



Zion noiz

The Newsletter of Zion Lutheran Church
Piedmont, California

March 2023



Pastor Paul writes...

Jesus said: "Come to Me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

It is my pleasure to announce that we are introducing the Parish Nurse ministry to Zion as a pilot program. The Parish Nurse program has been a tremendous blessing to members of other congregations for many years and has proven to be a much needed and highly valuable ministry of care to God's people in times of need.

The Parish Nurse works in partnership with the Pastor to serve God's people at Zion by providing holistic care and bringing spiritual resources to bear on the emotional, mental, and physical needs of individuals and those who love them.

Dr. Stephanie Windle, a long-time member of Zion, a Registered Nurse, and a tenured professor in the School of Nursing at San Francisco State University, has consented to help us launch the Parish Nurse ministry at Zion and to be our Parish Nurse. She has prepared an excellent introduction to the Parish Nurse program and its possibilities for us at Zion in the article included in this newsletter. The possibilities include how we may serve the greater community of people in need all around us.

The Parish Nurse is here to serve those in need. Confidential questions or requests from members of Zion for a visit from the Parish Nurse may be directed to Pastor Paul or through the church office. We are not always aware of the needs that individuals and their loved ones may have, so please do let us know when you have a need, so that we can respond.

"God gives strength to the weary and increases the power of the weak."
(Isaiah 40:29)

~ Pastor Paul



Weekly Worship

Sundays: 9 am Traditional Worship In-person & On-line 11 am Contemporary Worship On-line
All Worship Services are Available 24/7 via the Zion App, Website, YouTube and Facebook.

Bible Class: Sundays at 8 am Wednesdays at 10 am

SEEK

DISCIPLE

MULTIPLY

Inside this issue...

Food of the Month
Page 2

Game Night
Page 5

Prayer Ministry
Page 6

SUPER BOWL PARTY HIGHLIGHTS

A fantastic spread of charcuterie, nachos, wings, hot dogs, smoked tri tip, ice cream, and more was enjoyed by all. Congratulations to Blaise who got most of our "fun side bets" correct!



March Food of the Month 🌸

Many of our Oakland neighbors must decide whether to pay the rent or buy groceries. Please prayerfully consider adding extra non perishable food items to your cart for those in the Oakland community who face food insecurities. Look for the brightly colored barrels in the Narthex for your donations. All groceries will be donated to City Team, Oakland for their daily meal programs and community grocery bags. God Bless you for thinking of those in need in our community!!!

2023 Lenten project---Alameda Warming Center

The Christian Concerns Committee is pleased to announce the Alameda Warming Center as the 2023 Lenten project. The Alameda Shelter is a program at Christ Episcopal Church Alameda. The program provides 25 guests a warm place to sleep with breakfast and dinner. Showers are available 3 days a week with new underwear and socks available if needed. Please prayerfully consider making this project part of your Lenten spiritual journey---another example of a church without walls. The project goal is \$3,000 to help ensure this blessed community service is able to continue!!! Your donation can be made through regular Zion giving options---cash, check or online/Subsplash. ***Please make your check payable to Zion and designate your donation---"Lenten Project". What a blessed way to show our love and support to those in need.

• Lenten Midweek Services +

Each Wednesday in Lent there will be an evening service of Compline at 7:00 p.m. both in-person and livestreamed. The services will be preceded by a potluck Soup and Salad Supper at 6:00 p.m. in the Garden Room. Please sign up on the sheet at the Welcome Center to indicate what you will bring for supper. Here are the dates and themes of the services:

March 1 st	"If You Are God's Son, Have Your Way"	Matthew 26:31-46
March 8 th	"If You Are God's Son, Fight Back"	Matthew 26:47-56
March 15 th	"If You Are God's Son, Deny It!	Matthew 26:57-27:10
March 22 nd	"If You Are God's Son, Defend Yourself"	Matthew 27:11-31
March 29 th	"If You Are God's Son, Save Yourself"	Matthew 27:32-56

CHURCH HUMOR

How can I help you?

After pulling three double shifts in a row, my brother Billy, a hotel clerk, was worn out. On one of his few breaks, he went to the hotel restaurant to grab a bite. When his food came, Billy, his mind in a fog, bowed his head for the blessing and whispered these words to God: "Good evening, Holiday Inn, how can I help you?"

And the Lord separated His paper from His plastics

My sister-in-law was teaching Sunday school class. The topic for the day: Easter Sunday and the resurrection of Christ. "What did Jesus do on this day?" she asked. There was no response, so she gave her students a hint: "It starts with the letter R." One boy blurted, "Recycle!"

PARISH NURSE

We are excited to be piloting a parish nursing program at Zion. We would love your input and we will be sending out a questionnaire to you soon.

What is a Parish Nurse?

Parish nurses (sometimes called Faith Community Nurses), hold registered nurse (RN) licenses and specialize in providing healthcare grounded in spiritual principles. Focusing on holistic health, these professionals work to prevent and reduce illnesses in faith-based communities and organizations.



What will the parish nurse do?

Care for members – The parish nurse visits hospitalized members and homebound members dealing with health concerns. The nurse can provide education, advocacy, counselling on faith and healing and referrals to resources. Referrals can come from pastor or you can contact the church office to make a referral. This service is for congregational members.

Support Groups – Support groups would be open to Zion members and the larger community. Possibilities include caregiver support group, healing practices group, parenting adult children with physical or mental health challenges or grief support groups.

Education – Community Education Programs could be provided addressing health related topics. Health articles and/or an “Ask the Nurse” Column could be developed for the newsletter. “Ask a Nurse” questions could be addressed to the church office.

The hours for the pilot program are limited to five hours/week and the pilot program will be conducted by Stephanie Windle DNP, MSN, RN, CNE.

Stephanie received her Doctor of Nursing Practice degree from the University of San Francisco. She holds a Master’s of Science in Mental Health Nursing from the University of Wisconsin and a Bachelor of Science in Nursing from University of Wisconsin. She is a Registered Nurse and a tenured professor in the School of Nursing at San Francisco State University.



WEDNESDAY MORNING BIBLE CLASS

What is the Book of Numbers all about? Come join us and see! Having worked our way through Genesis, Exodus, and Leviticus, we are continuing our in-depth study of the first five books of the Bible. St. Stephen declared that Moses, the writer of the Pentateuch, “received living words to pass on to us.” (Acts 7:38) Join us for those “living words” on Wednesdays at 10:00 a.m. either in-person in the Garden Room or online via Zoom.

SUNDAY BIBLE CLASS I

Join us on Sundays at 8:00 a.m. in Pastor’s office. Pastor is continuing a study on the words of Matthew, Mark, Luke, and John. We are using a student handbook, which leads us in sequential order into the incredible historical record of Jesus’ birth, life, miracles, teachings, and suffering, death, and resurrection for the salvation of the world. This is a fresh, in-depth, and amazing look at the message of the four Gospels as you have never studied it before!

Communion Assistant Schedule

Sunday, March 5 th	9:00 a.m.	Jonathan Schaff
Sunday, March 12 th	9:00 a.m.	Frank Cham
Sunday, March 19 th	9:00 a.m.	[No Communion]
Sunday, March 26 th	9:00 a.m.	Dave Nemy

Lay Reader Schedule

Sunday, March 5 th	9:00 a.m.	Maret Bartlett
Sunday, March 12 th	9:00 a.m.	Paul Grunow
Sunday, March 19 th	9:00 a.m.	Bill Keep
Sunday, March 26 th	9:00 a.m.	Rachel Nemy

Usher Schedule

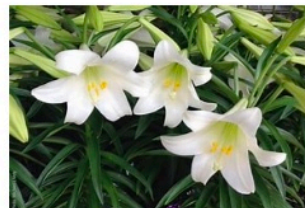
Sunday, March 5 th	9:00 a.m.	Michael Grunow Markus Niebanck
Sunday, March 12 th	9:00 a.m.	Peter Grunow Llela Walsh
Sunday, March 19 th	9:00 a.m.	Michael Grunow Markus Niebanck
Sunday, March 26 th	9:00 a.m.	Peter Grunow Llela Walsh

Altar Flower Donations

Sunday, March 5 th	LENT ~ No Flowers
Sunday, March 12 th	LENT ~ No Flowers
Sunday, March 19 th	LENT ~ No Flowers
Sunday, March 26 th	LENT ~ No Flowers

Coffee Hour Hosts

Sunday, March 5 th	Hamblin/Shockley
Sunday, March 12 th	Dal Ferro
Sunday, March 19 th	Open
Sunday, March 26 th	Open



Stay tuned for more information regarding the Easter Flowers ordering



REMINDERS

Please send submission for the newsletter to churchoffice@zionlutheran.net by the 15th of each month

Please sign up for flowers in the Narthex and coffee hosts in the garden room



A FUND RAISER FOR
ZION LUTHERAN YOUTH GROUP

ELECTRONIC WASTE COLLECTION AND DOCUMENT SHREDDING

So dig out all of that old electronic waste material
and all those documents that need to be shredded and bring them down.



E-Waste
Some
items free
Others
for a fee



ZION LUTHERAN CHURCH
PARKING LOT
5201 PARK BLVD. PIEDMONT CA 94611

Saturday, March 18
10 AM to 4 PM



All items are recycled according to California Law.
For more information or commercial pickup call: C&T Recyclers @ (510) 590-7510



Iron Men

Thursday, March 9, 2023 @ 6:30 pm

Once again, we gather for fellowship, food, fun and faith building. As we continue our look at some of the "Master Criminals" in the Bible, this month we will study "Flirt Like an Egyptian" (Genesis 39) and "Hide and Seek" (Joshua 2 & 6).

Game Night

Tuesday, March 14th at 6:30 pm

We will check our luck of the Irish as we gather together to play some games. But we will need to "beware of the Ides of March" as we plan to have a great time together



MOVIE NIGHT

Saturday March 25th 7:00 PM

YES DAY

Allison and Carlos used to say YES to everything in life, also when they met and later got married. But then they moved to suburbia and had 3 kids and their lives became a long line of NO. Their oldest daughter, Katie, 14, gets NO from mom to going to a concert with friends. Carlos also says NO to employees at work at Icarus Technologies. Allison is trying to return to the labor market but gets no at job interviews. At Katie's school, Allison and Carlos are shown Katie's project on video. The video compares "Mommy Dearest" to Stalin and Mussolini. Later, the guidance counselor etc. gives advice on why he's so relaxed despite having 6 kids. He gives them a YES day where he and his wife, with a few ground rules, say YES to everything. Mom agrees to a 24 hour YES/fun day after seeing an over 15 year old photo of her skydiving. Will it be apocalyptic, as Allison first feared, or a wild and fun adventure for the five?
PG 1 hour 29 min

PRAYER MINISTRY

Guided Running

I am the good Shepherd. The good Shepherd gives His life for the sheep... I am the good Shepherd, and I know My sheep, and I am known by My own. As the Father knows Me, even so I know the Father and I lay down My life for the sheep." (John 10:11-15 NKJV).

"My sheep hear My voice and I know them, and they follow Me. And I give them eternal life and they shall never perish, neither shall anyone snatch them out of My hand." (John 10:27, 28 NKJV).

Did you know that we have a shepherd? A good shepherd? Right next to you. When you are out for a walk or a run, you have a shepherd with you.

Since I am a "walker" and not a "runner", I have learned much from my "runner friends." I am even beginning to understand (just) why they love to run. I have learned that in a long race, a runner may have a "pacer" alongside. The pacer keeps the runner on track to finish at a certain pace. The pacer may not help in any way. They can't carry a water bottle, and they can't help you if you lose sight of the route. Oh the fatigue and lost time if you are off the trail! What a disappointment. All that extra running for nothing. The pacer is alongside to simply keep the running pace.

We have a "pacer" or shepherd who is so much more. He encourages us. Tends to our needs. Feeds us and keeps us on the correct path! Life is a big race (or walk). We need our Shepherd when we stray off the narrow way. We all have different goals. Different needs. And our Good Shepherd provides us with all of them.

Psalms 23:1 states: "The Lord is my shepherd. I have everything I need." Everything! He provides all we need for each day. We don't have to stay imprisoned in our wants and desires. Jesus gives us what we need.

Our shepherd also comes alongside us as we run (or walk). Since my two strokes affecting my balance, I use hiking poles to keep me upright. But at times, especially when I am hitting my limit, I will begin to tilt. Then I hear my husband's voice. "I'm coming up along your right side," and I feel his hand go under my right arm. Suddenly I am supported and likely will not fall. What a welcome knowledge to have a Good Shepherd Who comes alongside us and will not let us fall. We may not see Him, but we feel the comfort of His Spirit and the encouragement of His Word. We won't go off the path. The power of His love keeps us.

Our shepherd also comes alongside us as we run (or walk). Since my two strokes affecting my balance, I use hiking poles to keep me upright. But at times, especially when I am hitting my limit, I will begin to tilt. Then I hear my husband's voice. "I'm coming up along your right side," and I feel his hand go under my right arm. Suddenly I am supported and likely will not fall. What a welcome knowledge to have a Good Shepherd Who comes alongside us and will not let us fall. We may not see Him, but we feel the comfort of His Spirit and the encouragement of His Word. We won't go off the path. The power of His love keeps us.

When we are discouraged or tired, when we have fallen down, Jesus, our Shepherd, helps us up. When sheep fall down, they cannot get up. Because of their wide flat back, they are unable to get back up on their feet. Gas builds up and the heart stops. They die on their back. The shepherd helps them up, and they are unsteady at first. It totters about, almost falling again. No wonder Jesus refers to us as sheep. We keep tottering and falling. Jesus helps us up and sets us on the path to eternity.

Sheep remember voices and faces. Shepherds name each sheep. Sheep have a "flock mentality." If one runs off a cliff - they all follow. They know and recognize the shepherd's voice. His voice guides them. God's Word speaks to us. Do we listen to His voice? Our Good Shepherd wants us to be close and safe beside Him and to trust Him.

Sheep also cannot clean themselves. They need the shepherd to tend to their every need.

Their shepherd knows each sheep's face and name. Our Shepherd knows each of us by name. In fact, our names are written on His hand (Isaiah 49:16). He will not forget us. He gave His only Son to rescue us from eternal damnation. We would go off the correct path if it weren't for our "pacer Shepherd."

"We all like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on Him the iniquity of us all." (Isaiah 53:6)

We all need a pacer. A good "Shepherd-pacer" to lead us on the right path. Thankfully, God provides us with the best shepherd: Jesus.

Savior, like a shepherd lead us,
Much we need Thy tender care;
In Thy pleasant pastures feed us,
For our use Thy folds prepare.
Blessed Jesus, blessed Jesus,
Thou hast bought us, Thine we are;
Blessed Jesus, blessed Jesus,
Thou hast bought us, Thine we are.
(Savior like a Shepherd Lead Us, Thrupp/Bradbury 1836) –



Marlene S. Grunow

CATECHISM CORNER

Last month we began a look at Luther's explanation of the first article of the Apostles' Creed from Luther's Large Catechism; the rest of the explanation follows:

¹⁷ Moreover, we also confess that God the Father has not only given us all that we have and see before our eyes, but daily preserves and defends us against all evil and misfortune, averts all sorts of danger and calamity; and that He does all this out of pure love and goodness, without our merit, as a benevolent Father, who cares for us that no evil befall us. ¹⁸ But to speak more of this belongs in the other two parts of this article, where we say: Father Almighty.

¹⁹ Now, since all that we possess, and, moreover, whatever, in addition, is in heaven and upon the earth, is daily given, preserved, and kept for us by God, it is readily inferred and concluded that it is our duty to love, praise, and thank Him for it without ceasing, and, in short, to serve Him with all these things, as He demands and has enjoined in the Ten Commandments.

²⁰ Here we could say much if we were to expatiate, how few there are that believe this article. For we all pass over it, hear it and say it, but neither see nor consider what the words teach us. ²¹ For if we believed it with the heart, we would also act accordingly, and not stalk about proudly, act defiantly, and boast as though we had life, riches, power, and honor, etc., of ourselves, so that others must fear and serve us, as is the practise of the wretched, perverse world, which is drowned in blindness, and abuses all the good things and gifts of God only for its own pride, avarice, lust, and luxury, and never once regards God, so as to thank Him or acknowledge Him as Lord and Creator.

²² Therefore, this article ought to humble and terrify us all, if we believed it. For we sin daily with eyes, ears, hands, body and soul, money and possessions, and with everything we have, especially those who even fight against the Word of God. Yet Christians have this advantage, that they acknowledge themselves in duty bound to serve God for all these things, and to be obedient to Him [which the world knows not how to do].

²³ We ought, therefore, daily to practise this article, impress it upon our mind, and to remember it in all that meets our eyes, and in all good that falls to our lot, and wherever we escape from calamity or danger, that it is God who gives and does all these things, that therein we sense and see His Paternal heart and his transcendent love toward us. Thereby the heart would be warmed and kindled to be thankful, and to employ all such good things to the honor and praise of God.

²⁴ Thus we have most briefly presented the meaning of this article, as much as is at first necessary for the most simple to learn, both as to what we have and receive from God, and what we owe in return, which is a most excellent knowledge, but a far greater treasure. For here we see how the Father has given Himself to us, together with all creatures, and has most richly provided for us in this life, besides that He has overwhelmed us with unspeakable, eternal treasures by His Son and the Holy Ghost, as we shall hear.