

# ANNOUNCEMENTS

ZION LUTHERAN CHURCH  
Fifth Sunday After Pentecost  
June 23, 2024

Email: [zion@zionlutheransf.com](mailto:zion@zionlutheransf.com)  
Radio Broadcast: KXRB 1400 AM/100.1 FM at 10:05 am

Phone: 605-338-5226

Website: [www.zionlutheransf.com](http://www.zionlutheransf.com)  
Facebook: Zion Lutheran Sioux Falls

## AS WE GATHER:

In his anguish and affliction, Job must be reminded that, as a finite creature, he is in no position to question the Maker of the heavens and the earth. Job's "words without knowledge" are unable to penetrate the wisdom of the Lord (Job 38:1-2). For the Lord has "prescribed limits" and "set bars and doors," so that "here shall your proud waves be stayed" (Job 38:9-11). That's how He humbles us unto repentance. But also by His powerful Word, He calms the "great windstorm" and the waves "breaking into the boat." He does not permit the chaos of this fallen world to overwhelm us or bring us to despair. By the Word of His Gospel, He speaks "Peace!" to us, which bestows the "great calm" of His new creation (Mark 4:37-39). Therefore, do not be afraid, and do not receive this grace of God in vain. "Now is the favorable time," and "now is the day of salvation" (2 Cor. 6:1-2).



Annual *Diaper Derby*  
Our final Count:  
**6,879**  
**Thank you!**

**THE FLOWERS ON THE ALTAR** this morning are given by Dan and Jolene Hanson in honor of their grandchildren. They were blessed with another grandson on June 16th. "Children are a gift from the Lord; they are a reward from him." Psalm 127:3. We thank the Hansons for providing the flowers for our services today.

**MAN UP!** A South Dakota District Men's Ministry Event will be held August 15-18 at the Campfire Cabins in Rapid City. All men High School age and older are invited to attend.

**WE CONGRATULATE** Sam Mesmer and Alex Looyenga, who were married here at the church. May God Bless Sam and Alex, their marriage and their home.

**YOUNG ADULT SUMMER GET-TOGETHER** is Thursday night at 7:00 at the Levitt. David Rosales is performing. Bring a lawnchair or blanket for seating.

**WE EXTEND OUR** Christian Sympathy to Larry and Judy Eisenbraun at the death of her sister, June. Services were held June 13th at Blessed Redeemer Lutheran Church in Brandon.

**ZION VBS**  
**TWISTS & TURNS**  
3 YRS - FINISHED  
4TH GRADE  
JULY 21-24  
REGISTER NOW!  
[MYVBS.ORG/ZIONKIDSVBS](http://MYVBS.ORG/ZIONKIDSVBS)

**WELCOME NEW MEMBERS!** Rachel Anders, Nathaniel Bohn, Kaleb & Bekah Crownover, Boone & Christina Davies, Jonah, Jayden & Jenna, John & Kham Holeton, Jr., Jim & Elaine Johnson, Jackie Keiner-Jones, Sam Mesmer, Daniel & Caitlyn Pinn and Matthew & Stephanie Kirkwold.



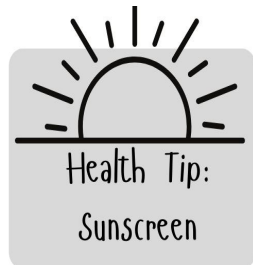
**Middle School**  
**Youth Night**  
**Wednesday**  
**6:30-8:00pm**

**ZION YOUTH**  
**NIGHT AT**  
**THE**  
**BALLPARK!**  
WED JULY 10, 6:35 PM  
\$10/TICKET  
CONTACT JACOB OR SIGN UP  
FOR YOUR TICKETS!

**The July Calendar** is now on our website at [www.zionlutheransf.com](http://www.zionlutheransf.com).

# Happy Birthday!

Jul 1 Evelyn Potratz	Jul 9 Michael Leyba	
Jul 1 Charlee Schager	Jul 9 Ashton Loween	
Jul 2 Erika Heisel	Jul 9 Riley Stotts	
Jul 2 Kelly Loween	Jul 9 Mark VandeBraak	
Jul 2 Kay Nelson	Jul 10 Paetyn List	
Jul 2 Keila Smith	Jul 10 Brian Schultz	
Jul 3 Lyle Dabbert	Jul 10 Donna Sebesta	
Jul 3 Anna Neumeister	Jul 11 Don Edmundson	
Jul 3 Karen Roe	Jul 11 Paul Flaten	
Jul 3 Telsche Stotts	Jul 11 Julie Halbakken	
Jul 4 Lloyd Huber	Jul 11 LuAnn Neugebauer	
Jul 4 Maxine Kirlin	Jul 12 Alison List	
Jul 4 Kinsley Strain	Jul 12 Eileen Sturzenbecher	
Jul 5 Joyce Dabbert	Jul 14 Caitlyn Pinn	
Jul 6 Brielle Collin	Jul 14 Becky Wall	
Jul 6 Addilynn Freng	Jul 15 Sue Dumke	
Jul 6 Hayden McMahan	Jul 15 Grace Hohn	
Jul 6 Eric Sebesta	Jul 16 Fatima Johnson	
Jul 7 Remi Mahrt	Jul 16 Sam Mesmer	
Jul 7 Lu Otten	Jul 16 Donald Miller	
Jul 7 Rylen Pierce	Jul 16 Matthew Schlueter	
Jul 7 Theresa Raabe	Jul 16 Shirley Wright	
Jul 7 Delmar Titze	Jul 17 Wendell Bouwman	
Jul 8 Hutch Reiner	Jul 17 Justus Fiechtner	
Jul 8 Justin Smith	Jul 18 Lainey Zick	
Jul 8 Chad Zinnel		
Jul 9 Sara Francis		
Jul 9 Ryan Halbakken		
	Jul 18 Kris Benolkin	
	Jul 18 Lisa Eisenhauer	
	Jul 18 Linda Waag	
	Jul 19 Lisa May	
	Jul 21 Lori Brunick	
	Jul 21 Michael Martin	
	Jul 21 Tyler Schlueter	
	Jul 21 Dar Stueven	
	Jul 22 Korbin Callies	
	Jul 22 Lauren Kulzer	
	Jul 22 Candy Sarris	
	Jul 22 Hailey Wall	
	Jul 23 Jolene Dyce	
	Jul 23 Lauren Huber	
	Jul 24 Henry Dunlap	
	Jul 24 Wyatt Dunlap	
	Jul 25 Abby Sipes	
	Jul 27 Erin Radke	
	Jul 28 Melissa Gill	
	Jul 28 Tristan Miller	
	Jul 28 Mark Shane	
	Jul 28 David Sipes	
	Jul 29 John Holeton	
	Jul 29 Nancy Leyba	
	Jul 31 Sarah Thiesen	



Use at least SPF 30  
 Reapply every 2 hours  
 Use even on cloudy days

Sunburn treatment  
 \*cool showers  
 \*use moisturizer with aloe vera or soy  
 \*drink extra water



## Heart Healthy Guacamole American Heart Association

Serves 16 | 1/4 cup and 6 chips per serving



- |  |  |
|--|--|
| 16 6-inch corn tortillas, each cut into 6 wedges                 | 1 med rib of celery, finely chopped    |
| 1/4 teaspoon salt (divided)                                      | 2-3 tablespoons chopped fresh cilantro |
| 1/2 15.5-ounce can no-salt-added black beans, rinsed and drained | 2 tablespoons fresh lime juice         |
| 1 medium cucumber, peeled, and finely chopped                    | 1/8 teaspoon crushed red pepper flakes |
| 1 small green bell pepper finely chopped                         | 2 medium avocados, diced               |

Preheat oven to 350.

On a large baking sheet, arrange wedges in a single layer. Bake for 10 minutes, or until lightly golden. Sprinkle with 1/8 teaspoon of salt.

In a medium serving bowl, stir together the beans, cucumber, bell pepper, celery, cilantro, lime juice, 1/8 teaspoon salt, and red pepper flakes. Using a rubber scraper, gently fold in the avocados. Serve with the tortilla wedges.

See Nurse Rachel for Nutrition Information