

# SAGACITY

NEWSLETTER OF S.A.G.E.S.  
SAINTS ALIVE, GROWING, EVER SERVING



VOL 31, No. 2

**April, 2021**

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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*YES! THERE WILL BE A*

## GATHERING XXXII

October 25/26, 2021

Featured Presenter - Rev. Mark Jeske

Senior Pastor, St. Marcus Lutheran, Milwaukee WI

*creator of Time of Grace*

**20/20 VISION IN 2021**



"...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints...."

Ephesians 1:18

*Lord, we give you thanks for the opportunities and challenges in our lives as we remember your gift to us in the death and resurrection of your son, Jesus Christ. Continue to strengthen our **courage** for today and bless us with **hope** for tomorrow*

Detailed plans for the October GATHERING will be available in the next issue of SAGACITY in July - including location, registration, workshop summaries, COVID requirements, etc.

Continuing with a series from Redeemer Lutheran Church, Rochester, where Pastor Adam Koglin and Pastor Benjamin Loos, took the congregation through “40 Days of Prayer,” emphasizing prayer topics in the Sunday sermon and following with daily prayer questions. One week the congregation was **PRAYING FOR ENIMIES** (shared with permission):

“We are divided and COVID seems to only intensify those divides. We divide around politics, color, status, and even masks! And our sinful hearts and polarized culture tends to make the other side the enemy. This week we remind ourselves that we were once God’s Enemy -and how did He respond? He sent Jesus!

- **SUNDAY** -Write down one point from the sermon that God put on your heart and turn it into a prayer.
- **MONDAY** – Read Psalm 133:1. Good ... pleasant when people dwell in unity. Pray that you become an encourager of unity!
- **TUESDAY** – Read 2 Romans 14:19. People of peace are needed in this world. Today pray in thankfulness for someone who you see is a person of peace. Pray that God helps you be a person of peace too.
- **WEDNESDAY** – Read 1 Peter 3:8. We are proud people. Our pride gets in the way. Today, pray that you would keep a humble attitude and from that place seek unity with others.
- **THURSDAY** – Read Genesis 1:27. We see our differences, today we remind ourselves that EVERYONE is made in God’s image. Pray today that you would see all people as made in His image and humbly ask how that will impact how you treat them.
- **FRIDAY** – Read Proverbs 17:4. Who are you listening to? “Oh, be careful little ears what you hear.” Pray that God would guard your ears and if you have unhelpful places that you fill your heart and ears... for his help to not go there!
- **SATURDAY** -Read Psalm 39:1. Today pray that you would guard the words that you say (AND TYPE). Pray that you would sow words of peace and unity and not division! Guard your tongue! “

Lord of all nations, grant me grace

To love all people, ev’ry race

And in each person may I see

My kindred, loved, redeemed by Thee

Break down the wall that would divide

Thy children, Lord, on ev’ry side.

My neighbor’s good let me pursue;

Let Christian love bind warm and true

With Thine own love may I be filled

And by Thy Holy Spirit willed,

That all I touch, wher’er I be,

May be divinely touched by Thee.

LSB 844, verses 1,2,5

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#### SOUTHWEST W/Circuits 23,24 (OPEN)

#### WHITEWATER/Circuits 11,12,13

\*David & Margaret Hohenstein  
Redeemer Lutheran  
Winona MN

(Notice to Circuits 21-24:  
Volunteers needed to represent one or both circuits on the Board.)

## UNDER OBSERVATION

**Entry one:** First it was a new pastor that delighted us and now it's his recently purchased house that got the famous motley crew to fix and paint and fix and repair and fix some more. The pastor and his wife were kind and said they were grateful. Nice people.



**Entry two:** The recycling truck was the most popular place in town on Saturday. Each month I am amazed at what people are unloading from cars and pickups, as my little bags of paper and trash go into the truck. Maybe everybody has more time to clean in our odd circumstances.

**Entry three:** That old recommendation to drink a glass of warm milk in order to sleep well, is being dismissed as false by those who claim to know better. Who's left to give us more advice? Everyone!

**Entry four:** Went to the courthouse to get new car license tabs and we stood in line 6 feet apart for 45 minutes while 1 man did some business. Remarkably people were patient and uncomplaining.

**Entry five:** My furnace began having intermittent hiccups that led to periods of no heat. Waking up at night wondering if that machine is working and waiting for it to start is not a good way to live. Bless small town life - a plumber who brought a new furnace and order to my life.

**Entry six:** We packed Valentine boxes for our student members and discovered several were going to college but living at home in our current crazy world. And everything in the box had to be sealed, so we filled it solidly for USPS. Eleven young people ate well wherever they are.

**Entry seven:** Things do come to those who wait - the flu shots arrived at the local clinic and they called me to make an appointment I could walk to get.

**Entry eight:** The weather is stranger to match the rest of our lives. Three days in the first weeks of March I could walk 1-2 ½ mile tracks on sunny, quiet weather days. But then 12 inches of snow - which did melt quickly.

**Entry nine:** Missed feeding the juncos this winter, but in late March they showed up in

flocks. The first robins appeared March 14 just before the snow dump. My rabbit was pretty confused if his tracks in that snow are an indication.

**Entry ten:** All the spring flowers appeared in order in March this year - crocus (gorgeous purple) came first and lasted; then the scilla (miniature bluebells) came and stayed; finally, the daffodils arose in large numbers and I wait for the blooms.

**Entry eleven:** Watched the Players golf tournament while listening to the "Marriage of Figaro" from the Met. I take my drama where I can find it.

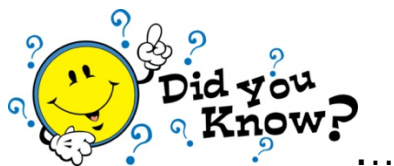
**Entry twelve:** Who said, "Put your lips together and just blow."? or "Come up and see me sometime"? I'm working a movie quiz.

I asked my daughter  
to give me the phone book.  
She laughed at me,  
called me a dinosaur and  
lent me her iPhone.  
So the spider is dead,  
the iPhone is broken  
and my daughter is furious!

~A mechanic was busy removing a cylinder head from the motor of a Harley Davidson motorcycle when a well-known heart surgeon entered his shop. The surgeon was waiting for the service manager to take a look at his bike when the mechanic shouted across the garage, "Hey, doc, can I ask you a question?"

The surgeon, a bit surprised, walked over. The mechanic straightened up, wiped his hands on a rag and asked, "Doc, look at this engine. I open its heart, take valves out, fix 'em, put 'em back in and when I finish, it works just like new. So why do I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?"

The surgeon smiled, leaned over and whispered to the mechanic, "Try doing it with the engine running."



### A unique Mathematical equation

From a strictly mathematical viewpoint:

What Equals 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been in situations where someone wants you to give over 100%. How about achieving 101%? What equals 100% in life?

Here's a little mathematical formula that might help you answer these Questions:

If:

A B C D E F G H I J K L M N O P Q R S T U V  
W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20  
21 22 23 24 25 26.

Then: H-A-R-D-W-O-R- K

$$8+1+18+4+23+15+18+11 = 98\%$$

and K-N-O-W-L-E-D-G-E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

But, A-T-T-I-T-U-D-E

$$1+20+20+9+20+21+4+5 = 100\%$$

AND, look how far the love of God will take you

**L- O- V- E- O-F- G-O-D**

$$12+15+22+5+15+6+7+15+4 = 101\%$$

Therefore, one can conclude with mathematical certainty that: while Hardwork and Knowledge will get you close, and Attitude will get you there, it's the **Love of God**

**that will put you over the top!**

*~Something to think about.*

**LISTEN and SILENT**

have the same letters.

First time I heard about parapsydokians, I liked them. They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ...but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of an emergency, notify..." I answered, "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Spread the Laughter, Share the Cheer,  
Let's be Happy, while we're here!

As seen on digital sign attached to overpass:

Who hates getting speeding tickets?  
Raise your right foot!

## The Fourth Commandment: Honor your father and your mother.

~~May 9, 2021~~

1. **My mother taught me TO APPRECIATE A JOB WELL DONE.**  
"If you're going to kill each other, do it outside. I just finished cleaning."
2. **My mother taught me RELIGION.**  
"You better pray that will come out of the carpet."
3. **My mother taught me LOGIC.**  
"Because I said so, that's why."
4. **My mother taught me FORESIGHT.**  
"Make sure you wear clean underwear, in case you're in an accident."
5. **My mother taught me IRONY.**  
"Keep crying, and I'll give you something to cry about."
6. **My mother taught me about STAMINA.**  
"You'll sit there until all that spinach is gone."
7. **My mother taught me about WEATHER.**  
"This room of yours looks as if a tornado went through it."
8. **My mother taught me about HYPOCRISY.**  
"If I told you once, I've told you a million times. Don't exaggerate!"
9. **My mother taught me about ENVY.**  
"There are millions of less fortunate children in this world who don't have wonderful parents like you do."
10. **My mother taught me about ANTICIPATION.**  
"Just wait until we get home."
11. **My mother taught me about RECEIVING.**  
"You are going to get it when you get home!"
12. **My mother taught me MEDICAL SCIENCE.**  
"If you don't stop crossing your eyes, they are going to get stuck that way."
13. **My mother taught me HUMOR.**  
"When that lawn mower cuts off your toes, don't come running to me."
14. **My mother taught me GENETICS.**  
"You're just like your father."
15. **My mother taught me about my ROOTS.**  
"Shut that door behind you. Do you think you were born in a barn?"
16. **My mother taught me WISDOM.**  
"When you get to be my age, you'll understand."

And my favorite:

17. **My mother taught me about JUSTICE.**

"One day you'll have kids, and I hope they turn out just like you!"

~~June 20, 2021~~

## HOW DAD ARE YOU?

- ☐ **"Guess it's free then."**  
(When a cashier has trouble scanning an item)
- ☐ **"Found it."**  
(after pointing a stud finder at your chest)
- ☐ **"Looks like we'll have to amputate"**  
(When a kid has a minor injury)
- ☐ **"Let's rock and roll."**  
(when it's time to leave)
- ☐ **"Did you fall in?"**  
(when a kid takes too long in the bathroom)
- ☐ **"No, your other right."**  
(when someone mistakes left for right)
- ☐ **"What's the damage?"**  
(before looking at a bill)
- ☐ **"Can you do mine next?"**  
(when seeing a neighbor washing their car)
- ☐ **"I was just resting my eyes."**  
(after falling asleep on the couch)
- ☐ **"Guess they'll let anyone in here."**  
(when seeing a friend in public)
- ☐ **"Glad we're not going that way."**  
(when seeing traffic on the other side of the road)
- ☐ **"Can't get very far without these."**  
(after forgetting your keys)
- ☐ **"Look, horses."**  
(when driving past horses)
- ☐ **"I'm not paying to heat the whole neighborhood."**  
(when the door is open)
- ☐ **"It's not heavy, just awkward."**  
(when carrying something heavy)
- ☐ **"People don't know how to drive in this town."**  
(in every town you're in)
- ☐ **"We needed this rain."**  
(every time it rains)
- ☐ **"That's not going anywhere."**  
(after tying something down)

### WARNING SIGNS OF HEALTHY AGING!

I have never met anyone who is against “healthy aging”! We all want to keep healthy, happy, and active as the Lord gifts us with another day of living for Him! Part of healthy aging is to be aware of the signs around us and in us that allow us to live and serve each day, knowing that life itself is a gift from the Lord!

Check out these simple signs of HEALTHY AGING. Discuss them with others. Add your own “signs”, and enjoy each day thanking the Lord for His presence and proclamation of love and forgiveness! (Caution note: If you sense that you are doing well on at least half of these items – watch out! You just might be aging well!)

1. You catch yourself laughing often, even at yourself. If you’re not sure that the Lord has a sense of humor, just look in the mirror!
2. Persistent presence of supportive friends. It is NOT true that “A friend in need ...is a pest!” A friend in need IS a friend indeed. Be that friend to others also – it is healthy for both of you!
3. Regular appetite for physical activities. Walk, bend, stretch ...and repeat! Never mind if Billy Crystal is correct when he says, “By the time we are old enough to watch our step, we’re too old to go anywhere!” Just keep “stepping”!
4. Repeated episodes of gratitude and generosity. These are definitely signs that you are aging well!
5. Compulsion to care and listen to other people. The Lord has given us two ears and one mouth so that we can listen more than we talk! Too often, I catch myself trying to “cure” people rather than simply care and listen to them! (This is not a good sign of healthy aging!)
6. Increased sensitivity to others. If you find yourself actually listening to a spouse or a friend, be careful, you may be aging well!
7. Tendency to identify and communicate feelings. Wow, a sure sign of healthy aging! Remember the story of the older couple where one day the wife remarked, “We’ve been married for 60 years and the only time you told me that you loved me was on our wedding day,” The elderly husband looked at her and simply said, “That’s right. And if anything changes, you’ll be the first to know!”

8. A tendency to adapt to changing conditions. “If you change the way you look at things the things you look at change”, is a wise quote to remember! The only two things in life that are constant are change and God’s love for us!
9. Chronic positive expectations – a tendency to frame things in a positive light. Don’t be like Mark Twain who said, “Be careful about reading health books. You might die of a misprint!” We can be positive because we know how it all turns out.

### 10. A faith-based life centered in the forgiveness of a Lord who loves, forgives, and makes us well, and will never forsake us, as we celebrate His gift of aging!

(Feel free to share this “quiz” with others and compare your “scores”. Have fun, and in the process, you are encourAGING one another to live healthfully and joyfully, in the Lord!)

**Dr. Rich Bimler** (reprinted with permission)

#### ?Puzzlers?:

- The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.
- Pronouncing words that end in ‘ough’ : cough, bough, rough, dough, through, though . . .?
- Is the “S” or “C” in scent silent?
- The word “queue” is just a Q followed by four silent letters.
- Why is a “w” called a “Double-U” when it is clearly a “Double-V”?



### ADULT LUTHERANS ORGANIZED FOR ACTION (ALO A) LUTHERHOSEL.

Join ALOA for a time of learning, reflecting and connecting with others at Ironwood Springs Christian Ranch near Stewartville, MN. October 4-8, 2021. A dynamic team of presenters will bring inspiring spiritual topics, music, devotions and outdoor activities.

Ironwood Springs Christian Ranch is a Christian Camp located on 200 acres in southern Minnesota along the Root River. Activities will take place in the camp’s Miracle Lodge Retreat and Conference Center. The retreat begins in the afternoon of Monday, October 4 and ends by Noon on Friday, October 8.

Registration and Cost information available on the website: [aloaserves.org](http://aloaserves.org), or call 800-930-2563, or email: [aloa4u@gmail.com](mailto:aloa4u@gmail.com).





**Disclaimer:** In all health issues, consult your personal medical professional for diagnosis and treatment.

## BRAIN HEALTH FROM alzheimer's association®

### 10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.



#### Break a sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



#### Hit the books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



#### Butt out

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



#### Follow your heart

Evidence shows that risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes -- negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



#### Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



#### Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including [Mediterranean](#) and [Mediterranean-DASH](#) (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.



#### Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



#### Take care of your mental health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



#### Buddy up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.



#### Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



## Stump yourself

THEY WERE BORN IN MINNESOTA  
What are they known for? Choose from the list below.

- |                              |                              |
|------------------------------|------------------------------|
| 1 _____ Jesse Ventura        | 26 _____ Cedric Adams        |
| 2 _____ Judy Garland         | 27 _____ Tim Tschida         |
| 3 _____ Verne Gagne          | 28 _____ Bebe Shopp          |
| 4 _____ Gretchen Carlson     | 29 _____ Lew Ayres           |
| 5 _____ Andrew Volstead      | 30 _____ John Willfahrt      |
| 6 _____ Patty Berg           | 31 _____ Sinclair Lewis      |
| 7 _____ Robert Zimmerman     | 32 _____ Janet Karvonen      |
| 8 _____ Jessica Lange        | 33 _____ Harrison Salisbury  |
| 9 _____ Richard Sears        | 34 _____ Prince Roger Nelson |
| 10 _____ Winona Ryder        | 35 _____ Garrison Keillor    |
| 11 _____ Walter Mondale      | 36 _____ Eugenie Anderson    |
| 12 _____ Bronco Nagurski     | 37 _____ Hubert Humphrey     |
| 13 _____ Ann Bancroft        | 38 _____ Will Steger         |
| 14 _____ James Arness        | 39 _____ Loni Anderson       |
| 15 _____ F. Scott Fitzgerald | 40 _____ Eddie Albert        |
| 16 _____ Bobby Vee           | 41 _____ Don Herbert         |
| 17 _____ Maud Hart Lovelace  | 42 _____ Les Kouba           |
| 18 _____ Louie Anderson      | 43 _____ Sigurd Olson        |
| 19 _____ Jane Russell        | 44 _____ Linda Kelsey        |
| 20 _____ Herb Brooks         | 45 _____ Charles Lindbergh   |
| 21 _____ Charles Schultz     | 46 _____ Tommy Gibbons       |
| 22 _____ Andrew Sisters      | 47 _____ LeRoy Niemann       |
| 23 _____ Harold Stassen      | 48 _____ Peter Graves        |
| 24 _____ Roger Erickson      | 49 _____ Robert Vaughn       |
| 25 _____ Arlene Dahl         | 50 _____ Richard Dix         |

- |                  |                      |
|------------------|----------------------|
| A. Musician      | G. Journalist        |
| B. Actor/Actress | H. Business          |
| C. Broadcaster   | I. Writer            |
| D. Politician    | J. Artist/Cartoonist |
| E. Miss America  | K. Sports            |
| F. Comedian      | L. Explorer          |





