

# ANNOUNCEMENTS

## ZION LUTHERAN CHURCH

January 19, 2025

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Radio Broadcast: KXRB 1400 AM/100.1 FM at 10:05 am

Facebook: Zion Lutheran Sioux Falls

### AS WE GATHER:

Money Talks! That's the name of the three-week sermon series we're in. Today's money talk comes from 2 Kings 5. The focus? A greedy man named Gehazi.

### WEDNESDAY PROGRAMS

**5:30 to 6:15 pm** - Supper

**Lasagna, Salad, French Bread**

**6:00 pm** -Choir

**6:30 pm** - Owl, Hoot, Confirmation  
Middle School and High School Youth  
Bible Studies

### ZION WILL BE SERVING

Breakfast at The Banquet  
tomorrow and we need your help!

There's a sign-up sheet on the table in the back of  
the church.

**ZION'S CHOIR NEEDS YOU!!** We are especially in need of a few more soprano voices but will welcome all bass, tenor and alto voices too. Now is the perfect time to join the Choir - we are just starting up for the New Year and we're learning some new music. We practice on Wednesday evenings from 6:00 to 7:30 pm in the Balcony and we look forward to seeing some new faces on Wednesday. (Don't worry - you won't be called on to sing a solo!) Contact Maxine Farden for more information. (605-228-8989 or [mmfarden@gmail.com](mailto:mmfarden@gmail.com))

**LADIES:** It's time to schedule some "Me Time"! Come to "Yarn - N - Yak" this Tuesday at 6:00 pm in the Atrium. Bring your embroidery, crocheting, knitting, and sewing projects. Everyone is welcome !

**YOUR 2024 Contribution Statements** are now available. Please contact the office if you would like a copy mailed or emailed to you. Be sure to **throw away your 2024** Envelopes and begin using your 2025 envelopes.

**THE FLOWERS** on the Altar this morning are given by Arden and Linda Waag in celebration of their 6th wedding anniversary today and by Lorna Muchow in honor of what would have been her husband Richard's 91st birthday last Friday. We thank Arden and Linda and Lorna for providing the flowers for our services today.

**WE EXTEND OUR** Christian Sympathy to the family of Lois Jones. She passed away last Monday. The visitation is today from 3-5 at George Boom Funeral Home. Funeral services are tomorrow at 11:00 here at Zion.

**THANK YOU** to Pastor Greg for prayers and Mike's funeral service, to Maxine Farden for playing the beautiful hymns, to Dorothy Chronister and the ladies who helped with the lunch after the service and to everyone for their kind words and cards.

In Christ's Love, Nancy Leyba

**UPDATE ON LWML CARDS FOR SALE** The Ruth Guild has lost it's card supplier so it's had to find another source. As a result, the price of each card will now be \$1.00. It's still a great value and it's so convenient to pick up what you need here at Zion! You can find the cards in the Atrium. The payment box is on the wall next to the card racks.

**THE YOUTH** are still selling Hy-Vee cards. 5% of every sale comes back to support the Youth programs. Stop in the Atrium today or stop by the office during the week to purchase the cards.

## Healthy Chicken Soup

2 Tbsp Olive Oil  
1 medium onion (diced)  
3 cloves Garlic (minced)  
1 tsp Fresh ginger (minced)  
1/2 cup Bell peppers (diced)  
1 tsp Italian seasoning (optional)  
1/4 tsp Red Pepper flakes (optional)  
1 tsp sea salt  
1/2 tsp Black pepper  
1 lb Boneless, skinless chicken breasts  
6 cups chicken broth (reduced sodium)  
1 cup Broccoli (cut into florets)  
1 cup Cauliflower (cut into florets)  
2 Tbsp Lemon juice

### Instructions:

Heat the olive oil in a Dutch oven over medium-high heat.

Add the onion, garlic and ginger. Saute for 3-4 minutes until the garlic is fragrant and the onions are translucent.

Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and black pepper. Cook for 3 more minutes.

Add the chicken breasts and chicken broth. Simmer for 20 minutes.

Remove the chicken breasts from the pot and shred using two forks. Add the shredded chicken back to the pot.

Add the broccoli and cauliflower florets. Simmer for 10 more minutes, until the vegetables are tender.

Remove from heat. Stir in lemon juice.

Serving size: 1 cup

Calories: 166, Net Carbs: 5.1 g, Fat: 7.2 g, Sugar 3.3 g



## New Year - New Routine

Weekly church attendance is good for your health



- less **DEPRESSION, ALCOHOL USE, ANXIETY**
- lower risk of **cancer, heart disease**
- better **marital stability**
- greater **longevity**

make weekly church attendance a priority in 2025