

Zion Lutheran Church & Preschool
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Jesse Greenhagen, Pastor

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"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Philippians 4:6-7

A Lutheran Perspective on: Mental Health

We live in an ANXIOUS world. It is rare for a young adult to escape all anxiety. Anxiety is on the rise, and at an alarming rate. The American Psychiatric Association (the well-known organization most notably known for its widely used Diagnostic and Statistical Manual of Mental Health, or DSM), has followed this trending rise of anxiety. This last year in 2024, 43% of adults noted an increase in anxiety from the previous year. This compares to 37% in 2023 and 33% in 2022. That equates to a 10% increase in only 2 years!

Although our adults are faced with dire statistics concerning anxiety, Christ gives a solution. Saint Paul, in the book of Philippians, notes this solution: *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."* The LORD Jesus has given us prayer, a direct communication to our Father. This solution has been used by the Church for centuries.

Martin Luther is recorded to have said, "If I fail to spend two hours in prayer each morning, the devil gets the victory through the day." And when Luther had an especially busy day, one that would surely cause a young adult in 2025 to be anxious, he declared, "I have so much to do that I shall spend the first three hours in Prayer."



Rather than squeeze prayer into the busy life of the Reformer, prayer empowered him. What makes prayer so special?

Prayer is a meditation specifically upon God's Word and His promises. When the disciples asked Jesus to teach them to pray, He gave them the very words to use, making the LORD's Prayer first and foremost the Word of God. When we pray the LORD's Prayer, we are really praying His Word. And found within His Word are His promises. The LORD's prayer consists of 7 petitions that are really His promises for us (Hallowed be Thy Name, Thy kingdom come, Thy will be done, give us this day our daily bread, forgive us our trespasses, lead us not into temptation, and deliver us from evil). Each of these things the LORD promises us. Prayer recalls God's promises and clings to them in faith. Prayer conquers anxiety by grasping onto God's promises. Anxiety is our failure to see God's promise for us. This anxious generation needs reminding of God's promises. Jesus has already won the victory. We need His help and faith to receive these promises.

But prayer is incomplete without thanksgiving. We can understand thanksgiving. November is the month of Thanksgiving. Thanksgiving is our response in faith having received His promises. Even if our eyes struggle to see how each of the 7 petitions in the LORD's prayer are reality, faith trusts His Words and responds in thanksgiving. It is fitting this Thanksgiving to give thanks to our God for giving us the peace of God, which surpasses all understanding, and which guards our hearts and minds through Christ Jesus.

We look forward to seeing you at our Fall Retreat (November 21-23), which is open to the public, as we consider "A Lutheran Perspective on: Mental Health."

In Christ,
Pastor Greenhagen

Early Childhood Center News



As we close out the month of October, we look back and rejoice in the many Bible stories the children have heard from the book of Genesis - the Creation, the Fall into Sin, the Flood and Noah's Ark, Abraham, Isaac and Jacob. Each of these lessons points the children to God's promise of a Savior and the gift of resurrection we receive through him.

The Board of Christian Education and the preschool staff would like to extend heartfelt thanks to all our church and Early Childhood Center families for your generous support of our fall **Little Caesars Pizza Fundraiser**. We raised **\$1,194.00** to be used toward new playground equipment, classroom toys and our tuition assistance program. Pizza delivery is scheduled for the week of **November 3**. We will post the exact day and time once we hear from Little Caesars. Parents - if you are available to help sort pizzas that day, we would greatly appreciate your assistance. Our top sellers will be recognized in the classroom during this month!

Please remember that **Zion ECC will be closed November 26-29** for the Thanksgiving holiday. We hope everyone enjoys this time of rest and gratitude with family and friends.

Looking ahead, the **Advent and Christmas season** is quickly approaching! The children are already beginning preparations for our Christmas celebrations:

Four Year-Old Class: the children are invited to participate in the **Children's Christmas Service** on **Sunday, December 14 at 11:00 a.m.** here at Zion. Families are invited to stay afterward for a **birthday cake fellowship** in celebration of Jesus' birth. Please mark your calendars!

Three Year-Old Class: the children will present a short **Christmas Song Service** on **Thursday, December 18 at 10:30 a.m.** in the gym, followed by a brief fellowship time. More details and sign-up sheets for parent volunteers will be shared soon. As we enter this season of thankfulness and anticipation, we are reminded of the many blessings God provides daily - especially the joy we share in teaching His children.

Thank you for your patience during last week.

Christina Roe

Center Director/Lead Preschool Teacher

There are so many God-given reasons a newborn babe relies on their mama. There are so many things a child learns just being one-on-one with mama in the first years of life both emotionally, intellectually and in the physical necessities when fed by the natural process ordained by their Creator. After a child is weaned he/she still requires milk to gain the vitamins and minerals essential for growth.

In Isaiah 28:9-10 this is used as an example to represent Christians who are just beginning to understand the Word of God: "Precept upon precept, line upon line, here a little, there a little . . ." Growing into Christ just as a child grows into adulthood, starting out on "Spiritual Milk".

The author of Hebrews returns to this metaphor in Verses 12 through 14 of Chapter 5. He even warns teachers to be careful of losing their basic knowledge of scripture lest they need to return to spiritual milk, before being able to move on to "Strong Meat". "Strong Meat" belongs to those that are of full age and can discern good from evil.

Here at Zion our educational staff, Sunday School as well as Preschool, are all of "Full Age" (please take this in the biblical sense!) They are ready to serve the children who come to us their spiritual milk, and maybe the occasional cookie to go with it! Ask your kids what they're learning each Sunday - discuss the lesson of the day with them and see if they may be ready for stronger meat.

We teach Christ crucified and the promise of eternal life. The meat of God's Word doesn't get any stronger than that!

Brad Coulson

Sunday School Superintendent



Thanksgiving Eve Worship Service
Wednesday, November 26
5:30 p.m. at Zion

All Saints Day
Sunday, November 2
Commemoration of the Faithfully Departed

This year on All Saints Day, during the Sunday services we will commemorate those faithful saints whom have passed away this past year. This includes members as well as relatives of members.



Stewardship and Our Sealed Pledge

In October, you were asked to make a sealed pledge relative to your offerings. As God's people, we recognize that everything we have - our time, talents and treasures - come from His Gracious Hand. Stewardship is not merely about meeting our budget; it is about faith and thanksgiving. When we make a *sealed pledge* regarding our giving, we are committing ourselves to return a portion of God's blessings to Him in gratitude and trust.

Scripture reminds us in **Proverbs 3:9-10** "Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing." Giving the *first portion* - not what is left over - acknowledges that God comes first in all things. A helpful practice is to make your offering at the *beginning of each month* or as soon as you receive your income. This habit places your giving where it belongs: as a joyful act of worship.

When shortages arise at Zion or financial pressures build, rather than stepping back in fear, turn first to prayer. Ask God to strengthen your trust in Him and to help you see ways to give generously, even in lean times when Zion's mission and ministry budget is deficit. Often, when we prayerfully stretch our faith, we discover anew that God's promise of provision is real and sure.

Let us remember that our giving is not about obligation but devotion - our heartfelt response to a God who has given us everything, most especially His Own Son, Jesus Christ.

Board of Stewardship



Mission of the Month
Christmas Outreach

Christmas Outreach provides assistance for needy families in Isabella County. Financial donations are needed to purchase items that are difficult to collect and to cover the purchase of food. We have been asked by Christmas Outreach to participate in the coat drive portion of Christmas Outreach again this year. We are being asked to provide winter coats for adults and coats and snow pants for children. Please consider helping again this year as you have in the past. You may purchase new coats or raid your closet for like-new coats that you are no longer using. Please consider applying for an Action Team grant if you are a Thrivent member. You can also make a cash donation at the church office or to Wayne Kiefer. Checks are also welcomed, but should be made out to Wayne Kiefer, not Zion. The coats will be hung on the north coat rack at Zion. Thank you in advance for supporting this effort again this year. Contact me or Tim in the church office if you have any questions.

Wayne E. Kiefer



November 9, Starting at Noon

The trustees are leading the charge in wiping down the wood trim and pews at Zion. Chili will be provided afterwards. We are looking for 20 to 30 volunteers. There is a sign up sheet in the narthex at Zion.



Thursday, November 20
11:00 a.m. - 3:45 p.m.
Zion Gymnasium

For information or to schedule an appointment visit RedCrossBlood.org (sponsor code Zion) or call 1-800-733-2767.

NURSE'S NOTE:

Feeling sluggish? These simple food swaps could supercharge your energy today! If you are crashing before noon or you're feeling drained by dinnertime, the right foods could be your secret weapon for all-day energy. Knowing what to eat - and when - can make all the difference.

Isaiah 40:31: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

The Link Between Nutrition and Energy

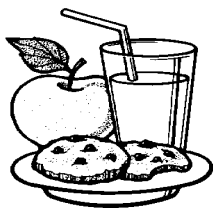
To fuel your body effectively, it's essential to understand how macronutrients - carbohydrates, proteins and fats - affect energy production.

Carbohydrates are your body's primary fuel, converting quickly into glucose to energize your muscles and brain.

Proteins help sustain energy over longer periods and support muscle repair.

Healthy fats provide long-lasting fuel and support brain health.

Your metabolism plays a key role in how your body turns food into energy. Factors like age, muscle mass and overall health affect your metabolic rate. Choosing foods that support metabolic health can make a noticeable difference in how you feel.



Top Energy-Boosting Foods to Add to Your Plate

The best way to stay energized? Whole, nutrient-dense foods. Here are your go-to categories:

Complex Carbohydrate: **whole grains (quinoa, oats, brown rice) legumes (lentils, black beans)**. Whole grains and

legumes release glucose slowly, stabilizing energy levels and avoiding sugar crashes.

Lean Protein: **poultry, fish, tofu, venison, legumes**. Proteins keep you feeling full and support muscle maintenance and energy metabolism.

Healthy Fats: **avocados, nuts, seeds, olive oil**. These deliver dense energy and help with absorption of key vitamins like A,D,E and K.

And don't overlook hydration. Even mild dehydration can sap your energy. Drinking enough water helps with nutrient transport, body temperature regulation and waste elimination - critical components for keeping your energy up. Next month will cover hydration.

God Bless, Phillis Daws RN,BSN
989-621-8583 or zionparishnurse@gmail.com

YOUTH & FAMILY LIFE

APPLE PIE DAY SATURDAY, NOVEMBER 8



If you have not ordered your apple pies please do so ASAP!

You may call the church office at 989-772-1516. Pies are \$12.00 each or 3 for \$30.00.

Pie making will begin at 8:00 a.m. on Saturday, November 8. Youth and any volunteers are reminded to help set up for Pie Day on Friday, November 7, at 6:00 p.m. **All pies ordered need to be picked up on November 8, between 10:00 a.m. and NOON.** The youth group is most appreciative of your continued support. If you are interested in helping in any way on Pie Day please contact Luke Epple Jr., 989-944-5426 or call Tim at the church office, 989-772-1516. It is always a fun and enjoyable time!

Friday, November 14 – Euchre Night!

6:00 p.m. at Zion

Join us for an evening of fun, fellowship and some Euchre! If you are able please bring a snack to share. Feel free to bring a friend also. See you there!



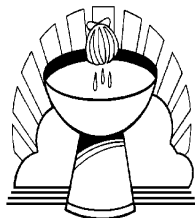
Men's Breakfast Bible Study

Saturday, November 15

8:00 a.m. at Zion

Why is the Baptismal Font Placed Where It Is?

In many LCMS Lutheran Christian churches, you'll notice the baptismal font placed either **at the entrance of the sanctuary** or **near the altar at the front**. Both locations have deep theological meaning and reflect the central role of Baptism in the Christian life.



When the font is placed **at the entrance**, it serves as a visible reminder that Baptism is the *entrance into the family of God* - the way we are brought into Christ's church. As worshipers enter, they may recall their own Baptism, remembering God's promise of forgiveness and new life.

In contrast, when the font is located **near the altar**, it symbolizes the ongoing connection between Baptism and the other means of grace - especially the Lord's Supper. The font near the altar emphasizes how Baptism leads us continually to the Table of the Lord, where our faith is nourished and strengthened.

Both placements proclaim the same truth: through Baptism, God makes us His own and calls us into a life of worship and faith in Christ. Whether at the entrance or the front, the baptismal font stands as a powerful sign of God's saving grace.

Michigan March for Life

100 North Capital Avenue, Lansing

LOOK November 6:
at THIS! 10:00 a.m. Pre-Rally Concert
11:00 a.m. Rally
12:00 p.m. March for Life



Zion Lutheran Women's Guild

Living in the Spirit
Guides Me



In the Word

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things (Philippians 4:8 NIV).

Of the Word

They say you are what you eat. The news is filled with the latest reports on vitamins, cholesterol, trans fats, antioxidants and the merits of dark chocolate and coffee.

St. Paul would probably say, "Wait! You are what you think!" Read his list. He encourages us to think about what is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. He leaves no room for negativism, pessimism, jealousy or meanness. They are mental garbage, or, as Zig Ziglar named them "stinkin' thinkin'." (See You At The Top, Zig Ziglar, Pelican Publishing Co., Gretna, LA, 1979, page 209.)

We cannot think ourselves into physical nourishment, and we certainly cannot think ourselves into godliness. The good that we think, say, and do is a result of the Holy Spirit's work in our hearts. For we are his workmanship, created in Christ Jesus for good works . . . (Ephesians 2:10a).

Walking with my Lord

With the psalmist I pray: Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me (Psalm 51:10-12 NIV). This I pray in Jesus' name. Amen.

Calendar of Events

MITES: Always looking for loose change. We will be putting our mite box out the second Sunday of each month so that we can build up our mites. Thank you to those that contributed. The National has collected over \$3,000,000 in loose change for the 20-23 mites.



LWML General Meeting – Saturday, November 15, 9:30 a.m. at Zion - Breakfast Brunch - General Meeting - Bible Study. Rev. Jesse Greenhagen will be speaking. All women from the congregation are invited.

Ladies Luncheon - Friday, November 21, 11:30 a.m. at Olive Garden. Please come. RSVP to JoAnn Gust at gust1jd@cmich.edu or 989-506-6027.

LWML Cookie Walk - Crafts and Homemade Decorated Christmas Cookies. Floor and table decorating and set-up will be on Friday, December 5,,at 6:00 p.m. Cookie Walk/Craft Sale will be Saturday, December 6, 9:00 a.m. - 3:00 p.m. Please bring your decorated Christmas Cookies starting Wednesday, December 3. Sloppy Joes or Pulled Pork and a bag of chips will be served from 11:00 a.m. to 2:00 p.m. for \$6.00. Come and enjoy this event!

LWML Christmas Party - Saturday, December 13, 10:00 a.m. to Noon - Breakfast Brunch and Gift Exchange. We are also going to have a servant event. Blessing bags will be assembled for individuals confined to their homes. Bring any health bars, snack crackers and nutrition bars to be placed in these bags to be distributed at Christmas time.

Quilts - What a Success! We sold 38 regular quilts and two baby quilts. This year we gave away 26 quilts to the Central Michigan University students. The remainder of the 46 quilts and donated clothing will be taken to Orphan Grain Train in Sebewaing, Michigan. Thank you to all who contributed.

LWML Fall Rally at Our Savior Lutheran, Midland. Only three of us attended and wished there were more to hear Lynn Corker speak on how she started working in the Women's Ministry. Our servant event was a success.

Craft Glass Class - What a successful and fun event! Rhonda Deeg did such a nice job of teaching us. If you want to see what we did, go to the Zion Lutheran Facebook page: LWML Zion Lutheran-mpmi. We hope to schedule another one as soon as we have 8 people to attend, which is the maximum that Rhonda can handle.

Orphan Grain Train - Continue to place good clean clothes in the containers at Zion and CTK. Please put in small bags or garbage bags, however, do not fill garbage bags more than half full.

Facebook Page and Website - We have developed a Facebook page: LWML Zion Lutheran-mpmi. A Website for Zion is being developed and we will be on that as well. Please send any information you may have about LWML events to Kathy Tice at ticekathleen0817@gmail.com.

THANK YOU - Thank you to all that helped with the Joyce Carter funeral luncheon. This is a volunteer group and the funeral committee appreciates all the assistance they can get.

"Serve the Lord with Gladness-" Psalm 100:2



In memory of Joyce Carter

Carrie Appold

Adella Bergey

Yvonne Fitzgerald

Ruth Giffin

Pastor & Kristina Greenhagen

Dale & JoAnn Gust

Jeff & Cheryl Kuehnlein

Lynn & Audrey Laskowsky

Delores Morford

David & Fran Smallfield



Saturday, November 1



The first Sunday in Advent this year is November 30. Midweek Advent services will begin Wednesday, December 3.