



Understanding the Church Year and Being Ready

The Christian Church Year wraps up in November, and during this time, churches focus on the End Times and Jesus' promise to return.

What's Changing in Our Readings

This year, church readings have focused on the Gospel of Luke. Starting in Advent (the beginning of the new church year), we'll shift to the Gospel of Matthew. Right now, we're reading the parts of Luke just before Jesus goes to Jerusalem to be crucified—the final days of his earthly ministry.

Jesus Prepares His Followers

In these readings, Jesus is getting his disciples ready for what's coming. The disciples sense something is about to change, so they ask many questions. Many of the discussions in this part of the Gospels are regarding the end times. Our readings in Luke are their conversations about:

- Resurrection (what happens after death)
- Signs of the Times (how to recognize what's happening)
- Jesus as King (celebrated on the last Sunday of the church year)

Living in the "Already But Not Yet"

Christians have always been curious about the end of the world and Jesus' return. When life gets hard, we're eager for him to come back. When things are going well, we might hope he'll wait a bit longer. Here's the truth: we've been living in the End Times ever since Jesus rose from the dead and went to heaven. Jesus told his disciples—and us—that no one knows when the end will come. Our job is to stay ready at all times. And there's a personal reality too: each of us will face our own end time when Jesus comes for us. We don't know when that will be either, so we need to be prepared every day.

Remember Your Death—To Live Fully

During the Middle Ages, when the Plague killed countless people, Europeans had a saying: "Remember Your Death." This wasn't meant to be depressing. Instead, it was a reminder to live each day fully and appreciate the gift of life we've been given. It's similar to the phrase "Seize the Day."

Living in the In-Between

We live in the time between Jesus' resurrection and his promised return. During this in-between time, we remember what Jesus did for us and look forward with hope to his promises for the future.

Weekly Worship

Sundays: 9 am Traditional Worship In-person & Online.

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

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STUDYING GOD'S WORD

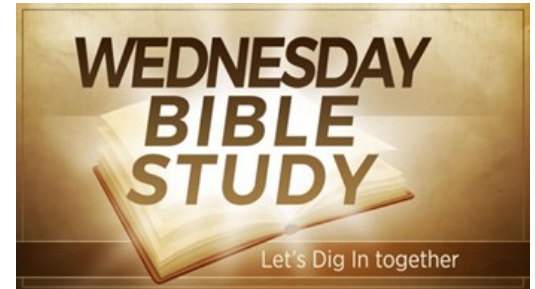
SUNDAY BIBLE CLASS I

Bible Class I continues to meet each Sunday at 8:00 am in the Garden Room, and everyone is invited to join us as we search the Scriptures for guidance, hope, peace, and strength. Led by Paul Grunow, the group has begun studying the Book of Mark. Depending on where the discussion leads, the class may cover a full chapter or just a few verses each week. Every session offers an opportunity for a solid study of God's Word and spirited discussion among fellow believers. Come grow in faith and understanding as we explore the Gospel of Mark together.



WEDNESDAY MORNING BIBLE CLASS

Join us each Wednesday morning at 10:00am for Bible Tapestry, a time of study, reflection, and fellowship in God's Word. Led by Pastor Dorn, we will explore the Scriptures, seeing how the many threads of the Bible are woven into God's great story of salvation. All are welcome—come and be blessed by His Word and by the community of believers who gather to study it either in-person or via Zoom.



Nov. 5 Meals: the theology of eating together
Nov. 12: God's Plan for Community
Nov. 19: Law and Legalism: from Rules to Relationship
Nov. 26: The enduring promise of Inheritance

Zoom Link for Wednesday Morning Bible Study

<https://us02web.zoom.us/j/85173401109?pwd=AOu5B8EfdT6LFBCvAGfOk4x42bdQsB.1>

Meeting ID: 851 7340 1109. Passcode: YeahZion

SUNDAY BIBLE CLASS II

Bible Class II will be starting a new Bible Study by Max Lucado, "In the Footsteps of the Savior" on November 2nd, at 8:00am in the Conference Room.

In this Study God has more in store for you than you can imagine! This video Bible study will provide an encounter with the life-altering Holy One as we follow in the footsteps of the Savior through the Holy Land.

Max Lucado is a best selling author with over 145 million Products in Print. Come join us November 2nd, at 8:00am in Zion's Conference Room.

If you have not participated in any of Zion's Bible Studies on Sunday Mornings, now is the time with the start of the Advent and Christmas Season.

Come join us for the start of these fascinating studies on these Messianic Prophecies and how they were fulfilled by Jesus.

IRON MAN

Join us on **Tuesday, November 18 at 6:30 pm**, as we watch Season 4 of The Chosen episode five entitled "The Last Sign"; Jesus brings Lazarus back to life—and sets off the chain of events that will lead to His own death.

If you haven't been able to join us before that is OK we want you to join us now! After all, you know the story and have read much of "The Book"!

Join us for our "manly" meal, fellowship and faith building!



Catechism Corner

Zion's Stained Glass Windows



Continuing with the stained-glass windows at the front on the pulpit side.



The first one is Creation. All the days of creation are represented in this window. Read about the creation in Genesis chapters 1 & 2.

The second window represents the fall of man. The serpent in the tree in the Garden of Eden. Hear about the crafty serpent in Genesis chapter 3.

Church Humor

Thanksgiving Humor

A lady purchased a parrot whose previous owner had taught him profanity and decided that she would reform him. The parrot learned a number of Christian words and Bible verses to replace the cuss words. However, the owner caught him cussing one day and grabbed him and said, "I'll teach you to never talk that way again!" So she put him in the deep freeze and slammed the door.

A few minutes later, the owner took the parrot out of the freezer and asked, "Have you learned your lesson now?" The little bird shivered and replied, "Yes', Ma'am."

After a couple of months, the lesson was forgotten and the little parrot was caught saying cuss words again. The owner returned him to the freezer and left him in there for a long time. The little parrot almost froze to death. The owner took the bird back to his cage to let him thaw out. When he began to move a little bit, she asked him again, "Did you learn your lesson this time, buster?"

The parrot said, "Yes, Ma'am, I sure did!" Then he just sat there in the cage quietly for a few more minutes shivering and thinking about what just happened to him. Then, the parrot looked at his owner and said, "Ma'am, may I ask you a serious question?" The owner answered, "Yes, you may."

The parrot thought for a moment and then said, "I thought I knew all of the bad words there were in the world...but just what exactly did that turkey in the freezer say?"

Day Adventurers

Thursday, November 20 @ 10:30 am
Oakland Museum of California



OMCA inspires Californians to create a more vibrant future for themselves and their communities. We explore the big ideas that shape California lives, then bring to life the untold and under-told stories of the people behind them—all with a distinctly Oakland point of view.

We will carpool from Zion meeting at 10:30 am, explore the museum, and gather for lunch at Town Fare Café located on the Mid-level of the museum. Seniors (65+) \$16 Adults \$19.

Sign up in the narthex and check out the menu for Town Fare Café.

Game Night

Tuesday, November 25 @ 6:30 pm
Join Us for Game Night!

Get ready for some fun! Come out on **Tuesday, November 25 at 6:30pm** for an evening of games, laughter, and fellowship. Bring your favorite board game or try something new—there will be **plenty of laughs, and friendly competition!** Roll the dice, play a hand, or just enjoy cheering others on. Everyone's welcome—**don't miss the fun!**



Remember to Have a Heart of Joy and Thanksgiving

"Oh give thanks to the Lord, for He is good! For His mercy endures forever." (Psalm 107:1 NKJV)

"Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." (2 Corinthians 10:5 NKJV)

"I will give thanks to the Lord with my whole heart. I will recount your wonderful deeds. I will be glad and exult in You." (Psalm 9:1-2 NKJV)

God tells us to be thankful and to give thanks in all things. In fact, we are to think on the times and memories that we have of when God turned it all to good. It's easy to be thankful when things are going well: a new baby, new job or new home. But it isn't so easy to rejoice when life is challenging. God knows we will have difficulties and that times will be hard. His promise? "I am with you." He doesn't leave us to despair. He gives us the Holy Spirit to help us sing when we stand by the grave site of a loved one. He gives us His word and promise that we will see them again – for eternity.

God's hand is in all things, in our times of rejoicing and in times of discouragement. His creation often leaves us speechless. His mountains, lakes, ocean – and we live near all of them. Such beauty that only God could create! The incredible birth of a child. What a miracle that you hold in your arms! At times when we can't think of the words to say, the Holy Spirit will put a song in our hearts.

*"O God beyond all praising,
We worship You today
And sing the love amazing
That songs cannot repay.*

*For we can only wonder
at every gift You send,
At blessings without number
And mercies without end.*

*We lift our hearts before You
And wait upon Your word,
We honor and adore You,
Our Great and Mighty Lord."*

(O God Beyond All Praising, Hope Pub. Co. 1988)



God truly provides everything we need. Ephesians 3:20 "Now all glory to God who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think." We can come to Jesus at any time and bring our songs of praise to Him, having an "attitude of gratitude."

Sometimes we don't feel like singing a song of praise, or even smiling. At difficult times, we cling to His promises and His Word. God sent His only Son to take our place on the cross to pay the penalty for our sins so that we may live forever with Him.

A thankful heart helps us to heal when we are suffering. After my strokes, my doctor mentioned that my attitude made a huge difference in my recovery. (Definitely a gift from the Holy Spirit.) That desire to keep trying – to keep practicing physical therapy – is the reason I can balance and walk now.

Our joy and thanksgiving gives God joy. His greatest joy was in providing our redemption by providing His Son, Jesus.

"Looking to Jesus, the author and perfecter of our faith, who for the joy that was set before Him endured the cross, scorning its shame and is seated at the right hand of the throne of God." (Hebrews 12:2)

No matter how you are feeling or what is happening in your life – give it to Jesus to turn it into thankful worship. He will fill your heart with peace and joy.

"Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

Continued on page 5

This is God's will, His desire for us – to be thankful. He will help us and strengthen us. He will give our hearts strength and direction. He gives us His song of thanksgiving. Jesus is the song.

*"My Savior is the Lord and King
He has control of everything.
He loves me, and He bids me sing.
He gives the song to me.*

He calms my hurts and dries my tears,

*He gives me strength to face my fears,
He sends His grace through all the years,
He gives His song to me.*

*Jesus is the song of life,
Jesus is the song of joy,
Jesus is the song of love;
Jesus gives His song to me."*
(Jesus is the Song, Danner, Lorenz pub. 2016)

– Marlene S. Grunow
prayer ministry

Christmas Pillowcase Project

The Christian Concerns Committee again asks for your financial support with the Christmas Pillowcase project. This year we plan to provide 70 Pillowcases for the men in the City Team Renew program. As always, the pillowcases will include personal hygiene products, a towel and wash cloth, a t-shirt and socks, a knitted cap and scarf provided by our Zion knitters, and a sweet treat. The project estimate for this year is \$2500. Please prayerfully consider how you can support this project. You may place a check in the offering plate, donate via Subsplash or use the QR code to donate directly to the project. Please mark your check payable to Zion and put CCC in the memo line.



God Bless your kind and generous hearts!!!

CHRISTIAN CONCERNS



November Food of the Month

Thanksgiving Grocery Collection

The annual Thanksgiving grocery collection is a special tradition at Zion. Please bring non-perishable groceries anytime before Thanksgiving, November 27, 2025. All groceries will be donated to City Team Ministries for their daily meal program and mobile pantries. Please look for the brightly colored barrels in the Narthex for your groceries. If you prefer to make a monetary donation, you may place a check in the offering plate, donate via Subsplash or "click on the QR code" and donate directly to Subsplash for the Thanksgiving Grocery Collection. Please mark your donations "Thanksgiving Groceries". God Bless your support for our neighbors in need!!!



Items needed---

Cereal (sugar free please)
Complete pancake mix
Soup and crackers
Coffee and Tea
Macaroni and Cheese

Shelf stable milk
Syrup
100% Juice
Flour and Sugar
Salt and Pepper

Peanut Butter and Jelly
Beans and Rice (dry or canned)
Pasta and Pasta sauce

PARISH NURSING

Nature Walks

Walking in the forest is relaxing and it seems logical that it improves mental health.

There have been some important studies about this.

- Trees release compounds that improve immune system function.
- Trees reduce pollutants and improve air quality,
- Trees produce negative ions (these are good) which reduce inflammation, stress and blood pressure and improve oxygen saturation and cognition. These effects can last up to six weeks.

Forest bathing is a practice of walking in the woods focusing on calming the body, engaging the senses, mindfulness, reflection and relaxation. It has been shown to decrease symptoms of depression and anxiety, improve mood, and support emotional resilience. These emotional benefits extend to children.

Forest bathing also has physical benefits such as decreased stress hormones, blood pressure and pulse rate. It improves the way the heart works.

In forest bathing conversation is restricted to what is experienced in the current moment. Focus on the senses smell the air, look around you, listen to the sounds of the trees. Forest bathing does not have to be a long wilderness walk – it can happen in a city park. A visit to the forest does not have to involve major walking. You can sit in a spot that feels right and intentionally and intently listen with all your senses.

Thich Nhat Hanh says, “Walk as if you are kissing the ground with your feet.” He encourages people to be mindful of each step and walk with peace and serenity.

To be safe on nature walks –

- Tell people where you are going and when you will return.
- Know your planned location or route and check the weather.
- Dress comfortably.
- Wear long sleeves and long pants to protect against insects.
- Bring water and stay hydrated.
- Bring healthy snacks to keep up your energy.

I will post a flyer on the bulletin board where you can share your favorite nature walks. Two of my favorite nearby, accessible walks are the Montclair Railroad Trail and Lake Temescal. If you park in the North Entrance to Lake Temescal, it is possible to do a nature walk with a wheelchair or walker.

Take care, be well and God bless,

Stephanie



**Day Light Savings Time Ends
Sunday, November 2, 2025.**



Thanksgiving
w o r s h i p
Thursday, November 27th 10:00
Non-perishable food gathering

SERVING THE LORD WITH GLADNESS

Communion Assistant Schedule

November 2025

Sunday, November 2 nd	9:00 am	Brian Walsh
Sunday, November 9 th	9:00 am	Dave Nemy
Sunday, November 16 th	9:00 am	Paul Grunow
Sunday, November 23 rd	9:00 am	Jonathan Schaff
Sunday, November 30 th	9:00 am	Frank Cham

Usher Schedule

November 2025

Sunday, November 2 nd	9:00 am	Michael Grunow Oscar Castillo
Sunday, November 9 th	9:00 am	Peter Grunow Llela Walsh
Sunday, November 16 th	9:00 am	Michael Grunow Oscar Castillo
Sunday, November 23 rd	9:00 am	Peter Grunow Llela Walsh
Sunday, November 30 th	9:00 am	George Berge Llela Walsh

Lay Reader Schedule

November 2025

Sunday, November 2 nd	9:00 am	Paul Grunow
Sunday, November 9 th	9:00 am	Andrea Uhle
Sunday, November 16 th	9:00 am	Hugh Bartlett
Sunday, November 23 rd	9:00 am	Derek Koch
Sunday, November 30 th	9:00 am	Carolyn Dal Ferro

Coffee Hour Hosts

November 2025

Sunday, November 2 nd	9:00 am	Open
Sunday, November 9 th	9:00 am	Open
Sunday, November 16 th	9:00 am	LWML
Sunday, November 23 rd	9:00 am	Open
Sunday, November 30 th	9:00 am	Open

Altar Flowers

November 2025

Sunday, November 2 nd	9:00 am	Bev Smith
Sunday, November 9 th	9:00 am	Bev Smith
Sunday, November 16 th	9:00 am	Open
Sunday, November 23 rd	9:00 am	Walsh Family
Sunday, November 30 th	9:00 am	Advent No Flowers

Object Lesson

November 2025

Sunday, November 2 nd	9:00 am	Rachel Gessert
Sunday, November 9 th	9:00 am	Judy Schaff
Sunday, November 16 th	9:00 am	Pastor Dorn
Sunday, November 23 rd	9:00 am	Brian Walsh
Sunday, November 30 th	9:00 am	Steve Harger



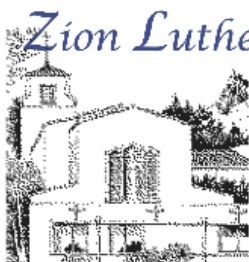
Movie Night

How to Train you Dragon

Saturday, November 22 7:00 pm

On the rugged isle of Berk, a Viking boy named Hiccup defies centuries of tradition by befriendng a dragon named Toothless. However, when an ancient threat emerges that endangers both species, Hiccup's friendship with Toothless becomes the key to forging a new future. Together, they must navigate the delicate path toward peace, soaring beyond the boundaries of their worlds and redefining what it means to be a hero and a leader.





Zion Lutheran Church

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If you no longer wish to receive the newsletter in the mail, please contact the church office.

This newsletter is also available on-line..