn about you.
Take away my sin and forgive the wrong that I do.
Open my EYES so your love I will see;
I'm sorry for the times I've turned up my
NOSE at what you've given to me.
Open my EARS so your Word I will hear;
Open my MOUTH to tell others you're near.
Let your light shine in all I say and do.

AMEN.

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THE LORD IS MY LIGHT AND MY SALVATION.
PSALM 27:1

Confirmation, Junior High & Senior High Happenings!



We have kicked off at Trinity & Zion confirmation and Senior High Youth group. I wanted to share with you a few photos of the fun we have been having while learning about Christ and our identity in Him (also see page 20). I also want to celebrate that we had over 20 junior high kids sign up to attend this month's Junior High Youth gathering in West Des Moines Oct. 21-22nd. Please pray for our group that this would be a time of growing deeply in their faith with Jesus Christ!

Our confirmands are busy learning from the Bible, the catechism, and are walking through the book, *How to be Your Own Selfish Pig* by Susan Schaeffer Macaulay, during our opening time. This book helps ask the tough questions and teaches about world-views and other religions. They are also learning new songs and singing with gusto praises to our Lord! They will soon begin working on Christmas program music. Pray that the Word of God and the lessons they are learning in Confirmation would take root in their hearts and help guide them throughout this year and for a lifetime!

Senior High youth are signing up for the Senior High Youth Gathering. Reminder the forms & registration money is due to Kathryn by Oct. 15th. Our next Senior High Youth Group will be held at Kathryn's house Oct. 15th. We will have a bonfire, s'mores and other fun fall games planned. Bring a lawn chair and friends!

The Bible Reading Challenge!

If you haven't yet started or have fallen behind, please jump in and join me in reading through the entire Bible this year! There are printed versions of the bible reading plan in the fellowship hall, and we have a Facebook group you can join to ask questions, see the week's readings, and connect with others reading the same passages from God with you on the same day. Join our Facebook Group at:

<https://www.facebook.com/groups/zionbiblereadingchallenge>

**Iowa District West
Senior Youth Gathering**

**Ready,
SET, GO**

Matthew 28: 19-20a

November 17-19, 2023

Cost: \$125

Who: 9th - 12 Graders

Where: Des Moines



Preschool Praises for September

As September comes to an end, I look back and can't believe how quickly this month has passed. We have had a lot of fun and learned about many things already!

We have been focusing on the creation and how powerful God is both at chapel with Pastor Conner and in our classroom. So far, we have learned about days 1-5. The kids really enjoyed when Pastor Conner brought different plants from his own yard to share with us all the amazing things God has given us.



A few other things we have been learning about in our classroom include our 5 senses, counting, colors, starting our letters, and most recently had some fun farm animal and fall themed activities and lessons. Miss Melanie even brought a goat from home for us to see, pet, and even feed!

Our class has really caught on to our morning prayer and our snack prayer! We continue to learn our rules, routines, and all about green (good) and red (bad) choices.

To wrap up September, we got to enjoy a fun Mom's Day! The last hour of class, the students' moms were able to come in and listen to some songs the kids have been practicing with Kathryn, eat a yummy snack, and enjoy a craft together. It's so fun to keep the family involved in all our fun we have at Zion Preschool!

We are now getting prepared for our upcoming Pancake Breakfast next month. Make sure to mark your calendars for this wonderful preschool fundraiser! Our class will be singing at the beginning of service on Sunday, October 15th at 8 AM. The pancake breakfast will follow from 9 AM-12 PM. We appreciate all of your support!

Miss Amy & Miss Melanie





Thank you, Zion, for enabling us to share Jesus with children and families!





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Your Life on Screens:

Understanding the Seen & Unseen and What You Must Do About It

Rev. Jonathan Conner

September 13 @ 1:00 (central)

Affirming, Celebrating LIFE Post-Roe

Rev. Dr. Jim Lamb

October 17 @ 1:00 (central)

Helping People (and Yourself) in Times of Complicated Grief

Dr. Mark Vande Braak

November 15 @ 1:00 (central)



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Amigos en Cristo

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

Friends in Christ Evangelical Lutheran Church

Pastor Pedro Lopez, Denison, Iowa

October 2023

Amazing happenings are taking place in Carroll! With the support of St. Paul Lutheran Church and many other volunteers, the ministry is coming along. We average 11-17 people every Saturday to study God's Word and enjoy fellowship with our new Hispanic group there. Praise be to God!

In Storm Lake, we continue to offer our Bible studies and worship service every week, and we have restarted confirmation class. We are excited to see how our small group is interested in preparing themselves to learn more about God and possibly become future church leaders.

We are having an Immigration Workshop on September 27 and September 30 at 6:30 pm at St. Paul-Carroll. We are hoping to help many people in need of immigration knowledge or assistance with paperwork. Please share this information with your communities. Our prayer is to start a worship service there soon. We are also getting ready for our next ESL (English as a Second Language) program to start in both Carroll and Hartley in October.

At St. Paul-Hartley, we are getting ready to start our fall ESL program. Our initial ESL students continue to participate in the English worship services and are excited to help support the Hispanic outreach that will be starting in October. Our outreach at St. Paul-Fort Dodge has started. We are visiting the town and the ESL class started in August. Our plan and our prayers are to offer a Bible study on Saturdays.



Our Hispanic LWML group is active. Our ladies are participating as much as they can in events around the region.

I continue to work together with our sister congregations. It's always a joy to do chapel. This month, I was with the kids at Unity Ridge School. We also joined Our Savior-Denison on their Rally Sunday where we all had one bilingual service and I was the preacher.

In Denison, the ministry continues. However, many families have moved away resulting in fewer members. We continue with Sunday worship service and Wednesday Bible study. We ask for your prayers on this specifically as we ask God to give us all we need to continue to spread the message of Jesus to the people in Denison.



Rev. Pedro Lopez, Asst. to the President
Missionary at Large, pedro@iowadistrictwest.org,
571-606-7600

I will be sharing information about our Hispanic Ministry at the District Pastors Conference, September 25 and 26, at Gloria Dei Lutheran Church in Urbandale. Please keep us in your prayers and continue to support us. You can support this ministry by sending your donations to the District Office (specify for Hispanic Ministry).

Gracias and bendiciones, Pastor Lopez



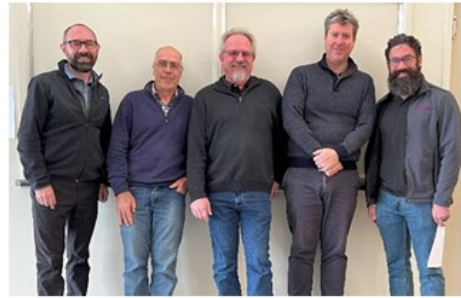
To the USA and Back Again We were delighted and blessed to have the opportunity to visit the USA for a brief time again this year, not having been back in nearly two years. Most of our time was spent in Milwaukee due to both LWML and LCMS Conventions being held there. But we spent significant time visiting congregations and sites in Indiana, Kentucky, Tennessee, and Illinois. Since returning, it's been a whirlwind with trips to Australia and to India. Many thanks to all those who made our time in the US so memorable and special.

Rev. Charles Ferry serves the LCMS as the Regional Director for Asia. He is responsible for all the LCMS Asia missionaries and mission work in this part of the world. He often represents the congregations and people of the LCMS before our partner churches as we work together toward common goals.

Charles and Cheryl are the parents of seven children, three of whom were born overseas during their missionary service. • Caleb (18) • Caitlin (14) • Carissa (11) • Cassandra (9) • Chloe (7) • Charlotte (5) • Caylee (2)



Above: The Ferry girls get to try a real American farm tractor at a dear friend's home in Indiana



Above: Rev. Jeff Hemmer and I meet with new friends in Australia who are fighting for the Truth of God's Word
Below: Preaching for a celebration service at the seminary in Nagercoil, India



Above: Presenting at Faith Lutheran Church, Bloomington, Indiana





Ferry Family Update



Caleb had a very big summer as he graduated high school, turned 18, and enlisted in the US Air Force. He's now with family in the USA, awaiting the start of boot camp in Texas! Many thanks to our home congregation Mt. Olive for recognizing his birthday when we couldn't!



Birthday Girls:

Since our last newsletter, we've celebrated Chloe turning seven, Carissa turning eleven, and Caitlin turning fourteen.

Now that Caleb has left the nest, each of them is taking on more responsibility in the household, and we are proud of each one.

Prayerfully consider partnering with the LCMS to support the work of Charles and Cheryl Ferry.

Make checks payable to:

Mission Central 40718 Highway E 16 Mapleton, IA 51034

On the memo line include Ferry—Taiwan.

Give securely from any device: lcms.org/givenow/ferry

Call a donor care representative: 888-930-4438

TRINITY TRANSITIONS—Fall 2023

It was a very long hard road with Andrew filled with a lot of ups and downs and though I'm still learning how to live well with grief and loss, I am ready to move forward. Andrew will always be missed by me and all of you, however, he would not want us to stop living. He would want us to move forward in humility, love, forgiveness, and Christian friendship. Tiffany Johnson, August 2023



These words were shared with the members of Trinity in a recent letter from Deaconess Tiffany. A spouse (or a congregation) never fully moves forward from grief. However, in the reality of Jesus' resurrection and the hope He gives, we move forward. I view the upcoming months as a season of transition. We "move forward in humility, love, forgiveness, and Christian friendship." We move forward in worship receiving the means of grace. We move forward in sharing Jesus' love with children. We move forward in fellowship. We move forward in witness and service to the community. We move forward TOGETHER in Christ. -- Pastor Riggert

Pastor Conner will facilitate the process of exploring the next chapter of pastoral leadership and care for Trinity. The Trinity by-Laws designate the Board of Elders as the call committee. District President Turner will be contacted to describe and implement the process from the District/Synod perspectives. Pray for the Spirit's direction.

Membership Information

Help your church communicate accurately and effectively with you! Please complete the Membership Update form (recently mailed to you and shared in the church worship bulletin) and bring it to church or mail it to Box 340, Manilla, Iowa 51454. Extra forms are available in the church entry.

Worship

Worship will continue at the 5 p.m. time through October. "Christ through Transitions" will be the theme of the fall worship series. Together we will learn with Abraham, Moses, Joshua, Judges, Josiah, and Jesus that God guides us through transitions. Join us each Saturday evening. Invite your family, friends, and neighbors to join you.

Bible Study

Bible study precedes the Saturday worship at 4 p.m. Typically the study adds additional insight to the worship theme and invites personal applications.

Word on Wednesday resumes September 6 and will be held most Wednesday mornings (see the monthly calendar) at 10:00 a.m. The study will focus on the book of Joshua and Israel's transition to the Promised Land. Friends and neighbors of Trinity are welcome to attend.

Christian Education

Sunday school classes begin on Sunday, September 10 at 9 a.m. Thanks to the Christian Education committee for again offering this program to the children of the congregation and community. Thanks to many volunteers who assisted with the August "Making Waves" VBS program. 40 children were enrolled. Over \$800 was contributed to dig a well in Malawi, Africa. Thanks children and friends!



Partnership

The partnership between Trinity and Zion was clearly evident in this summer's vacation Bible school programs. Several members of Trinity volunteered for the Zion program in June. Pastor Conner, DCE Kathryn, and several youth from Zion assisted with the Trinity program in August.

Special Events

September 21--LWML Rally at Trinity
(Picture on right)

October 6—Chicken Dinner
(See below right)



Pastoral Care

Pastor Riggert will typically have office hours each Wednesday morning (9 a.m.-11:00 a.m.) and will be the primary worship leader and pastoral care contact (home 712-655-2104; cell 515-570-3137; bob.riggert@gmail.com). As senior partnership pastor, Pastor Conner is also available. He can be contacted through the Zion church office at 712-655-2352;

connerjonathanidw@gmail.com.

Pastor Vogel is also available for emergency situations. We are privileged to serve you sharing Trinity's "Peace through the Cross" mission.

Staley's Chicken

TRINITY LUTHERAN CHURCH - MANILLA
DRIVE THRU & DINE-IN

Friday, October 6th

4:30 - 7 pm

\$12.50/meal



Comes with
Chicken
coleslaw,
mashed
potatoes,
corn, roll, &
Cookie

Trinity's LWML Minutes

9/19/2023

The meeting was opened in the name of the Triune God by a devotion on Ruth Chapter 4, reminding us we are part of God's family who were in Jesus' family lineage. Pastor reported that President [redacted] was about the call process.

There were 7 members and Pastor Riggert present. The minutes from the previous meeting were read and approved as read. The treasurer's report was given and it was moved and seconded that the report be accepted. The motion carried. We had a report from Cathie Segebart about the board meeting.

We went over correspondence. In her news, Cindy Wrucke is going to return home from Prague and retire. We discussed setup for the Fall Rally being held at Trinity on September 21. Carolyn Kerkhoff is the organist and Pastor Riggert will give the welcome. All plans are in place for the program. We also discussed the LWML service which is being held October 7. We are to wear our t-shirts and collect a noisy offering. Bonnie Lorenzen gave Christian Life on two different articles, one about an ice cream sundae and one about Grampa and the cake, blessings coming from others and from "yucky" stuff.

Susan Mahnke, Secretary





Fellowship Club, October 2023

The Fellowship Club will meet on Monday, October 9 at 1:30 p.m. Continuing with the year's theme of "History," the October focus will be on Reformation history: What was the historical context of the Reformation? How did God prepare Martin Luther? Why did Luther respond as he did? Why is the Reformation important today? Guests are always welcome!

The Fellowship Club will coordinate another clothing drive for Orphan Grain Train. Items can be brought to the church fellowship hall beginning Sunday October 22 and continuing through October 29. Good, clean, used clothing items from all sizes and season are accepted (men, women, children). Shoes are also accepted (heels no higher than a thumb). New underwear is always appreciated. Donations will be delivered to the Ida Grove warehouse. Please share this opportunity with community friends and neighbors.



**Lutheran
Family Service**

For Nothing is Impossible with God

Celebrating Our Partnership
with Lutheran Family Service!



Rev. Dr. Jim Lamb

Guest Preacher, Rev. Dr. Jim Lamb
Sunday, October 22 @ Zion
(Preaching & Leading Bible Class)



Snapshots of Zion



Members of Iowa District West's Administrative Assistant Conference Committee celebrate a fantastic conference hosted by Zion. Approximately 50 attendees pictured below.



The Zion family celebrates fellowshiping together after worship.



Residents and guests of Accura celebrate our weekly Wednesday worship.



Over 50 5th-8th graders gather at Zion each Wednesday for confirmation. Here they are singing a song led by DCE Kathryn

Please Note! All times and events are subject to change



Sept. - May

Bible Reading Challenge



Sunday Mornings Cold-Case Christianity Bible Study at Zion (after worship)



Wednesdays

Word on Wednesday at Trinity (10:00 a.m.)



October 1

3rd Graders Receive Bibles (during Divine Service)



October 1

Zion Family and Friends Hayride (4:00 p.m.)



October 15

Preschool Pancake Breakfast (9:00-Noon) (worship @ 8:00 a.m.)



October 15

Youth Group (1:00-3:00) at Zion




October 19

Zion Afternoon Communion Service (1:30 p.m.)



October 22


Rev. Dr. Jim Lamb of Lutheran Family Service at Zion



PRESCHOOL PANCAKE BREAKFAST

SUNDAY, OCTOBER 15

9:00-NOON



WORSHIP AT 8:00

October Birthdays and Anniversaries @ Zion &

Birthdays (T = Trinity)

- | | |
|------------------------|-----------------------|
| 1 James Mullenger | 16 Miranda Benton |
| 2 Norah Vetter (T) | Mya Gaskill (T) |
| Ferdonna Zimmerman (T) | 18 Kate Greving |
| 3 Marcus Borkowski | Don Lamb |
| Alan Morris | 19 Gloria Ewoldt |
| 4 Amy Blackwell | Owen Havick |
| Robert Ehlers | Sonia Kuchel |
| Chelsey Jensen | Julie Weller |
| Camden Morris | 20 Steve Borkowski |
| 5 Brian Birks (T) | Andrea Schwery |
| Bennett Riesberg | Natalie Hanson |
| 6 Haleigh Alexander | 21 Rodney Borkowski |
| Benjamin Ramsey | Pam Kusel |
| Richard Zinke | Nancy Walters |
| 8 Marlene Borkowski | 22 Luella Borkowski |
| Juanita Kurth | Cynthia Genzen |
| 9 Vivian Blackford | Cooper Tjaden |
| Susan Mahnke (T) | 24 Wyatt Grabill |
| Richard Mundt | 25 Trevor Booth |
| Lindsey Schumann (T) | Nathan Janssen |
| Amelia Vetter (T) | 26 Max Beck |
| Bonnie Witt | Zach Rasmussen (T) |
| 10 Aspen Wiig | Bret Saunders (T) |
| 11 Houston Alexander | 27 Brody Blom (T) |
| Kimber Arp | Bobby Doyel |
| Drew Doyel | Randy Dreher |
| Lynn Kruse | Amos Olson (T) |
| Skyler Sandage | Daniel Tibben |
| 12 Justeen Schwieso | 29 Christopher Dreher |
| Weston Stribe | Louis Dreher |
| 13 Lillian Sease | Ashley Lorenzen |
| 14 Wendy Ahrendsen | 30 Claire Behrens |
| Lance Gruhn | Mallory Dreier |
| 15 Barbara Doyel | Justin Segebart (T) |
| Lori Lenz | 31 Abel Hinners |
| Kaylyn Nelson | Dean Hoffmann |
| Jodi Ramsey | Callan Stribe |
| Betty Schroeder | |
| Sandra Sextro | |
| David Weller | |

Anniversaries

- 1 Robin & Jenny Bunker
 9 Ryan & Bobby Doyel
 10 Duane & Kay Otto
 12 Gerald & Rita Beck
 13 Howard & Audrey Roe
 14 David & Julie Weller
 16 Dale & Karen Reinke
 20 Tom & Donna Porter
 26 Neil & Lindsey Schumann (T)
 31 Greg & Leesa Christensen

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

Official Acts

Baptisms;
 Leni Rose Riesselman, daughter of Robert & Megan Riesselman; September 30, 2023; Pastor Jonathan Conner

In Our Prayers

Tawnya Jacobsen (Kristin Backhaus' sister), John Bexten (father of Beth Alexander and Amy Blackwell), Jim Deevers, Rick Spack, Justeen Schwieso, Sherri Steffes, Cory Ahrendsen (Larry & Connie's son), Tom Wegner, Juanita Kurth, Kristin Webb, Lenus Borkowski, Bob Christensen, Bruce Rutz, Steve Rutz, Janet Smith, Jamie Osterbuhr (Amy Hull's sister-in-law), Audrey Grinhaug (Howard and Audrey Roe's granddaughter), Denny Backhaus