

# ANNOUNCEMENTS

ZION LUTHERAN CHURCH  
Fifteenth Sunday After Pentecost  
Sept. 1, 2024

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**AS WE GATHER:** Today we celebrate Labor Day, a federal holiday set aside to honor the working people of this nation. The first Labor Day was celebrated on Sept. 5, 1882 in New York City. It was made a national holiday in 1894. While the holiday was originally designed to recognize organized labor, it has become a holiday for all workers. For many, it marks the end of summer and begins the activities of the fall season. It is somewhat interesting that a day designated as Labor Day is celebrated with a day taken off from laboring. Today will also be a Labor Day of a different sort. For a faithful Christian everyday is a day to work and serve the Lord. Each day should be spent working in the kingdom of God. There is work for each of us to do on an individual basis, and there is work for the church to do collectively. As long as we walk faithfully “in Christ,” everyday is a Labor Day.



**THE FLOWERS ON THE ALTAR** this morning are given by Max Kirlin in honor of her parents, brother and sister. We thank Max for providing the flowers for our services today.

**THE CHURCH OFFICE** will be CLOSED tomorrow for the Labor Day holiday.

**WE NEED YOUR HELP:** The Board of Elders is asking for cakes, cookies, and bars to be used for Bingo prizes. A sign-up sheet is on the table at the back of the church.

**BAKE, BOOK AND MORE SALE:** The LWML Ruth Guild will hold it's Sale beginning September 13th. Please bring your craft projects and books to the church either on Sunday morning or to the office during business hours.

**THE MAIN STREET LIVING CHOIR** will resume recording this fall. Our first practice and recording will be on Saturday, September 14 at 1:00 pm in Zion's Sanctuary. If interested in being a part of this choir, please email Maxine ([mmfarden@gmail.com](mailto:mmfarden@gmail.com)) so she can put together a contact list.

**THANK YOU** to Zion for your contributions and participation in our Brown Box Blessings. Your generosity allowed us to bless over 6 districts and 10 different individual groups in the Sioux Falls and surrounding area schools. This means hundreds of children have been blessed by you! Thank you for helping us share a little love with our teachers and students as they begin the new year!

**CHOIR PRACTICE** will begin on Wednesday, September 11 at 6:00 pm. Calling all voices .... bass, tenor, alto and soprano. Please note we will be meeting in the BALCONY and NOT in the sanctuary.

**JOY** The next event is Tuesday, Sept. 10th at 10:30 am. Anyone 55 + come and enjoy fellowship, a devotion and a potluck.

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

The “Love Kitchen“ prepares and serves meals for families who have had a loss, someone coming home from the hospital or welcoming a new baby. Contact Illa Biteler ([dibiteler@hotmail.com](mailto:dibiteler@hotmail.com)) Marie Kruger ([mgkruger@siouxvalley.net](mailto:mgkruger@siouxvalley.net)) or Marsha Kritzmire ([jmkritz71@gmail.com](mailto:jmkritz71@gmail.com)) for more information.

Zion Lutheran has two LWML groups. Mary Dunlap ([dunlapme12@outlook.com](mailto:dunlapme12@outlook.com)) is the president of the Ruth Guild. Cathy Vandebraak ([vandebraak4@gmail.com](mailto:vandebraak4@gmail.com)) and Jody Huebert ([wjhuebert@yahoo.com](mailto:wjhuebert@yahoo.com)) co-chair the Eve group. Watch for more information about the groups on LWML Sunday—October 6th.

# Jonah and the Whale



BELLY BIG FISH COMMAND COMPLAINING DROWNING  
 FORTY DAYS ISRAEL JONAH MERCY MIRACLE NINEVAH  
 OBEDIENCE OVERBOARD PRAYED PREACH REPENTED RUN AWAY  
 SHIP SHORE STORM SWALLOW TARSHISH VINE WHALE WORM

## LEAVE THE FALLING TO THE LEAVES

- One in four Americans aged 65+ fall each year
- Over 95% of hip fractures are caused by older adult falls

## FALLS ARE PREVENTABLE

Keep Moving!  
 Looking for a place to walk during inclement weather? Try the indoor walking paths here at Zion.  
 Looking for more ways to stay active? Visit with Parish Nurse Rachel.

# September – Healthy Aging Month

### Debunk the myths

- |   |              |
|---|--------------|
| Older adults need less sleep                                    | <b>FALSE</b> |
| Older adults should avoid exercise to prevent injuries/falls    | <b>FALSE</b> |
| If my blood pressure goes down, I can stop taking my medication | <b>FALSE</b> |

Questions about any of these topics? Ask Parish Nurse Rachel

