

## Sickness and Sabbath

I got sick. It happened very quickly. I felt tired and hot all of the sudden on Saturday afternoon. I tried to ignore it, but I knew it was coming. Sickness. Sunday morning, Reformation Day, I woke up at my usual early hour, and took my temperature. 102.5. Chills. Aches. I decided to do what anyone would do. I pressed forward and put the finishing touches on that morning's homily, made preparations for liturgy and Bible study. It was a big day after all, and I was not going to miss it. I can't miss Reformation Day. No self-respecting Lutheran pastor in the world would miss Reformation Day!

Was it foolish or heroic that we thought we could work through these things? Do you remember a few years ago when you just went about your business as usual, even though you were literally on the verge of collapse? I had to be really sick in order to take an actual sick day, and even then, recovery was expected as quickly as possible. Something incredible happened though: we found out that working while you are sick is not good. In fact, most of the work that you are doing doesn't even need to be done. Most workers can stay home for a fairly long time, and the world will still run. Almost no one is doing anything so vitally important that they can't afford to rest and recover from serious illness. In fact, you don't even need to be sick in order to rest.

The Lord periodically imposes these times of disease on us to remind us of what is important. Plagues are a punishment inasmuch as every bit of pain and suffering are general punishments, but they come from a Father who loves His children. I don't find many people asking the "why could God let this happen" question these days, but if they did, I'd know exactly why. We put aside His commands and ways, and it just isn't good for us. If we ignore and neglect the Lord's ways; walking the way of death rather than the way of life, then don't be surprised when death springs up every once in a while.

So there I was on Reformation Day, convinced I had COVID. (Two negative tests tell me that I don't.) Fortunately, Pastor Glowinski was ready to go. I went back to bed. I rested. This is so important, that the Lord commands us to rest. It is so important that it is grouped together with things like not murdering and stealing! You must rest, now, or when the Lord chooses. He says once a week. That seems excessive to us. That seems lazy. What was my great fear in having to sit out on Sunday morning? That people would think I am lazy.

But sabbath rest is not laziness. Laziness is neglecting the work you are called to do. Sabbath rest is meant for those who work. Real work means real rest. Real rest means real work. Remember, you need to gather extra food the night before the Sabbath (Exodus 16:26). Everyone is looking for this rest, though they may not know it. We find our rest in the Word of God, as the Catechism teaches, but we also find rest in... actual rest. Let us do real work so that we can really rest. And let us really rest, so that we would return to the work that the Lord has given us to do.

We will rest, whether we want to or not. You can either burn out or be restored. Sabbath rest is unavoidable. Revel in the greatness of the Lord who requires our rest!

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+Pastor Kyle Mietzner

# CHURCH NOTES . . . . .

## Christian Education Opportunities

Children's Sunday School—Sundays @ 11am

Adult Bible Study—Sundays @ 11am

Women's Bible Study —Tuesdays @ 11am

Wednesdays—Catechesis @ 4pm

Meal @ 5:30pm

Bible Study @ 6pm

Choir @ 7pm

Men's Bible Study— Bi-weekly Thurs @ 6:30

## Helping Hands Meal Prep

Our outreach program to help feed residents at Brother Francis Shelter and Clare House has resumed at a reduced level. Due to social distancing guidelines, Helping Hands are recruited as needed.

## Offerings

You are welcome to mail your offerings to the church to be presented during the next Sunday worship service. This can also be done through your financial institution's BillPay service.

## Birthdays

Irene Mietzner 11/2

Christian Dickerson 11/8

Lillian Anderson 11/12

Darlene Bonar 11/18

Ron Breiler 11/18

Lynn Transue 11/19

Liam McBride 11/20

Ember Rawlins 11/21

Janet McCullough 11/27

## Anniversaries

Ellee & Kyle Mietzner 11/24

## Church Contacts

Church Office: 338-3838

Pastor's cell phone: (336)944-2394

Church address: 2100 Boniface Pkwy  
Anchorage, AK 99504



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## Fall Voters' Meeting

Our annual fall voters' meeting will be held on Sunday, November 21st from 1pm to 2:30pm following a church pot-luck starting at noon. The meeting will be restricted to 90 minutes and we will keep to a focused timeline.



# FROM THE MUSIC DIRECTOR

Janet McCullough

zionlcmusic@yahoo.com

(907) 771-4092 (voice only – no text)

The Catechism hymn of Martin Luther's that is the "Hymn of the Month" in November is #954 - *We All Believe in One True God*. The following information on this hymn comes primarily from volume one of the *LSB Companion to the Hymns*.

Luther's catechetical hymn on the creed was published circa 1523/24. Unfortunately, no original manuscript survives to definitely corroborate a publication date. The Latin *Credo* melody had been altered, perhaps as early as 1417, to accommodate German text. It is possible that Luther used that century-old source from Breslau to construct his hymn on the creed. Another German variation that Luther was aware of was a version in a two-part setting with the melody of the chant in the tenor voice.

Luther expanded the through-composed (non-versicle) chant version into a hymn of three verses—one for each person on the Trinity. He also revised the melody, carefully fitting word to strong melodic notes and adding melismas (multiple pitches for the one text syllable) to certain words, (i.e. at "all" in the first system as printed in *LSB*.) The original "Amen" after the third verse, which consisted of 21 notes, is no longer found in contemporary hymnals. We will sing the 11-note "Amen," the first option given in *LSB*.

The text does not exactly follow the pattern of either the Apostles' or the Nicene Creed, but is rather a composite with interpretative expansion of both those creeds. At first publication, the hymn was categorized as a hymn on the Trinity. Later collections listed it with burial or catechetical hymns. Johann Walther's 1524 choral setting used Luther's hymn as a substitute for the creed, and Luther himself instructed that it be sung in place of the creed in his 1526 German Mass. It employs the congregational—*We all believe*—from the older Greek version of the Nicene Creed as opposed to the Latin *Credo*—*I believe*.

Planning for Advent and Christmas is in full swing. If you would like to play an instrument during these liturgies, please let me know. My contact information is at the top of this page. Or you can talk to me after the postlude on Sunday mornings.

Next month: The Lord's Prayer – #766 *Our Father, Who from Heaven Above*



# STEWARDSHIP

Sometimes people don't like it when pastors talk about stewardship. For some, it hits too close to home. It is easier to talk about bad people in Washington, in history, or wherever than it is to think about what our daily life in Christ is supposed to look like and how we are supposed to love our neighbor.

The fact that we don't like it certainly means we ought to face it. So, here are a few simple and practical realities.

God calls us to first-fruits, sacrificial giving. That means that we should give off the top. We should set a percentage of our income as a deliberate gift for the work of the Church and then give that first. We write the check to the Lord's work in the Church before we pay the mortgage or pay for our medicine or pay for anything else. We don't pay for all the stuff we need – and stuff we think we need – and then give from what is left over. That is the first-fruits idea. It is hard because we think we need all sorts of other things first. But that is the point of “sacrificial.”

Next, how could the starting point for Christian generosity and sacrifice really be anything less than a tithe – 10%? The ceremonial law of the Old Testament was never arbitrary. In the Old Testament, the Levites received this tithe so that they could be full-time ministers.

Does the New Testament have a ministry that is larger or smaller? It is far larger: “Make disciples of all nations” (Matt. 28:19). And we are still to have a full-time ministry: “The Lord has commanded that those who preach the Gospel should make their living from the Gospel” (1 Cor 9:14). So if 10% is what it took in the Old Testament, and we have a bigger mission need in the New Testament, how can we expect the Lord's work to be done on less than a tithe?

By first-fruits, sacrificial, and generous giving – that's how. We shouldn't fool ourselves into thinking that we've outgiven God's goodness or that we've given plenty. We might be tempted to think that way, but consider that no one in the Church has given plenty because no one has given all. No one has died for his sins. Only the sinless Son of God did that.

St. Paul brought the Good News of Jesus into the discussion of our giving to support the Lord's work in the Church when he wrote: “I say this not as a command, but to prove by the earnestness of others that your love also is genuine. For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich” (2 Cor. 8:8-9).

As you can see, what the Bible commands about our stewardship can sting. It's Law, and the Law shows our sins. It calls us to repentance. The Law is meant to expose and accuse for the sake of showing us Christ and His fulfillment of the Law. So if first-fruits, sacrificial giving has you squirming, that's the point.

In Mark's account of the feeding of the 4,000, Jesus took the disciples' seven loaves and blessed them. It was nothing among so many, but, of course, it was plenty. Jesus makes something from

nothing. Mark doesn't say that all the disciples gave Jesus all the bread they had. It is quite possible that some of them held something back. But even if they did, that didn't stop Jesus from blessing them. Jesus makes something out of nothing. He, who fed His people in the desert with Manna every morning, doesn't need their bread.

But they need to give it. And what they give – however little it might be and however grudgingly they do so – He blesses. He not only blesses those whom He feeds with it, but He blesses them – the givers. He blesses the givers not just in that they wind up with a basketful for each loaf, but they are blessed by learning to trust and rejoice in Him.

The Lord gives, and the Lord takes away. The Lord gives abundantly, or He asks us to fast. We do not know what will happen. Blessed be the Name of the Lord. He does all things well, and He works all things together for good. The disciples don't give their bread to Jesus because it is a good investment. They give it because He is good, because they love Him, and because they trust Him. Let us go and do likewise.

# Lutheran Social Services of Alaska

## **Thanksgiving Blessing**

We are finalizing our plans with others in the faith-based community of Anchorage for this year's Thanksgiving Blessing food basket distribution. This year we are planning to serve 1,550 families at our site and over 8,000 citywide. Last year we served 1,350 families and are planning for more this year. LSSA is the site coordinator for the distribution at Central Lutheran Church and need your help in many ways. As usual we are asking our Lutheran congregations to collect the corn, green beans, stuffing mix or gravy mix that your congregation has been assigned.

Due to Covid 19 restrictions we will be doing distribution just like last year. We will be pre-filling boxes with the dry goods on Saturday, November 20th and distribution will be on Monday, November 22nd from 2pm to 8pm. We need help on Saturday from 10am to 12 noon or 1pm to 3pm filling the boxes and this can be a family event. On Monday for distribution shifts will be from 1pm to 4:30pm and 4pm to 8pm in the parking lot at Central Lutheran Church are we ask that you are high school age or older. Clients will not be leaving their vehicles. You will need to dress for the weather and we will have food and beverages available for breaks inside the church. To register to help please call Lutheran Social Services of Alaska at 907-272-0643 ext. 10

## **Christmas Stockings**

It is a tradition to present Christmas stockings to the families with young children who visit our food pantry during the month of December. Thank you to all the groups and individuals that make stockings for this ministry. We ask that you include a story or activity book about Jesus' birth in the stockings. If you need instructions or a template of the pattern, please contact the LSSA office. Distribution of stockings will begin on December 1st and go through December 23rd .

## **Food Pantry**

The Food Pantry continues to see large number of families who are seeking food assistance. We find our shelves especially low on the following items. Tuna, Spam, canned soups and chili, canned fruit, oatmeal, cereals, peanut butter and jelly, macaroni n cheese and packages of ramen are some of the more popular items that we are low on or have none on the shelves. Please remember the Food Pantry the next time you are shopping and simply bring the items with you to church or drop them off at the LSSA Food Pantry.

Together Caring for Others,  
Alan Budahl  
Executive Director  
Lutheran Social Services of Alaska  
1303 W. 33 rd Avenue, Anchorage, AK 99503



Dear Anchor Family,

What motivates a student to learn? That is the question that parents and teachers were hoping to identify when they met for Parent-Teacher-Student conferences last week. The discussions that took place addressed student progress and parent questions for how best to support learning from home.

As parents and teachers are identifying strengths and areas for improvement, it is also important to take a moment to identify what encourages a student to enjoy learning. Each student's intrinsic motivation can be accessed in a different manner according to how the student approaches learning and success. When a parent rewards grades or achievement only, sometimes a student can fail to value the work and individual effort required along the way. Instead, the student may focus solely on the end result, leading to shortcuts or other difficulties that encourage them to value the rewards offered more than what they learned from the experience.

Research indicates that it is possible to encourage students to develop their own intrinsic motivation rather than having to provide praise, bribes, or external rewards. Providing choice is beneficial for students to realize that they are in control of their own actions because they can choose between one option or another. In so doing, they have autonomy of their own learning. When students realize that they are part of something bigger than themselves, they often begin to see that asking for help, or supporting and connecting with others has value, leading them to discover meaning in their actions.

Finally, focusing on what they can do, instead of the overwhelming challenges facing them, allows students to think about the real-world implications of their learning and to focus on what they already know.

Blessings,  
Matthew Baxter, PhD  
Rebecca Finney  
Principal Early Childhood Director  
ANCHOR AWEIGH  
8100 Arctic Blvd. Anchorage, AK 99518  
Phone: (907) 522-3636 Fax: (907) 522-3359

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# ALASKA MISSION FOR CHRIST

*proclaim & practice the love of Jesus*

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## GIVING TUESDAY

Giving Tuesday comes early this year! Focusing on the thankfulness we have in the month of November, we are excited to introduce a fun way to give. Starting today you can Give<sup>2</sup> with AMC!

By purchasing an official AMC tee shirt you can "give" to another, you also "give" to the mission of sharing the Good News of Jesus in Alaska! A portion of the proceeds goes directly to our Impact Fund.

The online store is open now. Last day to order will be November 22. Orders will arrive to you in time for Christmas, between December 2-13.

Join us and spread the word: We Give<sup>2</sup> because Jesus gave it all!

[https://www.bonfire.com/store/amc-lcms/?blm\\_aid=22620](https://www.bonfire.com/store/amc-lcms/?blm_aid=22620)





*Save the date!*

## **40th Annual Lutheran Women's Advent Brunch**



# *Colors of Advent*

**Saturday, November 27, 2021  
10-11am**

**Bring Your Own Brunch!**

*This will be a **FREE** virtual event. You may view the event live or later via either Facebook or You Tube. Find one of the following pages and "subscribe" or "like;"*



<https://www.facebook.com/LWABAK>

or go to [www.youtube.com](https://www.youtube.com) and search for LWABAK to find our channel and short promo video.

<https://www.facebook.com/events/907297236566126>

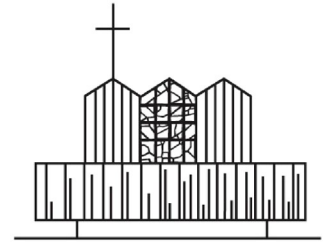
We will be collecting diapers (all sizes are needed, small to extra large) and baby wipes to be donated to LSSA. These may be dropped off at your church or at LSSA for collection. Monetary gifts may be made to LSSA for diapers and wipes by visiting their website: [www.lssalaska.org](http://www.lssalaska.org)







Zion Lutheran Church (LC-MS)  
 2100 Boniface Parkway, Anchorage, AK 99504-3166  
 Phone #: 907-338-3838  
 e-mail: [zion-admin@gci.net](mailto:zion-admin@gci.net)  
[ZionAnchorage.org](http://ZionAnchorage.org)



# NOVEMBER

31	1-Nov	2	3	4	5	6
9:30am Divine Service  11am Bible Study & Sunday School		11am Women's Study  4pm Church reserved for brass rehearsal  7:30pm Elders' Meeting	4pm Youth Catechesis  5pm Dinner Hour  6pm Bible Study  7pm Adult Choir			
7	8	9	10	11	12	13
9:30am Divine Service  11am Bible Study & Sunday School		11am Women's Study  7pm Council Meeting	4pm Youth Catechesis  5pm Dinner Hour  6pm Bible Study  6:30pm Russian Jack Community Council Mtg  7pm Adult Choir	6:30pm Men's Study		
14	15	16	17	18	19	20
9:30am Divine Service  11am Bible Study & Sunday School		11am Women's Study	4pm Youth Catechesis  5pm Dinner Hour  6pm Bible Study  7pm Adult Choir			
21	22	23	24	25	26	27
9:30am Divine Service  11am Bible Study & Sunday School  12pm Voters Assembly Meeting		11am Women's Study	4pm Youth Catechesis  5pm Dinner Hour  6pm Bible Study  7pm Adult Choir			
28	29	30	1-Dec	2	3	4
9:30am Divine Service  11am Bible Study & Sunday School		11am Women's Study	4pm Youth Catechesis  5pm Dinner Hour  6pm Bible Study  7pm Adult Choir			