

# ANNOUNCEMENTS

ZION LUTHERAN CHURCH  
Thirteenth Sunday After Pentecost  
August 18, 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:** Who is Jesus? Jesus is the Son of God, sent from above, to feed the world for all time. Jesus is he who sustains the world in a way that makes living possible. Jesus is the one who speaks, and we know he is here. Jesus is the one who draws us to himself. Jesus is the one who can help us understand even when everything in our histories cries out that it does not fit.



**WE NEED YOUR HELP:** We need Face Painters and any kind of entertainment (juggling, magic, balloon twisting, etc.) on Rally Sunday. See Shelly Simonson if you can help. And the Board of Elders is asking for cakes, cookies, and bars to be used for Bingo prizes. A sign-up sheet is in the back of the church.

**DID YOU KNOW...** Zion Lutheran Church has more than 20 different ministries that would love to have you as a volunteer.

The Drama team is led by Shelly Simonson. Members perform during our special services, for "Streets of Bethlehem" and the "Walk with Jesus" during Lent. Contact her at ([gzuzfreaks@outlook.com](mailto:gzuzfreaks@outlook.com))

"Families in Faith" is led by Pat and Bridget Ebert. The group decorates some amazing gingerbread houses at Christmas, has sundaes on Palm Sunday and is helping our teachers with school supplies this month.

Pat: [Patrick.ebert@horacemann.com](mailto:Patrick.ebert@horacemann.com)  
Bridget: [bridget.ebert15@gmail.com](mailto:bridget.ebert15@gmail.com)

Our "Funeral Committee" works with families who have lost a loved one. They help with the meal after the funeral service. They are always looking for some extra help to prepare and serve. Contact Dorothy Chronister ([dotchron1@yahoo.com](mailto:dotchron1@yahoo.com)) or Jan Frentz ([haljanfrentz@yahoo.com](mailto:haljanfrentz@yahoo.com)) for more information.

**THE FLOWERS ON THE ALTAR** this morning are given by Brad and Brenda Clow in honor of their 50th Wedding Anniversary they celebrated yesterday. We congratulate Brad and Brenda on their special day and thank them for providing the flowers for our services today.

**BROWN BOX BLESSINGS** Families in Faith is asking you to help pack boxes with school supplies and write some notes of affirmation after the late service this morning. We will also have a potluck to kick off the start of the school year!

## **COLLEGE STUDENT ADDRESSES**

Attention College Students, Parents or even Grandparents .... If you have a college student in your family—please send their address to the church office: [lisamay@zionlutheransf.com](mailto:lisamay@zionlutheransf.com) or call it in: 605-338-5226.

**CRAFT SALE:** The LWML Ruth Guild will hold it's Craft and Book Sale beginning September 13th. Please finish up your projects and bring them to the church either on Sunday morning or to the office during business hours.

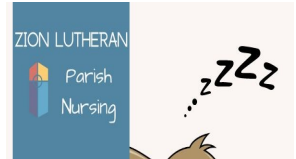
## **SIoux FALLS AREA MAIN STREET**

**LIVING CHOIR** We are planning to resume the Sioux Falls Area Main Street Living Choir this fall. We will gather in the Sanctuary here at Zion Lutheran, under the direction of Rev. Howard Shane. Dates are September 14, October 12 and November 9 starting at 1:00 pm. Please prayerfully consider becoming a member of this Choir as we join our voices together for the Main Street Living Worship Services. If interested, please contact Maxine Farden ([mmfarden@gmail.com](mailto:mmfarden@gmail.com)) so she can put together a Contact List for sharing more information regarding this Choir.

# Sermon on the Mount



Beatitudes Bible Check Disciple Discourse Eye Fasting Gospel  
 Heaven Hypocrite Jesus Judgement Kingdom Light Lord's Prayer  
 Matthew Mount Mountain Prayer Prophets Salt Sawdust Sermon  
 Teachings Temptation Treasures Trespass



## Trouble Sleeping?

### Avoid stimulants

Avoid caffeine, alcohol  
 at least 4 hrs before  
 bed

### Wind down

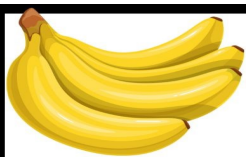
Pre-bed routine: read,  
 listen to music, avoid  
 screen-time

### Exercise

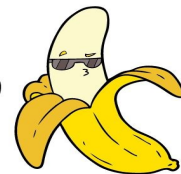
Regular physical  
 activity (at least 5  
 hours before bed)

### Comfy Bed

Good quality mattress  
 and pillow



# BANANAS



3 grams of fiber

Potassium

**Convenient to pack for a snack or lunch**

Vit C for better immune health

Vit B6 for improved metabolism

**Magnesium for improved  
 blood pressure and blood sugar**

