



Zion noiz

The Newsletter of Zion Lutheran Church
Piedmont, California

May 2025



Pastor Paul writes...

Christ is risen! He is risen indeed! Alleluia!

This month and this Easter season we bask in the glow of the empty tomb and we rejoice in the victory of the risen Savior. God's righteous justice has been satisfied, sinners have been redeemed, and our lives are made new now and forever through the sacrificial death and glorious resurrection of our Lord Jesus Christ. Alleluia! Amen and amen.

The Easter season is filled with many mixed emotions. While we rejoice in the assurance of eternal rest granted to those precious loved ones who have gone ahead of us in the faith, we also deeply mourn the loss of their earthly presence among us. We miss them and we always will miss them. We cling to precious memories of days and years now behind us. Things are not the same, but we go forward by God's grace and power.

This month is also a time filled with many mixed emotions for me as I prepare to preach my final sermons to you as your called pastor. The years we have spent together in Christ's mission have been dear and precious to me. We have worshiped together through many seasons of the church year, we have studied many books of the Bible together, we have celebrated many Baptisms, confirmations, weddings, and anniversaries. We have laughed together, wept together, and prayed together. We have honored the heavenly homegoing of our dearly loved ones with memorial services and celebrations of life. We enjoyed adventures, dinners, fellowship, fun, and all kinds of service to the Lord at Zion and to our greater community. We have been one happy family of faith. I know I will miss all of you and I will miss all that we have enjoyed in our life together in Christ.

I am reminded of the words of St. Paul to the Thessalonians he loved and served:

"Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well... For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into His kingdom and glory. And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as a human word, but as it actually is, the word of God, which is indeed at work in you who believe." - 1 Thessalonians 2:7-13

I have much to say to you yet and only three sermons in which to say it. Rather than preach only one final sermon, I will be sharing my heart of love with the precious Gospel of Jesus Christ over each of the last three Sundays in May. I hope that you can be with me for one or more of them, You will be forever in my heart and prayers, with much love and respect in Christ. God bless you and keep you, my dear family in Christ!

Thankful for you, 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

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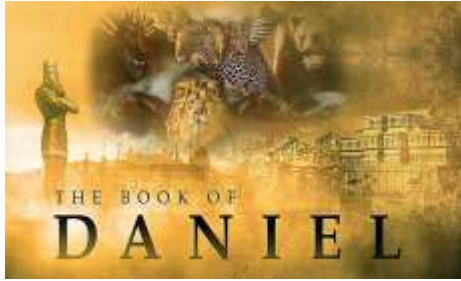
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STUDYING GOD'S WORD



SUNDAY BIBLE CLASS I

“To you, O God of my fathers, I give thanks and praise, for You have given me wisdom and might.” - Daniel 2:23 This is Daniel: a man of God, a man of faith, a man of thanksgiving and praise, and a man who valued God’s wisdom and God’s power to do God’s work! We continue our study of the book of Daniel and we have much to learn from him.

Join us for solid study of God’s Word and spirited discussion at 8:00 am on Sundays in Pastor’s office.

WEDNESDAY MORNING BIBLE CLASS

Who were all those kings of Judah and kings of Israel? How can their names be so similar and yet so difficult to pronounce? How come we never learned about the extraordinary events of their reigns in Sunday School lessons? What can we learn from them today? Well, there is one way to find out and that is to join us on Wednesday mornings as we work our way through 2 Kings. If you have ever struggled with reading Old Testament history, this is your opportunity to tackle it with the help of your family of faith at Zion.



Join us as we read, discuss, and learn. We meet from 10:00-11:00 a.m. in the Garden Room. Join us in person or online via Zoom!

SUNDAY BIBLE CLASS II

On Sunday, May 25th Bible Class II will be starting a new study on "The Hundred Prophecies Fulfilled By Jesus" These Sessions are on,

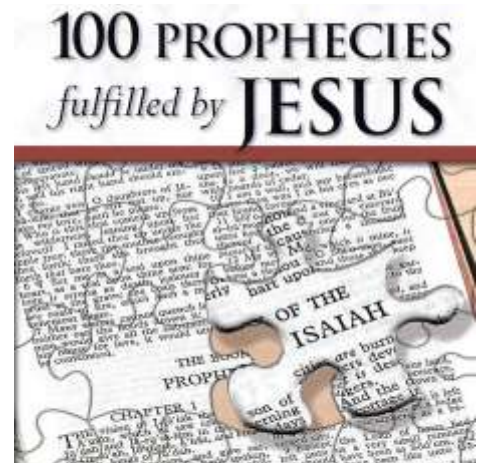
1. Jesus Birth
2. Jesus' Life and Ministry
3. Jesus' Death and Resurrection
4. Jesus' Titles and Attributes

We will focus on the Old Testament references and the New Testament Fulfillment.

These Prophecies were from 1200 BC, 800 BC, and 500 BC.

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

Sunday, May 25th, at 9:00 a.m. in Zion's Conference Room.



Catechism Corner

The Sixth Petition

And lead us not into temptation.

What does this mean? God tempts no one. We pray in this petition that God would guard and keep us so that the devil, the world, and our sinful nature may not deceive us or mislead us into false belief, despair, and other great shame and vice. Although we are attacked by these things, we pray that we may finally overcome them and win the victory.



The Seventh Petition

But deliver us from evil.

What does this mean? We pray in this petition, in summary, that our Father in heaven would rescue us from every evil of body and soul, possessions and reputation, and finally, when our last hour comes, give us a blessed end, and graciously take us from this valley of sorrow to Himself in heaven.

Iron Men

Join us on **Tuesday, May 13 at 6:30 pm**, as we begin Season 4 of The Chosen. The episode is entitled "Promises"; it is about the end of John the Baptist.

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!



Church Humor

A Child's Prayer

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the little girl replied.

"Just say what you hear Mommy say," the mother said.

The little girl bowed her head and said: "Dear Lord, why on earth did I invite all these people to dinner?"

A Million

A boy is praying to God one day and asks, "How long is a million years?" To his surprise God answers, saying "To me, it's about one minute." The boy then asks, "God, how much is one million dollars?" and God replies, "To me, it's a penny." The boy thinks and then asks, "God, may I have a penny?" God replies, "Wait a minute."



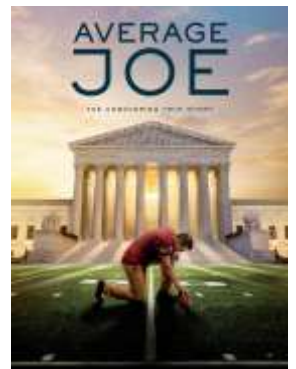
Movie Night

Average Joe

Saturday, May 24 @ 7:00pm

"Average Joe" is a movie about high school football coach Joe Kennedy who was fired for taking a knee in prayer after games. The film follows his journey as he fights to regain his job and for religious freedom in a court battle that goes all the way to the Supreme Court. It's a true story based on Kennedy v. Bremerton School District, where Kennedy argued he had a Constitutional right to pray on the field.

Rated PG-13 Runtime 1 hour 40 minutes



SERVING THE LORD WITH GLADNESS

Communion Assistant Schedule

May 2025

Sunday, May 4 th	9:00 am	Frank Cham
Sunday, May 11 th	9:00 am	Dave Nemy
Sunday, May 18 th	9:00 am	Paul Grunow
Sunday, May 25 th	9:00 am	Jonathan Schaff

Usher Schedule

May 2025

Sunday, May 4 th	9:00 am	Michael Grunow Llela Walsh
Sunday, May 11 th	9:00 am	Oscar Castello Peter Grunow
Sunday, May 18 th	9:00 am	Michael Grunow Brendan O'Brien
Sunday, May 25 th	9:00 am	George Berge Peter Grunow

Lay Reader Schedule

May 2025

Sunday, May 4 th	9:00 am	Oscar Castillo
Sunday, May 11 th	9:00 am	Shannon Shockley
Sunday, May 18 th	9:00 am	Carolyn Dal Ferro
Sunday, May 25 th	9:00 am	Judy Schaff

Coffee Hour Hosts

May 2025

Sunday, May 4 th	9:00 am	Open
Sunday, May 11 th	9:00 am	Open
Sunday, May 18 th	9:00 am	LWML
Sunday, May 25 th	9:00 am	Open

Altar Flowers

May 2025

Sunday, May 4 th	9:00 am	Open
Sunday, May 11 th	9:00 am	Walsh Family
Sunday, May 18 th	9:00 am	Uhle Family
Sunday, May 25 th	9:00 am	Aldrich Family

+ **NEW MEMBER** +

Welcome to **Christi Bates**, who was received into membership in the family of Zion on Palm Sunday, April 13th. Christi has already been active in worship, Bible study, and service at Zion and we look forward to partnering together in Christ's mission to our community!

Christi Bates
2501 Ivy Drive, # 21
Oakland, CA 94606
(415) 686-1480



DAY ADVENTURERS TO TOUR THE CAMRON-STANFORD HOUSE



Date to be announced!

Join us on as we meet at Zion at **9:00 a.m.** to tour the Camron-Stanford House at 1418 Lakeside Drive in Oakland. It was built in 1876 and was home to five influential families during its time as a residence before becoming the first museum in Oakland. Our docent will introduce us to the historical and cultural jewels of this part of Oakland's history. The house is not fully ADA accessible, however the lower exhibit galleries and the lower-level restroom are accessible to all. Following our visit, we will enjoy lunch together at the Lake Chalet, Oakland's best waterfront restaurant on Lake Merritt. ***Date to be announced!***

Please sign up at the Welcome Center at church.



PARISH NURSE

Microplastics

There is increasing evidence that microplastics are bad for our health. It looks like microplastics may affect our brain and nervous system. A recent paper in *Nature Medicine* found that human brains contain about a spoon's worth of microplastics. People with documented dementia had microplastic levels in their brain 3-5 times higher than those without dementia.



There have been huge increases in microplastics in the environment in the last 50 years. Microplastics are in the food we eat, the water we drink and the air that we breathe. It is unlikely that we can totally avoid exposure but there are some things we can do.

Switch from bottled water to tap water.

Do not heat food in plastic containers. (This is one of the most important things that we can do).

Limit canned food consumption and opt for non-plastic or BPA-free alternatives.

Avoid highly processed foods. For example, chicken nuggets contain 30 times more microplastics than chicken breasts.

Use metal or glass for food storage rather than plastic.

Use an air purifier with a HEPA filter. This removes a significant portion of microplastics from the air.

Stress Management Tip

This is a tip for times when you can't stop thinking about those things that are making you anxious. This is a grounding technique that can be used to shift attention back to the present moment and take your mind off anxiety producing thoughts. (This can also be helpful to teach children as a coping skill).

The 333 rule for managing anxiety

1. Think of three things that you can hear.
2. Think of three things that you can see.
3. Think of three things that you can touch or move or move three parts of your body – like turning your head, wriggling your toes or rolling your shoulders.

Take care, be well and God bless,
Stephanie

Game Night

Tuesday, May 20 @ 6:30 pm.

Come join the fun! Whether you're a seasoned gamer or just looking for a good time, we've got something for everyone. Bring your favorite games, and let's make some unforgettable memories together! See you there!



Remember to Sing

“Praise the Lord!
For it is good to sing praise to our God;
For it is pleasant and praise is beautiful.”
Psalm 147:1

“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs singing with grace in your heart to the Lord.”
Colossians 3:16

In Christ we are a new creation: as a new creation we have a song to sing. As Jesus and His disciples met to celebrate the Passover meal they sang (Matthew 26:30). They were about to join in the fiercest battle of their lives. It was a battle of good against pure evil.

In the Old Testament (2 Chronicles 20) King Jehoshaphat was desperate for God’s help against his enemies. And he and all the people rose and proclaimed “Believe in the Lord your God and you will be established; believe in the promises and you will succeed.” (see Dr. John Piper’s sermons in desiringgod.com).

We are all in the battle of good vs evil. We are God’s creation inhabited by the Holy Spirit who gives us a song. Creation sings in all its majesty. Jesus’ resurrection and our gift of eternal life (evil is conquered!) is a gift to sing about. Believers in God sing and praise Him in our worship service. And your worship can be in the car, your workplace, your home and your church. You can sing in your heart always to your helper – to your God! We sing our thankfulness for the gift that Jesus is. He is our 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 the song to me.*

*My Savior, Jesus, I’ll adore,
My weary soul He will restore,
I’ll praise His name forevermore,
He’ll give His song to me.”*
(Jesus is the Song, Danner/McDonald Lorenz pub.
1979/2016)



Singing defeats our enemies. Singing encourages us. One Sunday we closed our worship service with the hymn “It is Well.” Did you notice when the angels joined us? We were singing before the throne of the Most High – the creator of our song.

Singing can be instructive as well as uplifting. It does matter what words we sing. Martin Luther wanted believers to be able to read the Scriptures and to praise God with their own hymnal.

Do you fear the threat of Satan? Begin by singing

“Alleluia” over and over. The power of Jesus’ Authority will overcome all fear. Sing the Word of God. What a witness that can be! The Book of Psalms is our longest song book in the Bible. Spiritual songs are a gift of the Holy Spirit. He will give you the words of praise!

The Holy Spirit melts our hearts – takes away the anger and self-centeredness and takes away our pride. In humility we may come before God’s throne with song.

The words of God become dear in our hearts and we can speak in songs. One of the reasons little children enjoy lessons being sung is that they are more easily memorized and understood. Those “feel good” hormones – endorphins – are secreted when we sing. If a classroom lesson is too difficult – break it into small lessons and sing it! (You will get immediate attention!)

“Whoever sings songs to a heavy heart is like one who takes off a garment and covers another” (Proverbs 25).

Prayer Ministry continued from page 6

Holding a crying baby? Sing gently as you rock – the infant will be soothed. An older person loses his hearing last. A song of love is heard as the person slips into eternal song.

“A word fitly spoken is like apples of gold in a setting of silver” (Proverbs 25:11). Let your words and your songs be uplifting – encouraging and praising to Jesus. This is a gift of grace. It is God’s gift. God’s gift of Jesus – His Song to us.

We can sing – praise Father, Son, and Holy Spirit by ourselves – or we can come together and sing a mighty song. I can’t imagine what heaven will be like! Every voice lifted in perfect praise! Every voice singing and our hands held high in worship all the time!

*“There is an endless song, echoes in my soul
I hear the music ring.
And though the storms may come
I am holding on, to the Rock I cling.*

*How can I keep from singing Your praise?
How can I ever say enough, how amazing is Your love?
How can I keep from shouting Your name?
I know I am loved by the King,
and it makes my heart want to sing.
I will lift my eyes in the darkest night,
for I know my Savior lives!
And I will walk with You,
Knowing You’ll see me through
And sing the songs You give.
How can I keep from singing Your praise?
How can I ever say enough, how amazing is Your love?”
(How Can I Keep from Singing, Hope Publishing Co. 2019)*

I can sing when I am happy. I can sing when my heart is breaking. No matter where we are on this journey of life, we can sing the song Jesus gives us. We can sing!

– Marlene S. Grunow

CHRISTIAN CONCERNS

MAY FOOD OF THE MONTH



Spring is in the air, but the stress of worrying about the next meal is still part of many in our Oakland community. Juggling finances to pay for rent, heat and groceries, often means folks may miss meals. Zion has been very generous with food donations, and the CCC is very thankful for your generosity and support. The grocery collection is on going, so please continue to add a few non-perishable "extras" to your grocery cart. God Bless your love and concern for our neighbors in need!!!

Items needed---

- Cereal (sugar free please) Shelf stable milk
- Complete pancake mix Syrup
- Soup and crackers Pasta and Pasta sauce
- Macaroni and Cheese Beans and Rice (dry or canned)

Pastor Paul's Retirement Celebration

Saturday, May 17th

4:00pm to 7:00pm

Come celebrate Pastor Paul’s incredible years of service and wish him well in retirement! Enjoy a delicious meal as meats will be grilled, share your favorite memories, and show your appreciation. A card basket will be available for notes of gratitude and blessings. Let’s make this a special evening filled with love, laughter, and fellowship! 🙌🙏



RSVP via the Sunday Announcements or on the sign up sheet in the narthex.

Zion Lutheran Church



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This newsletter is also available on-line..