



BROADCASTER

Eagle Grove Evangelical Lutheran Church

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The Rhythm of Faith

Imagine you have a new baby and decide to get the little one's life off to a great start by playing Bach music for the first two days after birth. Earlier this year, Italian and Hungarian researchers did exactly that. They outfitted 49 sleeping newborns with tiny headphones and played music of J.S. Bach. By measuring the brain waves of each infant through electroencephalography they made a striking discovery: human newborns innately understand rhythm. Infants are hard-wired to perceive the beat of music and actually anticipate changes that arrive with shifting rhythmic patterns. This may stem from exposure to the mother's heartbeat, breathing and walking patterns while the babe is in the mom's womb.

August 2026

MESSAGE FROM PASTOR SOLVEIG ZAMZOW

After my husband's stroke, our family rearranged our bedroom furniture in order to make it easier for Michael to get in and out of bed and have a straight path to the bathroom. Of course, I was on board with the change because it also makes assisting Michael much easier for me. However, this also disrupted my sleeping pattern much more than I had anticipated. After several weeks I still feel like I will be tumbling right out of bed each time I reach for my nightstand. My body is asking why I make these strange movements to get from left to right or sit up. My nighttime routine/pattern has been major-league disrupted and I need to find my way into a new rhythm.

It shouldn't be a big surprise then that all of this also applies to our faith. We are approaching the last leg of the summer and for many of us this has meant a very different pattern. There are vacations, weekends at the lake, short or long travel adventures ... you name it. All of this is totally okay – I would go so far as to say it is necessary to give our bodies and minds a new rhythm which can aid our relaxation and give us a boost for the month's to come.

So, what about this faith rhythm? It starts with “small things” like a morning or evening prayer. Perhaps you will open your Bible and read a short passage...maybe even find one of those predetermined schedules to read the entire Bible in one year?! There is the possibility of putting your faith into action and do some volunteering on a certain day or the week or month. And finally: there is worship! How easy is it to fall out of a faithful worship rhythm, you ask? Well, according to people much smarter than me, it takes six weeks of missing worship to move from an active to an inactive member of a congregation. Six Sundays in a row! L That's like nothing, right! And yet it can set your life on a completely different trajectory. I think we easily move from “one week, two weeks does not matter” to “well, I have been missing for four weeks so a week more doesn't matter either, does it now”. By the way: I have indeed observed that at our congregation!!

At our Vacancy Workshop in early September last year, we had collectively determined that our worship attendance needs to increase significantly. And, for several months we did pretty okay. This summer put us back into a slump. So now is the perfect time to decide that our rhythm needs to be picked up again.

There is a technical term in music for a dependable beat: tactus, the implicit pulse that underlies a piece's explicit rhythm. In church music, the tactus governs a congregation's song. If the lead musician has learned how to breathe with the people he/she leads, the tactus will be dependable and the people will sing well. We might want to say that a faith community who lives rhythmically in sync with our reliable God is a people who lives well. See you in church! Pastor Z+

CHURCH NEWS



Benefit Check

Taylor Larsen stopped
and accepted the
check
from Pastor Zamzow.

He said he greatly
appreciated all that we
had done to help him.

We Appreciate All Those Who Help Out at the Church

...to Sarah Jensen for serving as our Altar Guild steward in July

...to Todd Nielsen who spent many, many, many hours helping with the new sound system set-up which is almost finished. We are working out the last few glitches and ask for your indulgence.

...to Alan Linn who found things to repair just about each and every day throughout the month of July. Have you ever considered how much work it is to keep our building running?

...to all readers and PA/Facebook helpers, greeters, acolytes and crucifers who made it possible for us to worship well.

...to everyone who provided goodies for our Fellowship time after worship.

...to all who shared their coins with our VBS. Our Noisy Offering was \$585.00.

That is an incredible amount! Thank you soooo much!

Joys & Sorrows

Congratulations to Mollie and Taylor Lehman on the birth of their daughter Teagan Lyn. All are doing well. May Teagan grow up to know and love her Lord.

Our sincere sympathy to the family of Sandy Campbell whose Funeral service took place at EGELC on Friday, July 17th and to the family of Thomas Knutson who was remembered in a Funeral service on July 25th. Please keep both mourning families in your prayers.

COUNCIL MEMBER BRIEF & YOUTH

Church Council Brief

July 15, 2026 Meeting

Church Council July 15

All reports given and approved.

Pastor Zamzow – 9:00 Wed. Bible Study – starting Revelation

Taylor Larsen Benefit plans well underway

She has been serving EGELC for 1 year now. She is requesting Aug. 10-20 for vacation time.

22% of the vacancies in the NALC are from the Iowa District. (Just an FYI)

Youth Ministry will meet June 14.

Boiler update – Cost is \$33,000. Trust Fund will pay \$18,000. Congregation will need to pay the remaining.

Sound System - The Nesheim Family will donate \$10,000 towards the new system. The remaining balance will be paid from the memorial account and from another family who wished to help with the cost.

Parsonage garage doors are installed, new windows ordered but we are needing funds to pay for the installation of them.

Vacation Bible School

EGELC VBS Aug. 3, 4, 5. "Join the Quest To Know His Name" from 11:30 til 5 PM for children entering grades 1-6. Lunch will be provided daily from 11:30 til noon. For those who have finished preschool and are entering kindergarten VBS will be from 3-5 PM, with snack being served.

On Wednesday at 4:45 PM we invite VBS family and friends to join us for a short program followed by a pizza and ice cream social!

Attention! Attention! Reports needed!

Our 2026 Annual Meeting will take place after worship on September 20th. If you are responsible for a report, please hand it in to the office by August 15th.

Bible Camp

Penny & Piper Harvey enjoyed a few days at Okoboji Bible Camp this summer.

They are already saying they want to go back next year. We have funds available to help with the cost of camp at both Riverside Bible Camp and Okoboji Bible Camp. If you have a child who wants to go next year, please stop in the office when it is registration time and ask about the Amy Cooper Memorial Funds.



STEWARDSHIP

So, what about those zucchini?



You shall eat your fill and bless the Lord your God for the good land that he has given you.” — Deuteronomy 8:10

If you are a gardener, you are in the midst of harvest. This year, we have had rain. Lots of rain. The vegetables are making the most of it. The zucchini are about the size of baseball bats now. The cucumbers seem to double in size overnight. Squash pop up unexpectedly. The tomatoes will be ready soon. The challenge right now is not whether the crops will grow. The challenge is that everything ripens at once.

Every year, there is a short time when the garden shifts from not enough to more than enough almost overnight. For months, we prepare the soil, plant seeds, watch the weather, pull weeds, and wait.

Then, all at once, everything is ready. Perhaps you are at the stage where you decide that you do not want to see another zucchini, squash, or cucumber for a long time.

Have you noticed that we spend an awful lot of time thinking about scarcity? Will there be enough money? Enough time? Enough opportunity? Enough love? Enough security?

When you stand at the edge of your garden and see zucchini growing while you are watching, you might be reminded that abundance creates its own challenges.

Scarcity asks, “Will there be enough?” Abundance asks, “What do I do with all of this?” You cannot eat every zucchini. You cannot harvest every cucumber. You cannot preserve everything. Eventually, having more than enough means we have to make choices. It encourages us to be generous, to use good judgment, and to let things go.

Spiritual traditions consistently center lessons about this exact conundrum. When Jesus feeds the five thousand, the story does not end when every-one has enough to eat. The disciples gather twelve baskets of leftovers. The abundance becomes part of the lesson. What do we do with what we have received? The same thing happens in our lives. Some people inherit abundance in the form of wealth. Others receive abundance in relationships, opportunities, education, creativity, health, or time. Some seasons of life bring an abundance of possibilities. Others bring an abundance of responsibilities. The challenge is learning to accept abundance without feeling like we have to keep it all. I think this is one of the reasons gratitude matters so much.

Gratitude lets us enjoy a gift without feeling like we have to control it. It helps us accept what we have today without expecting it to last forever. Gratitude helps us let go.

The garden teaches this lesson every year. The zucchini do not care whether I can eat them all. The cucumbers are not worried about efficiency. The tomatoes are not calculating future market conditions. Mother Nature simply keeps offering herself. Some of it will be eaten. Some of it will be shared. Some of it will be canned. Some of it will become chicken food. Some of it will become next year’s soil. Nothing is wasted.

I think that might be part of the wisdom that comes with abundance. The purpose of abundance is not accumulation. The purpose of abundance is participation. To receive. To enjoy. To share. And eventually, to let go.

Today, let’s be grateful for the rain and for the harvest. And despite what you may be saying three weeks from now, I bet you are still grateful even for the zucchini.



Speaking of gardening! **On Saturday, August 22** we will get together and clean the grounds around the church. Other than asking you to come and help, we are hoping that some of you will be able to help us out by donating cuts from your hostas. If you have a hosta plant that has gotten too big, we would love it if you could share the blessing with us and help us beautify the church grounds. How to do it? Dig up the entire root clump and slice through the root mass and crown using a sharp knife or spade, ensuring each section has roots and shoots. Thank you for considering this!! It will be fun to watch your plant grow. Since you asked: yes, you certainly may offer up a new plant!

CHURCH EVENTS

Golden Confirmation

SAVE THE DATE- September 13th 2026 has been set aside on our master calendar to be a day of celebration for a **GOLDEN CONFIRMATION**. We will be inviting everyone who was confirmed at Evangelical Lutheran in 1976 or before. **Question: please talk to Linda Spangler or myself. Thanks for your help.**

.If you have been confirmed after 1976 but would love to meet up with some of our guests at the dinner, please let the office know. We are asking for \$20.00 to cover the meal. Thank you.

Pastor Z.

A little stewardship opportunity

Join us for Coffee Fellowship following worship August 2—we will be auctioning off the frozen fish from left from the fish supper, some beautiful handwork of Signa Thiebey's donated by the Larson family, and 2 quilts that were donated. Proceeds from the fish goes to the Youth Mission Trip, all other donations go towards the boiler and the parsonage updates.

Food for Thoughts

It seems like lately we have been asking for donations for repairs, which I agree we have. I got to checking back into what we have done the past 5-6 years for improvements at the church and parsonage. I will say I was surprised, so decided to list some of the more major things.

Sanctuary was completely painted and new carpet installed in the sanctuary & overflow room, \$21,000

Parsonage Porch was redone \$1600

Church Bathroom repairs

New Roof on the church \$\$145,000 & Facia \$ 2,660

New electronic sign was donated by a family \$30,000

New sound system donated by 2 families \$17,000

Parsonage is getting a much-needed update

New boilers were installed \$33,000

Bathrooms at the church have been repainted

Windows in the fellowship hall that needed fix have been replaced

New tables and chairs in the fellowship hall to replace some old ones by ELCW

Yard cleanup started at the church and parsonage & tree removal - to be completed at our work day
Plus, many, many things' members have taken care of without recognition. As with our homes the upkeep always goes on. Check with Alan Linn if you want to help with ongoing list of things we need to have done. **Thank you** to those who donate their time, abilities and money to help get everything done. **Thank you** to the Trust Fund for helping financially when they can. And to our members for faithfully help to our property in good order

ELCW WOMEN

Hometown Cookin' Favorites

Loretta Krahling

Chocolate Crumb Bars

Ingredients:

- 1 cup butter, softened
- 1 3/4 cup flour
- 1/2 cup sugar
- 1/4 teaspoon salt

2 cups chocolate chips, divided in half

1 can sweetened condensed milk

1 teaspoon vanilla

1 cup chopped walnuts

Instructions:

Preheat oven to 350 degrees. Grease a 9" x 13" pan. Beat softened butter in a large bowl. Add the flour, sugar and salt and beat together until crumbly. Spread 2 cups of crumbs into the prepared pan; reserve the remaining mixture. Bake for 10-12 minutes or until golden brown. Combine 1 cup chocolate chips and sweetened condensed milk in a small pan. Warm over low heat until the chocolate chips are melted. Add and stir the vanilla till smooth. Spread over the hot crust. Stir chopped walnuts and remaining chocolate chips (1 cup) into reserved crumbs. Sprinkle over chocolate filling. Bake at 350 degrees for 25-30 minutes or until the center is done. Makes 2 1/2 dozen bars. Enjoy!



ELCW

Our ELCW does not meet in July and August. In September we will start making plans for the Bake Sale on November 14.

Also in September we are going to make a batch of potato cakes. These will be used for the Golden Confirmation Anniversary. If anyone wishes to donate some "Norwegian" Goodies, please let the Evangelism Committee or the office know.

REMEMBER – The Food Panty has new hours - Wednesday only from 2:00 - 5:00 p.m. They can always use your help with volunteers and also with food. And if you are interested in volunteering a couple hours a week to help at the pantry, contact Marcella Johnson at 515-448-3743. Remember we have the grocery cart in the entrance where you can bring your donations. Monetary donations are always welcome also as they do purchase some items for the pantry.



Attendance & Giving

DATE	ATTEND- ANCE	GENERAL BENEVOLENCE	
July 5	61	\$ 2,258	\$ 45
July 12	63	\$ 2,388	\$ 25
July 19	65	\$ 1,046	\$ 125
July 26	75	\$ 525	\$ 10

Monthly Operating Budget \$18,239

Mission of the Month

August Mission of the Month
NALS (North American Lutheran Seminary & Jeff & Mim Neller-moe, our Missionaries to China

The mission box is located on the table in the back of the sanctuary.

Pastoral Acts

Baptisms: 0 Funerals: 2
Weddings: 0 New Members: 0



Our records show that the following members celebrate birthdays in August. We pray for their health and happiness as we share in their celebration. We appreciate being notified of any errors.

AUGUST BIRTHDAYS

8-2 Jensen Cooper
8-3 Larry Jacobson, Connor Tomke
8-5 Jennifer Campbell, Lily Locke
8-7 Chelsey (Harvey) Hirt
8-8 Scott Lehman, Jodi Mickelson,
8-9 Travis Bell
8-10 Wes Houser
8-11 Mark Burres
8-15 Laurie Tomke Miller
8-16 Eugene Ryerson, Angela Harvey
8-18 Adam Harvey, Jakson Locke, Mark Wooster
8-19 Tawny Pauls
8-22 Rachel Meyer
8-24 Kelly Limerick
8-26 Huxley Eisentrager
8-28 Judy Kerch
8-29 Keegan Eisentrager

We pray for their health and happiness as we share in their celebration. We appreciate being notified if anyone's birthday is not on the list.

**Eagle Grove Evangelical
Lutheran Church
PO Box 68
Eagle Grove, IA 50533**

Church Facebook Page

Eagle Grove Evangelical Lutheran
Church

Our church Service is broadcasted
on Facebook Live every Sunday
morning at 9:00 a.m.

Radio Broadcast

Our church service is also heard on
KQWC Radio 97.5 Sundays at 9:00 a.m.

Church Website

www.EGELC.org

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Pastor Zamzow

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