



## Finding Balance

Dear Friends in Christ,  
Labor Day is this coming Monday, and it is as early as it can be on the calendar. Labor Day marks the unofficial end of summer and, at least according to the fashion police, the last day that you can wear white without embarrassing yourself!

When would you rather have a holiday to recognize the importance of work? At the beginning of Summer or at the end? I've always enjoyed having a holiday weekend just before school starts and calendars fill up to catch my breath, fire up the grill, gather with friends, and maybe neaten up the garage a little bit before fall.

Since 1894, our country has officially recognized the first Monday in September as a holiday to commemorate and honor the work that we do. Did you know that in 1887, Oregon was the first state in the Union to pass a law to make Labor Day a public holiday? Seven years before the Federal holiday, Oregon declared the first Saturday in June as the official day of observance.

In the 19<sup>th</sup> century, the very nature of "work" was undergoing a massive change. Industrialization was shifting the majority of labor from agricultural production on family farms to manufacturing and construction, much of it in cities. Some of the working conditions for these new factories and infrastructure projects were quite inhumane by modern standards, and

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## Daily Readings

### September 1

2 Chronicles 12:1-12  
Hebrews 13:7-21  
Psalm 119:65-72

### September 2

Isaiah 2:12-17  
Titus 1:1-9  
Psalm 119:65-72

### September 3

Isaiah 57:14-21  
Luke 14:15-24  
Psalm 119:65-72

### September 4

Genesis 39:1-23  
Philippians 2:25-30  
Psalm 1

### September 5

Deuteronomy 7:12-26  
Colossians 4:7-17  
Psalm 1

### September 6

Deuteronomy 29:2-20  
Matthew 10:34-42  
Psalm 1

### September 7

Deuteronomy 30:15-20  
Psalm 1 (3)  
Philemon 1-21  
Luke 14:25-33

### September 8

2 Kings 17:24-41 1  
Timothy 3:14 — 4:5  
Psalm 101

### September 9

2 Kings 18:9-18  
1 Timothy 4:6-16  
Psalm 101

### September 10

2 Kings 18:19-25; 19:1-7  
Luke 18:18-30  
Psalm 101

## Finding Balance

workers began to organize to stand up for better wages and workplace safety. One of the fruits of their organizing was the concept of the eight-hour workday.

The popularization of the eight-hour workday originated with a Welsh industrialist by the name of Robert Owen. During the Industrial Revolution of the 1800's, it was not uncommon for factory workers, many of them children, to toil for 10 to 16 hours a day in poor working conditions. Owen began a campaign for a balanced life with the slogan, "Eight hours for work, eight hours for sleep, eight hours to do as you will." Striking a healthy balance between work and rest is an age-old problem. The book of Genesis tells us that God set the example for humanity by resting on the seventh day of creation and calling it "Sabbath" and resting. The idea of planned rest is built into the Ten Commandments given to Moses. "Remember the Sabbath Day and keep it holy." In the Torah, the farm animals were to share in the Sabbath and even the land was to be allowed to lay fallow every seven years to allow it to renew itself.

Even with laws, both religious and civil, human beings struggle with balancing work, rest, and renewal. As even the lyrics from the Lion King remind us, there is always "more to see, than can ever be seen, more to do than can ever be done." How do we do it?

In the Gospels, Jesus is always getting into trouble with the religious leaders of his day by healing on the Sabbath or somehow "dishonoring" the requirements of the day. In a portion of the Gospel reading for this Sunday (August 31) from Luke 14 that has been edited from the reading, Jesus has been invited to the house of the leader of the Pharisees for a meal on the Sabbath.

*"Just then, in front of him, there was a man who had edema. <sup>3</sup> And Jesus asked the experts in the law and Pharisees, "Is it lawful to cure people on the Sabbath or not?" <sup>4</sup> But they were silent. So Jesus<sup>[a]</sup> took him and healed him and sent him away. <sup>5</sup> Then he said to them, "If one of you has a child<sup>[b]</sup> or an ox that has fallen into a well, will you not immediately pull it out on a Sabbath day?" <sup>6</sup> And they could not reply to this.*

Luke 16:1-13

### September 22

Proverbs 14:12-31

Acts 4:1-12

Psalms 12

### September 23

Proverbs 17:1-5 1

Corinthians 9:19-23

Psalms 12

### September 24

Proverbs 21:10-16

Luke 20:45—21:4

Psalms 12

### September 25

Proverbs 22:2-16

2 Corinthians 8:8-15

Psalms 146

### September 26

Proverbs 28:3-10

Ephesians 2:1-10

Psalms 146

### September 27

Proverbs 28:11-28

Luke 9:43b-48

Psalms 146

### September 28

Amos 6:1a, 4-7

Psalms 146 (7)

1 Timothy 6:6-19

Luke 16:19-31

### September 29

Amos 6:8-14

Revelation 3:14-22

Psalms 62

### September 30

Hosea 10:9-15

James 5:1-6

Psalms 62

## Finding Balance

Were the Pharisees wrong in trying to keep the Sabbath? Why do you think Jesus was always pushing the religious leaders of his day on this issue?

With modern gadgets, we can measure just about every facet of our life. My Apple Smart Watch can tell me how many steps I've taken in day, how many hours I've been asleep, how many times I've stood up, and even tell me how fast or how efficiently my heart is beating. It will then record that data and save it to look at later. My Smart Phone also tells me how much screen time I have averaged each day in a week. (I find it ironic that my weekly report of "screen time" gets automatically sent to me just before church on Sunday mornings. Now you know at least some of what I'm confessing in worship!)

Even with tools and the will to measure our work-rest ratios, it seems inevitable that our lives will end up out of balance. Maybe that is part of Jesus' point. The rhythms of Sabbath rest and meaningful work are meant for our benefit, not our devotion.

The word "balance" reminds me of one of my favorite movies of the 1980's. In the Karate Kid, Mister Miyagi is training his young neighbor Daniel in martial arts, albeit using what seem very unusual methods. In his training, Mr. Miyagi reminds Daniel again and again, "Go find balance." On the night before the big tournament, he says to Daniel, "Remember the lesson about balance? This lesson is not only about Karate. It is a lesson about all of life. Do you understand?"

I think one of the lessons that Jesus is always teaching us is that in order to find balance, God needs to be our center of balance. Not our works, not our pride, not our ease, but God and love of neighbor. Even admirable and valuable pursuits can lead us astray.

Here's wishing you a blessed and balanced Labor Day with just enough rest, work, and doing what you will.

Peace! Pastor Craig

### September 11

Genesis 6:1-6  
1 Timothy 1:1-11  
Psalm 51:1-10

### September 12

Genesis 7:6-10; 8:1-5  
2 Peter 2:1-10a  
Psalm 51:1-10

### September 13

Genesis 8:20—9:7  
John 10:11-21  
Psalm 51:1-10

### September 14

Exodus 32:7-14  
Psalm 51:1-10 (1)  
1 Timothy 1:12-17  
Luke 15:1-10

### September 15

Amos 7:1-6  
1 Timothy 1:18-20  
Psalm 73

### September 16

Jonah 3:1-10  
2 Peter 3:8-13  
Psalm 73

### September 17

Job 40:6-14; 42:1-6  
Luke 22:31-33, 54-62  
Psalm 73

### September 18

Exodus 23:1-9  
Romans 3:1-8  
Psalm 113

### September 19

Ezekiel 22:17-31  
Romans 8:31-39  
Psalm 113

### September 20

Isaiah 5:8-23  
Mark 12:41-44  
Psalm 113

### September 21

Amos 8:4-7  
Psalm 113 (7)  
1 Timothy 2:1-7



Backpack Buddies®

## **Worship in the Park and Dessert Auction Recap**

We were blessed with a great day at Aurora Park for our annual gathering with our friends from Aurora Presbyterian Church. About 100 people from Aurora Presbyterian and Christ Lutheran gathered for worship, fellowship, and to support our Backpack Buddies Ministry.

So far, over \$3,000 has been raised, with further donations still coming in! Special thanks to our BBQ Crew (Lance, Dan, and Kenton), our Logistics Crew (John, Lynn and George), our Auction Crew (Sonya and Family), and to our Music Crew (Kaden and Praise Band). Also, thanks to Pastor Cynthia O'Brien for her message and to the Deacons at Aurora Presbyterian for organizing the Potluck.

### **Pie Plates, Bakeware, Lost and Found**

If you bought a dessert at the auction and you have the name of the baker, please return them to their owner. If you think you might have left something behind at the picnic, there is a lost and found table in the narthex. Bakeware can also be returned to that table for the owner to pick up.

## **Worship Helpers**

### **9/7**

Reader:Lynn Ries

Ushers:Lynn and John Ries

Donut Helper: Joy Schulz

### **9/14**

Reader:Carolyn Popma

Ushers: Lynn Bloomfield &

Ilene Marnella

Coffee Hosts:

Helen David & Marie Gunther

### **9/21**

Reader:Marie Gunther

Usher: George Will

Coffee Hosts:

Susan Williamson & Doris Grider

### **9/28**

Reader: Kenton Wolfe

Ushers: Kenton & Mary Wolfe

Coffee Hosts:

Lynn Bloomfield & Lonnie Harms

## In Our Hearts & Prayers

Prayers for	Requested by
Anna (Grider) Westcott	Jim & Doris Grider
Bankhead Family	Wyatt Akin
Belinda Kjensrud	Kim Mackiln
Beth Brandt	Mary W.
Betty Gerhardt	Kenton and Mary Wolfe
Bob Boonstra Family	PC
Brenden Blum Family	PC
Brooke	Heather W
Bruce Baker	Kevin Baker
Bud Richard and Family	Kimberly Macklin
Burt Aus	Judi Aus
Carol Smith	Helen D
Chad Roberson	PC
Charles G.	PC
Colin Brown	Heather W
Cindy Caufield	Susan W
Cindy Miles	PC
Dana St. Clair	Diane Schaber
Dennis Ormseth	Mary W.
Dixie Scheehear	PC
Dyrdahl Family	PC
Ellen Paulson	Lorrie Dyrdahl
Eric Wechter	PC
Ernie Peter	PC
Evie and Ron Berg	PC
Gary Erb	Barb B.
Heide Hendrick	PC
Helen David	Barb Bannister
Hollinger Family, Ellie	Kimberly Macklin
Howard & Kathy Brandt	Mary W.
Jan G	PC
Jean Ruter	Mary W.
Jeannine Brumley	PC
Jo Miller	Kimberly Macklin

Prayers for	Requested by
Joanna Painter	Dixie
John Schaber	PC
Joyce Colvin	PC
Judi Aus	PC
Keven Christiansen Fam-	PC
Kim	Lisa
Kimberly Kyser	Cindy C
Larry Marnella	Ilene Marnella
Laurie Boyce	PC
Linda Bradley	Lonnie Harms
Linda Fender	Dan and Lonnie
Lorrie D	PC
Lynn Bloomfield	Lonnie and Dan
Mark Kynsi	Wyatt Akin
Marlene McDonald	Amy Elliott
Marsha	Julie Parelli-Minetti
Marvis Gilnett	PC
Mary Wolfe	PC
Matt H	PC
Melody Sledz	Mary W.
Micah Akin	Wyatt Akin
Misty Mann	Lorrie Dyrdahl
Oscar D	Sam D
Pete Peterson	Sharon G
Phyllis Murray, family of	Marie G.
Piper	Heather W
Richard Dyrdahl	Lorrie Dyrdahl
Robert	Jordain
Roy Steven	Joyce
Shirley Ann Andreason	Ilene Marnella
Tammara Davidson	PC
Traci	Barb B.
Vi Anderson	Judi
William Wood	Lorrie Dyrdahl
Yvonne	Julie Parelli-Minetti

- Those with memory care issues and those who care for them.
- Those receiving radiation or chemotherapy.
- Those who are in hospice care.
- Our loved ones serving in the armed forces, especially those serving overseas.



**God's work. Our hands.**







**September 7, 2025**

This day is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America — one church, freed in Christ to serve and love our neighbor.

**Birthdays**

Conrad Pearson	1
Sally Boonstra	2
Carey Pinto	2
Laney Bakey	4
Charlie Eggert Jr.	6
Sasha Shepherd	14
Tom Kleve	16
Amy Elliott	20
Bruce Johnson	20
Mike McCue	21
Mary Wolfe	21
Teresa Netter	22
Sylvia Peter	25
Ernie Peter	27

**Anniversaries**

Bill & Jennie Lockett	1
Randy & Nancy Beyers	21
Jeff & Jennifer Groner	23

Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ — every act of service, in every daily calling, in every corner of life — flows freely from a living, daring confidence in God's grace.

**Apply For A Synod Grant**

Creative Ministry and Delk grant applications due September 5! What new, creative ministries are emerging for your congregation? Apply for a grant and tell us how your congregation's project is doing something completely new to be a source of God's love and hope in your community.

Creative Ministry grants range from \$350 to \$5,000.

Delk Fund grants are available for child- or youth-focused projects. Grants range from \$500-\$2,500.

Applications are due September 5. Decisions will be announced on September 26. More details and applications are available on our website.

# September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Aurora Emergency Preparedness 6:30 pm	2 AA 6 pm	3	4 Synod Retired Clergy Luncheon 11:30-1:30 Wellbriety 6-8 pm	5	6 Bob Boonstra Memorial 1 pm
7 Worship 10 am AA 7pm	8	9 AA 6 pm	10	11 Wellbriety 6-8 pm Red Cross and AEP Presentation 6:30-8	12	13 AA Speaker Series 5 pm
14 Worship 10 am Council 11:15 am AA 7pm	15	16 AA 6 pm	17 Marion Palk Food Share, Pythian Hall 3:30-5 pm	18 Wellbriety 6-8 pm	19	20 Barb Zurstadt Memorial 11 am
21 Worship 10 am AA 7pm	22	23 N.M. Services Team 3-4:30 pm AA 6 pm	24	25 Wellbriety 6-8 pm	26	27
28 Worship 10 am AA 7pm	29	30 AA 6 pm	31			

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# COURIER



*September 2025*

CHRIST LUTHERAN CHURCH OF AURORA



HELLO   
*September*