



GOOD TIDINGS FROM ZION

I have always loved the Olympics. When I was a kid, we didn't always have a TV, but when we did, we watched the Olympics most evenings while they were on. I especially loved the track and field events. The decathlon was one that always captivated me. That consisted of 100-meter dash, long jump, high jump, pole vault, discus throw, shot put, javelin throw, 110 meter hurdles, 400 meter dash, and a 1500 meter run.

The women's heptathlon was similar minus 3 events, but it wasn't a part of the Olympics when I was a kid.

I can remember setting up at least part of a decathlon in my backyard. I could do the running, high jump and long jump. I think I used a softball for the throwing. I might have scrounged up a couple of hurdles. I don't think my parents would have wanted me to have a javelin and even then I thought pole vault was scary.

Perhaps many of you have had some sort of Olympic dream or dream of athletic greatness. Sadly, my actual athletic ability never matched even my most modest athletic dreams. My brain turned out to be my ticket to the future.

But I have been active in some sort of sport most of my life. I still am. For the past 12 years or so, triathlon has been my big thing, although I've struggled a bit to get back into it after my injury last year. Like triathletes everywhere, I'm waiting in anticipation to see if the bacteria count in the Seine River will come down enough to have the triathlon events.

Since high school, besides triathlons, I've played a little community softball, run 5K's, 10K's and a couple half-marathons. I've done open water swims and cycling events. Other than softball once upon a time, I'm not especially good at any of them. But the beauty of sport when you're older is you don't have to be. It's the only place I can be a back of the packer and still have people cheer for me. It's part of what makes getting back into racing something I think I need to do – that community is important to my mental health.

But what I have learned over this time of not really being able to do a lot of racing, I'm realizing the importance and satisfaction of just appreciating what my body can do. God has created the body to do some amazing things. When we watch the athletes in the Olympics, we're often in awe of what their bodies can do. And the Paralympics? Those athletes with supposedly imperfect bodies leave us downright gob smacked.

I think from a spiritual standpoint, maybe that's the most important thing about sport – amazement and wonder of these bodies we live in.

I hope you get a chance to watch at least a little bit of the Olympics...to be in awe of the bodies of athletes. But also to be grateful for what your own body can do. You may not be an athlete, or even move very well anymore. But you can think, talk, hear, enjoy food, hug, worship, pray...and experience the beauty and joy of our existence.

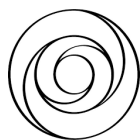
In Christ,

Pastor Kris

A VIEW FROM THE PEW

Those Little Heathens! I don't recall where I first heard that expression, although it was probably in reference to the behavior of me and my brothers by some relative or other well-meaning adult. I don't think it was my mother because she told Preacher Woman once that we were angels growing up. I don't think she said it twice however. I do think we all likely have a part of us that is a little heathen – this should not be confused with your inner child which was popular in psychology circles at one time. This thought surfaced while watching the Cubs at Wrigley Field in Chicago lose yet another baseball game. It came about, because I am a purist when eating a Chicago Dog. A proper Chicago Dog consists of an all-beef frankfurter (such as Vienna Beef) in a poppy seed bun, topped with yellow mustard, neon-green sweet pickle relish, chopped white onion, tomato slices, a dill pickle spear, pickled sport peppers and celery salt. Note, nowhere is ketchup mentioned! Yet Preacher Woman eats hot dogs with only ketchup and diced onion. Perhaps this is not a mortal sin, but its pretty serious when you are sitting in Wrigley Field in Chicago, Illinois, the home of the Chicago Dog. It does, however, make her a little heathenistic in my view, at least when it comes to the Chicago Dog. I suppose I am the Pharisee when it comes to the Chicago Dog. And maybe Preacher Woman is really the revolutionary having fun eating her hot dog with just ketchup and diced onion. As she tells me from time to time, "You do you, and I'll do me." By the way this refrain is not limited to how to eat a Chicago Dog. She puts up with my nonsense and I forgive her blasphemy regarding the doctrine of Chicago Dogs. It's also a testament that even a revolutionary and misguided righteous rule follower can get along, especially when Jesus is in the center. Maybe, in part, that's why we celebrated 39 years of marriage on June 28th. Amen





Seeking the Spirit By Virg Unverferth

Pastor Kris is currently in the midst of her sermon series on Fruits of the Spirit. Each week she is asking us to pay attention to our world to see that week's theme in action. Every day events ARE the means by which God tries to reach us. It may be by starting your day seeing a beautiful sunrise, enjoying the companionship of a loved one on a walk, asking a store clerk how their day is going and thanking them for being there, calling a shut in, caring for your plants or garden, helping with a household chore without being asked, or having some of these things reciprocated onto you.

As most of you know, Mike's dad passed away at the end of June after a 2 year battle with cancer. We were with him during the last few days of his life. Even though death is not an every day occurrence for us, it is an event that most of us will witness and it's part of our mortal existence. Fruits of the spirit were abundant and God reached us through the nursing care provided so compassionately, the tenderness of family members just being with him holding his hand, reading scriptures or poems; the visit and last rights provided by the priest, and the gift of family being together.

Looking for the fruits of the spirit in your life will allow you to open the door and welcome God into your life each and every day, even when life is challenging.

Worship is at 9 am Sundays, in person or online—or you can join us later on YouTube or on our Facebook page. Links to the bulletin, Facebook page, and YouTube channel can be found on our website:

<https://www.zionithaca.org/worship>

Calendar

August 4	9:00 am—Worship with Holy Communion
August 11	8:00 am—Council 9:00 am—Worship
August 16	6:00 pm—Tent and Table setup
August 18	No worship 4:30—short prayer service 5:00—7:00 pm BBQ
August 27	9:00 am—Worship

August Helpers

Cleaners—Michelle/Gary

Usher—Jerry, George

Lector—Carol

Communion Asst.— Megan

Contact Information

Pastor Kris Bohac—402 499 4993

krisbo90@gmail.com

President Diane Rine—402.480.1483

Facebook—[Zion Lutheran Church ELCA](#)

Website—www.zionithaca.org