

Contact Information

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Log in information and the worship bulletin for worship can be found on our website on the “Worship online and in person” page

November helpers

Clean—

Lectors—Charlie and Diane

Communion Assistant—Megan

Ushers—Harvey and Gary

Zion Lutheran Church
589 County Rd. 13
Ithaca, NE 68033

GOOD TIDINGS FROM ZION

November 2021



Gratitude

November is a month naturally suited to the practice of gratitude - it is after all the month of Thanksgiving. Gratitude and thanksgiving are a significant part of the faith life – there’s a whole section of hymns in our Evangelical Lutheran Worship book titled Praise and Thanksgiving. We say table prayers thanking God for food and the basic necessities.

There is a growing body of literature in the medical and mental health world that indicate that an intentional practice of gratitude is a great addition to our mental and emotional health toolbox. It makes sense that it would help mental health, but in at least one study, the practice of writing down things participants were grateful for resulted in a decrease in visits to the physician for any reason. The powerful mind-spirit-body connection knows what’s good for us even if our brains don’t always.

We’re often pretty good at expressing gratitude for the really big things – birth of a baby, marriage, new job, graduation, a cancer cure, etc. But what about the ordinary stuff of everyday life?

It can be tempting to live from one fun and exciting thing to the next and sort of just exist in the in between. I think social media might accentuate this. You can scroll Facebook or Instagram and see all the cool and exciting things going on in other people’s lives. That can get us comparing our ordinary lives with the shiny, exciting and fun things in other peoples’ lives and finding ours lacking.

Before social media, magazines and TV shows probably did the same thing – it just wasn’t 24/7.

I seem to be prone to this temptation to live from one fun thing to the next and underappreciate the ordinary, everyday stuff of a life that’s really pretty good. So for my faith practice this month I’m focusing on gratitude for very ordinary stuff. Ironically, I’m posting those daily on social media. But it’s a way to keep me committed to it. And maybe it will spur some gratitude in others.

However you want to do it, I would encourage you to practice some intentional gratitude this month – write something each day in a journal or notebook, on a sticky note or whiteboard...or take a picture and post it to social media...or just store them in your phone.

Oh, and this will probably be a post at some point in the month, but I am grateful for all of you.

Christ’ peace,

Pastor Kris

Confirmation

This year we have five middle school girls in confirmation. Gracie and Izzy started confirmation last year, but with the pandemic it was challenging. So we had some ground to make up this year. We spent September and part of October on a whirlwind tour through the Old Testament from Exodus to the Prophets. Now we've started our focus on Jesus.

This year I have some help with confirmation. Vicar Gary Grinvalds is a seminary student in the Collaborative Learning Program at Wartburg Seminary. It's a program where he takes online classes while he's serving a church...or in his case, two churches—Grace Lutheran in Swedeburg and the Czech Presbyterian Church in Wahoo. Neither of those churches have any kids, so this gives him an opportunity to gain some experience teaching confirmation. Gary actually went to college to be a teacher and taught for a couple of years before going to seminary. We pay him a little stipend and he gets the confirmation experience. I supervise and review the sessions he designs, but he's a gifted teacher and it's nice to get a fresh voice.

Others are welcome to contribute to the newsletter—just get items to Pastor Kris by 26th of the month

Calendar

Worship is also available on YouTube Live. Check the worship page on our website for the links to YouTube and to the bulletin: <https://www.zionithaca.org/>

- November 3** 7:00 pm—Confirmation
- November 7** 9:00 am—Worship with Holy Communion—All Saints Sunday
- November 10** 7:00 pm—Confirmation
- November 14** 8:00 am—Council meeting
- November 14** 9:00 am —Worship
- November 17** 7:00 pm—Confirmation
- November 21** 9:00 am—Worship
Sunday school gathering after worship
- November 24** 7:00 pm—Confirmation
- November 28** 9:00 am—Worship

All Saints Sunday

All Saints Sunday is Sunday November 7. You will all be invited to light a candle in memory of someone you have loved and lost.

Freed for Life

The Freed for Life Banquet is Sunday November 7. This banquet is one of the biggest fundraisers of the year for the Nebraska Synod's prison ministries. These ministries bring the gospel of Christ's love to incarcerated people. They also prepare and equip incarcerated and newly released people to successfully transition to community living. I am not able to go, but here's the registration link: <https://nebraskasynod.org/event/freed-for-life/>