

Why Pretzels for Lent?

On the first Sunday in Lent, I talked with the kids about pretzels as a food and symbol for Lent. Here are a few other things that you might find interesting about pretzels and Lent.

The pretzel is a food commonly associated with the season of Lent for some 1500 years now. There are various versions of the story of how pretzels were created. A common thread in these stories is that a young monk, who lived during the early 600s somewhere between France and Italy, was baking unleavened bread which is a Lenten fasting food.

A common posture for prayer for these early Christians was to stand with their arms crossed or folded across their chest, each hand touching the opposite shoulder. Some versions of the story say it was accidentally, other say it was on purpose, that the monk used some leftover unleavened bread dough to create a shape that we now call a pretzel. There is another “twist” in this story.

One version says that the monk used his creation as a reminder to his fellow monks to pray during Lent. This version says he named his creation “little arms” which in Latin is “bracellae,” which sounds a lot like the German word “bretzel”, from which we get the word pretzel.

And yet another version of the story says that the monk used his creation as a treat, or reward, for children who recited their prayers. This account says that he named his creation “pretiola,” Latin for “little reward,” which again is similar to our word pretzel and could be a source for this word’s origin!

Whichever story is more accurate, the fact remains that the pretzel is a perfect Lenten “fasting” food and has a long history of being associated with prayer and the season of Lent.

Taken from *The Year of the Lord in the Christian Home*, by Rev. Francis X. Weiser, S.J. (Collegeville, Minnesota, The Liturgical Press, ©1964

Want to have some fun making simple pretzels at home? Try this recipe.

Use ready-made breadstick dough in a can. Roll the dough into 12"-15" long ropes. Do not overwork the dough, otherwise it becomes difficult to shape. To shape the pretzel: Begin by making a "smile-shape" with the dough. Take one end of the dough, the "arm," and fold it down over the middle of the "smile," overlapping just a bit. Do the same with the other "arm." Sprinkle with coarse grained salt. Bake as directed. Enjoy!

A blessed Lenten Season,
Pastor Elizabeth Martin

Community Meal

With the February Community Meal occurring on both Ash Wednesday and Valentine's Day we had no idea what the turnout would be. The turnout was great as 99 meals were served. Fortunately, there was plenty of food for everyone. The busy kitchen crew made pork chops, mashed potatoes & gravy, green beans, and corn. Dessert consisted of blueberry pie and ice cream.

Thank you so much to the dedicated volunteers who spent their Valentine's Day making this meal possible. They also got everything cleaned up in time so we could attend the Ash Wednesday service that evening. Thank you to Ronnie, Jean, Dawn, Linda, Kathy, Wayne, Nancy, Larry, Donna, Michelle, Judy, and Ronnie. Yes, Ronnie was mentioned twice because he was invaluable in the kitchen getting those 183 pork chops made along with tons of mashed potatoes.



Chili Cook-Off

The annual Chili Cook-Off that was held on February 1st raised a total of \$593.45 that will go towards Lutheran World Relief. Donations from the Chili Cook-Off were \$437.45, and another \$156 was added to that from the "Souper" bowl pool between the KC Chiefs and the SF 49ers.

New to the Chili Cook-Off this year were small sample cups which enabled guests to sample even more of the soups and chilies.

Thank you to all who attended and made donations towards their favorite chili and/or soup. And thanks to all that shared their culinary skills by providing chili, soup, breads, desserts, and beverages: Tammy, Jim, Dawn, Aarron, Gretel, Elizabeth, Yvonne & Jesus, Lyle & Patti, Cheryl, Jeanne, Jean, Joanie, Kris, Kathy, Lois, Carolyn, Wanda, Bonnie, Sandra, Sharon, Michelle, John, Marilee, and Donna.



Confirmation Reunion

In honor of Zion's 130th birthday we will host a reunion for all those confirmed at Zion. We are looking at a Sunday in October 2024. If you are still in contact with members from your confirmation class, or have children/siblings not in the area who were confirmed at Zion, please send their address or email to Mandy so we can contact them.

The next Food Truck will be on March 16th from 10am-11:30am. Volunteers are needed starting at 9am to bag the food. Please let Mandy or Gary know if you are able to help.



Pioneer Club



Pioneer Luncheon

Our next Pioneer luncheon will be on March 11th at 12pm. We will be providing ham and sweet potatoes. Please bring a dish to pass and your own table setting. John Enright will be hosting a game of Jeopardy for our entertainment.

A Renewed Opportunity

Do you enjoy reading out loud and/or singing?

You are invited to participate in worship as an Assisting Minister.

What ways will I be leading?

- Chant the Kyrie (if you don't sing, no problem, pastor will chant it)
- Read the Intercessory Prayers (after the Creed)
- Read the Offertory Prayer and the Prayer after Communion
- Give the final Sending
- It may or may not involve serving communion. We want to make sure that those who enjoy doing that alone will still be able to participate.
- Assist with baptisms

If you are interested or have questions, please let either Pastor Elizabeth or Mandy in the office know. Once we have a list we will begin scheduling and offer training.

Sunday School News



Let Your Life's Light be a Window to Christ

Moving Forward in Faith



First Communion

Do you know a fifth grader? We will be having a class for First Communion for all fifth graders on April 27th, 9am-12pm. All fifth graders are welcome. The class will include instruction with Pastor Elizabeth and bread-making with Heather Wick. Please let us know if your child will attend so that we have materials and can send information on what to bring to class.

First Communion will be on April 28th during service.

Vacation Bible School

It's never too early to mark your calendar for Vacation Bible school. VBS will be June 17 – 21 from 9:00 to 11:30am. We are still working on what theme we will use. We will need volunteers, some of the areas we need are group leaders, snacks, storytelling, opening (including taking pictures), and registration. If you are interested contact the church office or Pat Castro

Come join us for our next Christian Nurturing Meeting on March 24th at 11:15 am.

Attention Youth

Join us Friday, April 5th in the youth room for pizza and games. The fun starts at 5:30 pm. We will provide the pizza & drinks. Bring a friend for extra fun!



Women of Zion

At our meeting on February 10th we had a short business meeting. We discussed some plans for the next few months:

- Our March meeting will be a service event. We will be making Palm Sunday breakfast on March 23rd after the service. We are serving biscuits and gravy, scrambled eggs, ham, fruit, and some sweet treats. Mark your calendar. We will be calling for individuals to set up, prepare, serve, and clean up.
- April, there will be NO meeting. Instead, we will be collecting items for First Step children to choose for their mothers as a gift on Mother's Day. We already have some jewelry donated and are looking for other personal items such as: candles, trinkets, artificial flower arrangements, perfume or anything else you feel would be appropriate. There are about 60 children in their care. We could also use gift bags and cards. Watch for our collection bins by our entrance.
- May, we will donate our items to First Step.
- Mark your calendars for a fun opportunity for all members of the church. On June 1st, we will be going to the Historic Auto Museum in Roscoe. You can meet at Zion to carpool at 10am or if you plan to drive yourself please be at the museum by 11am. We will have an Italian luncheon to enjoy and then start touring the facility. The carpool individuals will leave at 4 to get back to the church around 4:30. Watch for a sign-up sheet. This trip MUST be prepaid because of the cost of the outing. Watch for more information to come.
- Women of Zion will be joining in our 130th anniversary beginning on August 29th. Help us brainstorm how we will celebrate Us. The first Women's group was started in 1896. Since that time we have raised money for the kitchen, helped rebuild our church with fundraising money after our fire in 1945, served many funeral meals and receptions, helped support First Step programs (or if you remember it was called El Primer Paso Day Care) and donated to other memorials throughout the church.

Thank you to all our members who have been replenishing the baby bank. We will have shared 13,429 diapers since January 1st 2024. We are going to try to restock on Fridays instead of Mondays so Mandy can join us. Our first Friday, International Women's Day, will be on March 8th from 9:30am-12:30pm.

Calling all green thumbs. We have been invited to help Walnut Grove Vocational Farms with greenhouse seeding, transplanting, and filling pots and trays with soil. It is located 10 minutes south of Belvidere on Pearl Street. Call Cheryl Sturges if you are interested 815-222-4022

Thank you to Kris Beever, Jane Schuessler, Walita Johnson, Tammy and Trisha Zastrow for cutting and baking the Valentine cookies and to Ruth Gryder for showing some decorating tips. A fun event for all.



Church Directory

It's time for a new church directory! We will be working with Jaime Kirk of JKirk Photography to have the new directory ready for our 130th birthday celebration!

Save the Dates

Jaime will be at church to take photos:

- Wednesday, June 19
- Thursday, June 27
- Saturday, June 29
- Sunday, June 30



Hopefully one of these dates will work for you and your family. More information to follow.

Thank you Zion for the very generous gift card. I love accompanying the choir and working with Dan. What a great group of folks they are! We hope we enrich Worship.

Lorraine Carmichael

Thank you to everyone from Zion for making my 60th birthday great.

A special thanks to all who gave cards and made sweet treats for fellowship time.

--Wayne Martin



Thank You

You are invited to place flowers in the chancel of the church on Easter Sunday. Please check the flower of your choice, to take home and plant in your garden for years of enjoyment. Due to Flowering Bulbs, all orders are due by **Monday, March 17th, 2024**.

Lily \$12.00 Daffodil \$12.00

Tulip \$12.00 Hyacinth \$12.00

In memory of _____

I wish to purchase _____ flowers

In honor of _____

To the Glory of God _____

Donor Name _____

Please mail it to the office or drop it in the offering plate with the amount owed to the church office in an envelope marked: **EASTER GARDEN FLOWERS**

Please help the church by taking home your plant after Easter service or by picking up your plant April 1st-4th from 9am-1pm.



Happy Birthday from your Zion Family!



1-Jean Anderson	9-Karen Durley	13-Holden Reininger	20-Sally Fehrle	27-Brenda Veit Shiloh
1-Jen Downey	9-Shirly Smith	16-Frances Palmer	22-Mike Knitter	29-Amy Ortiz
3-James Johnson	10-Terry Miller	17-Dan Druckrey	22-Gabi Lopez	29-Scott Schmidt
8-Maverick Fast	11-Heather Martens	18-Cal Downey	23-Dan Albrecht	31-Bob Brockway
8-Alex Downey	12-Eric Poole	20-Barb Quigley	25-Derek Ernest	31-Emily Brunschon

From the Treasurer: General Fund

01/2024	Beginning Balance	\$ 9,307.23	01/2024
	Total Income	\$ 23,923.09	
	Total Expense	<u>\$ 14,383.71</u>	
	Balance	\$ 18,846.61	

General Fund Reserve Savings (new Account)

JAN/2024	Beginning Balance	\$100,395.69
	Income (interest)	67.80
	Expenses	<u>0.00</u>
	Balance	\$100,463.49

Building Fund

Beginning Balance	\$18,703.05
Total Income	\$ 3,080.00
Total Expense	<u>\$ 3,099.67</u>
Balance	\$ 18,683.38

<u>Staff</u>
Rev. Elizabeth Martin Intentional Interim Pastor
Mandy Minson Administrative Assistant
Ken Anderson Council President
Dan Albrecht Choir Director
Pat Castro Sunday School Director
Diane Vorndran Financial Secretary
Sharon Yunto Treasurer

Worship Schedule

Sundays at 9:00am

Thursdays at 7:00pm

Find Worship Videos at
www.zionbelvidere.com

OR

On Facebook at
[ZionBelvidere+](https://www.facebook.com/ZionBelvidere/)

Council Members

Term Through January 2025

Ken Anderson
Jody Archer
Rodney Brandmire
Dawn Calkins
Doug Shiloh
Gary Yunto

Term Through January 2026

Gretel Baird
Melody Johnson
David Schumann

Term Through January 2027

Kris Enright
Michelle Ernest
Kelly Kotajarvi

Texts for the Month of March

<u>March 3</u>	<u>March 10</u>	<u>March 17</u>	<u>March 24</u>	<u>March 31</u>
Exodus 20:1-17	Numbers 21:4-9	Jeremiah 31:31-34	Isaiah 50:4-9a	Acts 10:34-43
1 Corinthians 1:18-25	Ephesians 2:1-10	Hebrews 5:5-10	Philippians 2:5-11	1 Corinthians 15:1-11
John 2:13-22	John 3:14-21	John 12:20-33	Mark 14:1-15:47	Mark 16:1-8

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3 Sunday Worship 9am	4 Worship & Music 5pm	5 Lent Soup and Bible Study 11:30am	6 Sewing/Quilting 9am	7 Choir 5pm/Bells 6pm 7:00 pm – Worship	8 Office Closed Baby Bank Restock 9:30am-12:30pm	9
10 Sunday Worship 9am Confirmation 10:20am	11 Pioneer Lunch 12:00pm Witness 6pm	12 Lent Soup and Bible Study 11:30am Council Reports Due	13 Sewing/Quilting 9am Baby Bank 4pm-6pm Community Meal 5pm-6pm	14 Choir 5pm/Bells 6pm 7:00 pm – Worship	15 Office Closed	16 Food Truck 10am-11:30am
17 Sunday Worship 9am Newcomer Information Gathering Meeting 10:30am	18 Tidings Articles Due	19 Lent Soup and Bible Study 11:30am	20 Sewing/Quilting 9am Council Meeting 7:00pm	21 Choir 5pm/Bells 6pm 7:00 pm – Worship Holden Sundae	22 Office Closed	23 Grange Rental 10am-8pm
24 Sunday Worship 9am Palm Sunday Brunch Confirmation 10:20am Christian Nurturing 11:15am	25	26 Lent Soup and Bible Study 11:30am	27 Sewing/Quilting 9am	28 Choir 5pm/Bells 6pm Barnabas 6pm Maundy Thursday 7pm	29 Office Closed Good Friday Worship 7pm	30
31 Easter Worship 9am					OFFICE HOURS Monday-Thursday 9am-1pm Closed Fridays	