

# SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



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Downloadable information about S.A.G.E.S. and the GATHERING is available at [www.mnsdistrict.org](http://www.mnsdistrict.org) under "Get Involved" tab, S.A.G.E.S.

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SAGACITY, n. [OF, fro, Latin *sapiens*, fr, *sapere* to be wise]

Quality of being sagacious; keenness of discernment or judgment.

SAGE, n. [OF, fr. *sage*, fr. L. *sapers* to be wise]

A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

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# S.A.G.E.S.

## RESURGENCE

SAGES turns 34 years old soon. Two of us on the Board of Governors, Pauline Weimann and I, have served since the beginning. SAGES came about when Synod requested our District among six others to send older adult leaders to St. Louis for a conference on older adult ministry in parishes of the LCMS.

Each district delegation was given 45 minutes to plan how the District might use the ideas raised during the conference. Doris Durkee Heidorn was a member of the group of leaders from the Minnesota South District. She stated a dream she had for an older adult group to be created much as the old Walther League was. Our District plan included a subcommittee of the District Social Ministry dedicated to ministry to, with and for older adults.

The idea for an annual gathering of older adults came out of that Subcommittee. That Subcommittee also advanced the idea for auxiliary of older adults. Therefore the Minnesota South District started SAGES. Now the District's Older adult auxiliary is 33 years old. Think of the turnover of the older adults who attended that first Gathering.

The membership of groups ebbs and flows over the course of time. Some 'peter out' for one reason or another: they run out of funds, people stop belonging to the group, it gets harder to find leaders for the group, health issues and death can thin the ranks of members.

During the Covid Pandemic, SAGES experienced all of the above. SAGES leaders might have despaired that the group could cease to exist. But God had other plans.

SAGES held mini-gatherings last year rather than continue to cancel the large gatherings as happened during the two previous years because of Covid. This year SAGES Board decided to go ahead with a Gathering. SAGES leaders needed to request volunteers to step up and take readership roles.

God blessed SAGES with a large number of volunteers to serve on the Board of Governors. How exciting for Board members to have such an influx of creative people with leadership skills and experience. SAGES is about to experience a resurgence of vitality as we begin a post Covid era.

(Thanks to Rev. Don Taylor for submitting this history.)

Exactly 50 days after Jesus rose from the dead, the Holy Spirit came upon the disciples in the form of flames of fire. Liturgical colors for Pentecost: The altar will be adorned with red that day. Red is a power color and is appropriate for use on Pentecost Sunday. On this day we remember the power and fire of “the Lord and Giver of Life,” who revealed himself as the promised one. The color red communicates the motif of strength - strength and power the Holy Spirit gives in order for God’s people to call on the name of Jesus Christ and share that powerful name with others. (from LCMS). The season of Pentecost lasts into the fall with liturgical color of green.

. Pentecost Sunday was May 28, 2023. July 2 will be the fifth Sunday after Pentecost. This study was written for the 2<sup>nd</sup> Sunday in Pentecost (June 11) by Rev Adam Koglin, Redeemer Lutheran Church, Rochester, MN



### Main Point: Pentecost—Multiethnic Church

**Key Text:** <sup>9</sup> Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, <sup>10</sup> Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome <sup>11</sup> (both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!” <sup>12</sup> Amazed and perplexed, they asked one another, “What does this mean?” *\_Acts 2:9-12 NIV*

**Start Talking:** Before immigrating to America, where did you or your family live?

**Start Praying:** Dear Jesus, you are the Good News of Great Joy for ALL PEOPLE. As the nations continue to come to our Country, State, and city, help us reach the nations with your Good News and welcome ALL into our Family of Believers.

### Start Studying:

1. Read Genesis 11:1-8: What was the consequence of the peoples pride? What impact did that consequence have? How are we still dealing with this same impact?
2. Read Genesis 12:1-3: Immediately after the splitting of the world into many people groups God calls one man to be His nation. This one nation is meant to be what in the world?
3. Read Luke 2:10-12 and Matthew 28:18-22: How does the promise to Abraham find its fulfillment in Jesus and His church?
4. Read Key Text: What happens on the FIRST day the spirit is given? How is this a reversal of Genesis 11?
5. Read Rev 7:9-10: What happens on the final day? How is this a fulfillment of the promise given to Abraham?

### MN S District Liason

\*Dr. Phillip Johnson, Asst. to President for Congregational Mission Formation

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#### SOUTHWEST W/Circuits 23,24

\*Evan & Trudy Schiller  
St. Paul’s Lutheran  
Pipestone MN

(Continued)

**Start Applying:**

2. From the beginning God called one nations to be a blessing for many nations. From the beginning this has also been a struggle. Why can this be such a struggle?
3. Do you think your church is a good representation of the community you live in? Why or why not?
4. If the church on the final day will be multiethnic and if God continues to bring the nations to us, why is it important for us to make this our goal even now?
5. How can you and your congregation help all of us become more and more of a multiethnic church gathered around our one Savior? What challenges do you think we will have as we work for the HOLY goal? What should your church already be celebrating in this work?

**Missional Service:** Pick a neighbor, coworker, or someone from your circles that you tend to avoid because they look/think/dress/act/believe... different than you and simply get to know them. If they do the same for you. simply share how important Jesus is to you and why. If not, getting to know them was a win!

**Close in Prayer:**

Dear Jesus, it is REALLY easy to minister to those that look like us. Push us out of our comfort zones and into our community. Through the power of your Spirit help our church continue to become more and more multi-ethnic as we all gather around You the one thing that unites us brothers and sisters! Amen

## UNDER OBSERVATION

**Entry one:** Big day! I had the final JEOPARDY! answers and the contestants didn't. Admittedly the exhilaration faded, but it was an exciting moment to be enjoyed.



**Entry two:** The squirrel that learned how to knock down the bird feeder and gorge himself on all the seed did not learn how to cross a highway without being crushed by a car.  
*Requiesce in pace*

**Entry three:** The spring LMWL rally re-introduced us to the current missionary family in the Hmong community in the Twin Cities. Four circuit churches have long been

supporters of these missions and it was a good meeting on both parts. As well, LWMLers can rejoice in good company any time!

**Entry four:** Even though masking was still evident, the opportunity to enjoy live theater seemed to be a major step forward in our recovery process. And the show was fresh and funny the way live theater can be. Welcome back.

**Entry five:** After all my interactions recently with the dentist, I really appreciated the quip from Jerry Will's bulletin: "What is a dentist's favorite hymn? It's 'Crown Him with Many Crowns.'"

**Entry six:** First, rains that refreshed and restored. Then, an unfortunate period with a lack of rain. Somehow through it all my little garden survived and developed plants normally thus far. The rhubarb flourished and provided sauce and a gorgeous pie and more to freeze for the future. The asparagus fought the weeds and flourished. Plus the raspberry patch really looks promising. This is enough to plan ahead.

**Entry seven:** A spirit refreshing tour of the Gerten's greenhouses has become a regular spring excursion for the Garden Club. Everyone shopping was happy and excited to be there. The shopping baskets were overflowing with plants and the shoppers were cheerful. It was a good place to be.

**Entry eight:** Lots of new people were at the SAGES Gathering, and they made a delightful group. Most seemed to be happy they could be out and about with each other. After I compiled the comments, it was evident that they were very pleased by the organization and the content of the Gathering. Hooray!

**Entry nine:** The golf season has returned and the three of us are back using and abusing the course. So far the men have been gracious, even cheerful, to have us around. Oh, that 'it will last the whole season!'

**Entry ten:** My altar guild partner and I rejoice in the arrival of the old, faith-filled Trinity season after the quick changing that goes on after the Easter season. Our work is done with joy because a lengthy season is good for the soul and the laborers! We celebrated at the ice cream social.

*Prayer is the ultimate wireless connection to God.*

**\*S.A.G.E.S. XXXIII GATHERING, May 2023\*:**

In appreciation for a successful event, the S.A.G.E.S. Board thanks . . .

1. the presenters,
  - Rev. Steven Kosberg who stepped in on short notice (due to withdrawal of Rich Bimler for health reasons);
  - Workshop leaders – Rev. Craig McCourt (who also stepped in on short notice), Joe Haapala, Kristi Oeding, Josh Casper, and Alzheimers Association;
  - Banquet MC, Rev. Don Taylor;
  - Rev. Dr. Lucas Woodford, MNS District President; Monday evening devotion
  - Rev. Mark Biebighauser, Hosanna Lutheran, Tuesday closing devotion;
2. the Wine and Cheese reception sponsors, Kai Larson LCEF and Jane Wilke CSP Church Relations;
3. the Board members: exercise leader (Pauline Weimann), music (Jayne Combronne, with accompanist Susie Klute), registrar Joyce Swedean, decorations Trudy Weichmann, and others who contributed in the planning and hosting the Gathering;
4. the volunteers who are now part of the Board helping to represent circuits of MN South District;
5. the 110 people who attended;
6. the Country Inn and Suites personnel.

**Mark your calendar: GATHERING XXXIV, May 6 and 7, 2024.**



Thursday, August 24 to Labor Day, Monday, September 4, 2023. Seniors days: Monday, August 28, and Thursday, August 31, discounted tickets, \$13 for 65+.

A little State Fair Trivia:

1. What year was the first Minnesota State Fair held?
2. How many acres make up the fairgrounds?
3. How many food concessions are located throughout the fairgrounds?
4. How many cookies can Sweet Martha's Cookie Jar produce in one day?
5. What is the oldest amusement on the fairgrounds?

**I thought  
growing  
old  
would  
take  
longer.**

1. 1859
2. 322 acres
3. 300 food concessions
4. 3 million cookies
5. Ye Olde Mill since 1915

What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common? >**They were all invented by women.**

**2023 GATHERING GAMES Answers:**

- |                                |                              |        |        |       |
|--------------------------------|------------------------------|--------|--------|-------|
| 1. needle in a haystack        | 14. move over, please        | 1. G   | 14. D  | 27. R |
| 2. double pneumonia            | 15. mixed nuts               | 2. L   | 15. U  | 28. I |
| 3. the last roundup            | 16. outlaws                  | 3. S   | 16. H  | 29. P |
| 4. censorship                  | 17. an underachiever         | 4. O   | 17. E  | 30. M |
| 5. neither hide nor hair       | 18. take one between meals   | 5. Y   | 18. T  | 31. C |
| 6. the deal fell through again | 19. eclipse                  | 6. J   | 19. X  |       |
| 7. double vision               | 20. lemon pie                | 7. EE  | 20. V  |       |
| 8. mid-life crisis             | 21. for instance             | 8. N   | 21. K  |       |
| 9. call me right after dinner  | 22. high noon                | 9. DD  | 22. F  |       |
| 10. root canal                 | 23. cross your fingers       | 10. Q  | 23. AA |       |
| 11. foreign accent             | 24. just a little overweight | 11. A  | 24. Z  |       |
| 12. decorates                  | 25. laid up in the hospital  | 12. CC | 25. B  |       |
| 13. sixty minutes              |                              | 13. W  | 26. BB |       |



## DIGITAL INHERITANCE QUESTIONS

(BY BOB SITZE- WITH PERMISSION)

When it comes to end-of-life preparations, I think Chris and I have done a good job. (Wills, trusts, insurance policies, powers-of-attorney, memorial worship services, etc.) One vexing task remains, though: What to do about all the aspects of our estate that are primarily digital?

Some writers have dubbed this phenomenon “digital inheritance”, a legacy that may present a problem for those who follow us. At the time of our deaths, legally required digital matters—e.g., ending Social Security coverage, transferring ownership—will surface quickly. But our deaths will not necessarily end our digital existences, intellectual property rights, or the artifacts of our lifestyle that live primarily in computer memories. It’s likely that our heirs will have to consider questions like the following:

When and how to...

- Access our digital accounts.
- Preserve necessary personal records in databases. (E.g., medical, IRS, financial)
- Mothball our professional and personal writings.
- Identify and protect perhaps-unknown digital agreements or contracts.
- Protect our heirs from someone falsely assuming our identities after we’re deceased.
- Gather, sort and store important computer files.
- Delete our information from communication and social media accounts.
- Clear identifying information, preferences and apps from cellphones and computers.
- Guard against digital pirates who might prey on our heirs.
- Find legal or financial experts who are up-to-date about digital inheritances.

We won’t be around to engage questions like these, so they will present a perhaps-difficult set of tasks for our children. I’m hopeful that reliable and capable digital inheritance service providers will soon emerge, offering answers to these questions as well as protection against as-yet-unknown legal challenges—e.g., copyright renewal or privacy rights. Right now, though, a sensible first step might be to doublecheck our end-of-life documents with digital inheritances in mind.

That seems like a good thing to do!



## Wise Advice from a Farmer's Wife:

- Whenever you return a borrowed pie pan, make sure it's got a warm pie in it.
- Make home a happy place for the children. Everybody returns to their happy place.
- Always keep a small light on in the kitchen window at night.
- It's a whole lot easier to get breakfast from a chicken than a pig.
- Always pat the chickens when you take their eggs.
- Biscuits brown better with a little butter brushed on 'em.
- Check your shoelaces before runnin' to help somebody.
- Homemade's always better'n store bought.
- A tongue's like a knife. The sharper it is the deeper it cuts.
- It's easy to clean an empty house, but hard to live in one.
- Enjoy doing your children's laundry. Some day they'll be gone.
- All children spill milk. Learn to smile and wipe it up.
- There's no such thing as woman's work on a farm. There's just work.
- Invite lots of folks to supper. You can always add more water to the soup.
- A good neighbor always knows when to visit and when to leave.
- A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.
- Always light birthday candles from the middle outward.
- Nothin' gets the frustrations out better'n splittn' wood.
- You'll never catch a runnin' chicken but if you throw seed around the back door you'll have a skillet full by supper.
- Visit old people who can't get out. Some day you'll be one.
- The softer you talk, the closer folks'll listen.
- The colder the outhouse, the warmer the bed.

-Unknown Author

Common sense is a flower that doesn't grow in everyone's garden.





## Health Halo

Beware of the “health halo” effect when choosing healthier food items at a restaurant. Cornell researchers found that people who chose a healthier sandwich or entrée often “rewarded” their choice by ordering a large fry or a larger soft drink which negated the “good” of the healthier food. Studies consistently show that people who think their meal is healthy are more likely to add unhealthy side dishes, drinks, and desserts, resulting in consuming more than twice as many additional calories.

Be mindful that you don’t also attach a “health halo” to an entire restaurant. If you are eating at a place that has healthier food items, you may assume that all the food choices are good for you. Pay attention to calorie counts on menus and be mindful of the number of calories you are consuming.

## Eat Foods that Can Lower Blood Pressure

Adding certain foods to your diet can help you lower your blood pressure. Here are just a few examples of foods to eat.

### Fruits high in potassium

Bananas, oranges, cantaloupe, apricots, and cherries can help manage mildly high blood pressure. Potassium relaxes the walls of the blood vessels, lowering blood pressure and protecting against muscle cramping.

### Oily fish

Studies report modest reductions in blood pressure in people who eat oily fish with omega-3 several times per week. That would include fish such as salmon, sardines, mackerel, and albacore tuna. Evidence suggests that the benefits of oily fish may be greater for people with moderate to severe high blood pressure than for those with slightly elevated blood pressure.

### Leafy green vegetables

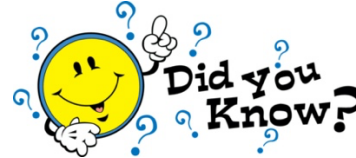
Leafy green vegetables are rich in nitrates, which help manage blood pressure. Research suggests that eating at least one cup of green leafy vegetables per day can lower blood pressure and reduce the risk of cardiovascular disease.

### Natural yogurt

A 2021 study looked at data for people with and without high blood pressure to see whether there was a link between fermented dairy products and hypertension. The participants with high blood pressure who consumed more yogurt had lower systolic blood pressure and lower arterial pressure than those who did not. While some foods may relieve

hypertension, others can increase the risk. Some foods to avoid include:

- Salt
- Caffeine
- Alcohol
- Processed foods



Regular marijuana use may increase the risk of heart disease. New research by the American College of Cardiology found that people who use marijuana regularly are 34% more likely to develop coronary artery disease than those who never use the drug. The research used data from the *All of Us Research Program* which included health information and habits of 175,000 people.

Marijuana impacts cardiovascular health due to cannabinoids – a chemical found in marijuana that can cause an increase in heart rate and causes the sympathetic nervous system to become overly active. That prolonged stress to blood vessels and arteries may lead to developing chronic obstructive pulmonary diseases such as emphysema, chronic bronchitis, or a heart attack.

Source: [health.com](https://www.health.com) and National Institutes of Health

**I see people my age out there climbing mountains and zip lining and here I am feeling good about myself because I got my leg through my underwear without losing my balance.**

Colonel Sanders’ chicken recipe has been kept more secure than US Classified documents.

Experience is often a hard teacher because you get the test first and the lesson afterward.



- ❑ We had to have the garage door repaired. The repairman told us that one of our problems was that we did not have a large enough motor on the opener. I thought for a minute and said that we had the largest one Sears made at that time, a ½ horse-power. He shook his head and said, “Lady, you need a ¼ horse-power.” I responded that ½ was larger than ¼. He said, “No, it’s not. Four is larger than two.”
- ❑ My daughter and I went through the take-out window at McDonald’s and I gave the clerk a \$5 bill. Our total was \$4.25, so I also handed her a quarter. She said, “You gave me too much money.” I said, “Yes, I know, but this way you can give me a dollar bill back.” She sighed and went to get the manager who asked me to repeat my request. I did so, and he handed me back the quarter and said, “We’re sorry, but we can not do that kind of thing.” The clerk then proceeded to give me back \$1 and 75 cents in change.
- ❑ I live in a semi rural area. We recently had a new neighbor call the local township administrative office to request the removal of the deer crossing sign. The reason: “Too many deer are being hit by cars out here! I don’t think this is a good place for them to be crossing anymore!”
- ❑ My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for “minimal lettuce.” He said he was sorry, but they only had iceberg lettuce.
- ❑ I was at the airport, checking in at the gate when an airport employee asked, “Has anyone put anything in your baggage without your knowledge?” To which I replied, “If it was without my knowledge, how would I know?” He smiled knowingly and nodded, “That’s why we ask?”
- ❑ The stoplight on the corner buzzes when it’s safe to cross the street. I was crossing with an intellectually challenged co-worker of mine. She asked if I know what the buzzer was for. I explained that it signals blind people when the light is red. Appalled, she responded, “What on earth are blind people doing driving?”

- ❑ I was at a goodbye luncheon for an old and dear co-worker. She was leaving the company due to “downsizing.” Our manager commented cheerfully, “This is fun. We should do this more often.” Not another word was spoken. We all just looked at each other with that deer-in-the-headlights stare.
- ❑ I work with an individual who plugged her power strip back into itself and for the sake of her life, couldn’t understand why her system would not turn on.
- ❑ When my husband and I arrived at an automobile dealership to pick up our car, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver side door. As I watched from the passenger side, I instinctively tried the door handle and discovered it was unlocked. “Hey,” I announced to the technician, “it’s open!” His reply, “I know, I already got that side.”

### And they vote!

A captain notices a light in the distance, on a collision course with his ship. He turns on his signal lamp and sends, "Change your course, 10 degrees west."

The light signals back, "Change yours, 10 degrees east."

The captain gets a little annoyed. He signals, "I'm a US Navy captain. You must change your course, sir."

The light signals back, "I'm a Seaman First Class. You must change your course, sir."

Now the captain is mad. He signals, "I'm an aircraft carrier. I'm not changing my course."

**The light signals back a final message: "I'm a lighthouse. Your call."**



**Be grateful that  
no matter how  
much chocolate  
you eat, your  
earrings will  
still fit.**

## ATTITUDE IS EVERYTHING

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

“Well,” she said, “I think I’ll braid my hair today.” So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

“H-M-M,” she said, “I think I’ll part my hair down the middle today.” So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

“Well,” she said, “Today I’m going to wear my hair in a pony tail.” So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn’t a single hair on her head.

“YEAH!” she exclaimed, “I don’t have to fix my hair today!”

Attitude is everything.

Enjoy today. It’s a PRESENT from the LORD! (Lam. 3:21-26)

# Air Quality and Health

*Exposure to air pollutants such as particulate matter and ground-level ozone can cause:*



Headaches



Difficulty breathing



Irritated eyes,  
sinuses



Chest pains,  
asthma attacks



Fatigue



Irritated throat,  
increased coughing

Poor air quality can be hazardous to anyone, and it can aggravate health problems such as asthma, heart disease, and lung disease.

Seniors, children and those with compromised immune systems are especially at risk.

weather.gov

