



Zion noiz

The Newsletter of Zion Lutheran Church
Piedmont, California
August 2024



Pastor Paul writes...

*"Giving thanks always and for everything
to God the Father in the name of our Lord Jesus Christ!"*
Ephesians 5:20

Is it too soon to be talking about thanksgiving? After all, Thanksgiving Day is more than three months away. Not at all. St. Paul reminds us that the present time is always the right time for giving thanks. And Paul reminds that the circumstances in which we find ourselves, whatever they may be, are always an opportunity for giving thanks to God.

Consider the historical setting of these words. When Paul wrote these words to the Christians in Ephesus, he himself was sitting in a prison cell in Rome, awaiting trial before Caesar for preaching the Gospel of Jesus Christ. Paul's freedom of movement was severely restricted. His independence was compromised. His choices were limited. His options were few. It would have been both natural and understandable for Paul to complain about his circumstances. To gripe about his loss of independence. To fume and to lash out over the unfairness of his situation. But what did Paul do?

He gave thanks to God for all His blessings. Paul's response to affliction and loss, to temptations and trials, was simple. Give thanks to God. Paul's ongoing attitude was one of *"giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ!"*

This kind of attitude can only be achieved by the grace of God through the power of God's Spirit. God, in His mercy, gives us the strength of His Holy Spirit to help us to see the many blessings of God for us in the midst of life's trials and to give thanks to God for all His blessings. For Paul also wrote to the Romans: *"If God is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?"*

In whatever situation you find yourself, pray for the strength and wisdom of the Holy Spirit, so that your attitude may be one of *"giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ!"*

Giving thanks always to God with you and 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.

SEEK

DISCIPLE

MULTIPLY

Inside this issue...

Studying in Gods Word
Page 2

From the Parish Nurse
Page 5

Serving the Lord with Gladness
Page 4

STUDYING GOD'S WORD

SUNDAY BIBLE CLASS I

In August we continue our study of the Book of Isaiah. Isaiah has often been called “the prince of prophets” because of the majestic sweep of his book and the powerful way in which he depicts the themes of justice and redemption, culminating in the great prophecies of the Messiah. Isaiah is like a miniature Bible. The first 39 chapters are filled with judgment upon immoral and idolatrous people – both Judah and the surrounding nations. But the final 27 chapters declare a message of hope and consolation. The name *Isaiah*, from the Hebrew *yeshaiiah*, means “Yahweh is Salvation” which aptly sums up the book.

WEDNESDAY MORNING BIBLE CLASS

Wednesday morning Bible class resumes on **Wednesday, August 14**. We will begin the book of 2 Samuel, which records the highlights of David’s reign, first over the territory of Judah, and finally over the entire nation of Israel. It traces the ascension of David to the throne, his sins of adultery and murder, and the shattering consequences of those sins upon his family and the nation. Through it all, God’s grace and mercy shine upon human need.

Wednesday morning Bible class meets from 10:00-11:00 a.m. in the Garden Room. Join us in person or online via Zoom for solid study and lively discussion!

CALLING ALL DAY ADVENTURERS

Join us on **Thursday, August 22nd** as we enjoy lunch at Harry’s Hofbrau and together build a plan and schedule for our next year of exciting trips out and about in the Bay area. Please bring your ideas, suggestions, and any information you have for possible adventures. It’s always nice to have a variety and we welcome destinations that may be new to most of us. Put your thinking cap on and bring your list!

Meet at Zion at **11:00 a.m.** to carpool there. Please sign up at the Welcome Center.

Iron Men

Join us on **Tuesday, August 13 at 6:30 pm**, as we watch and discuss season 2 episode 5 “Spirit” and 6 “Unlawful”. The Chosen is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. The Chosen depicts some of the life around the Biblical accounts. More happens in the daily life of the people in the Gospels and The Chosen is an attempt to share what it may have been like at the time for the disciples and others. Join us for our “manly” meal, fellowship and faith building!



Game Night

Tuesday, August 20 @ 6:30 pm.

Don’t grow old, come play with us!

Laughter, Fun and great fellowship abounds at Game Night!

Come join us and increase our wonderful times.

You do not need to know how to play or even what is happening while you are playing.



Playing games can contribute to making you happy, perhaps even without therapy.”

Gyles Brandreth

Catechism Corner

The Fourth Commandment

Honor your father and your mother.

What does this mean? We should fear and love God so that we do not despise or anger our parents and other authorities, but honor them, serve and obey them, love and cherish them.



The Fifth Commandment

You shall not murder.

What does this mean? We should fear and love God so that we do not hurt or harm our neighbor in his body, but help and support him in every physical need.

The Sixth Commandment

You shall not commit adultery.

What does this mean? We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.

Church Humor

Psalm 23

A Sunday School teacher who asked her group of children if anyone could quote the entire 23rd Psalm. A golden-haired, four-and-a-half-year-old girl was among those who raised their hands.

A bit skeptical, the teacher asked if she could really quote the entire psalm.

The little girl came to the front of the room, faced the class, made a perky little bow, and said, "The Lord is my shepherd, that's all I want."

She bowed again and went and sat down.

That may well be the greatest interpretation of the 23rd Psalm ever heard.

All Preachers Here We Go

We had a substitute preacher preaching at our church and he told this story. He said, when he was younger, he thought that the doxology went: "Praise God from whom all blessings go, Praise him all preachers here we go (instead of creatures here below), then praise him above the heavenly host, praise Father, Son, and Holy Ghost." He said he thought that because, when everyone sang that, often the preacher leaves the pulpit and walks out!

Elderly Woman

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps. "Where would you like to sit?" he asked politely.

"The front row please," she answered.

"You really don't want to do that", the usher said, "The pastor is really boring."

"Do you happen to know who I am?" the woman inquired.

"No," he said.

"I'm the pastor's mother," she replied indignantly.

"Do you know who I am?" he asked.

"No," she said.

"Good," he answered.

SERVING THE LORD WITH GLADNESS

Communion Assistant Schedule

August, 2024

Sunday, August 4 th	Jonathan Schaff
Sunday, August 11 th	Brian Walsh
Sunday, August 18 th	Dave Nemy
Sunday, August 25 th	Frank Cham

Lay Reader Schedule

August, 2024

Sunday, August 4 th	Carolyn Dal Ferro
Sunday, August 11 th	Peter Grunow
Sunday, August 18 th	Amy Easton
Sunday August 25 th	William Keep

Coffee Hour Hosts

August, 2024

Sunday, August 4 th	Open
Sunday, August 11 th	Open
Sunday, August 18 th	Walsh
Sunday August 25 th	Open

AUGUST FOOD OF THE MONTH

Please prayerfully consider adding extra non perishable food items to your grocery cart for our neighbors in need. With our inflated economy, many folks are struggling to make ends meet.

All groceries are donated to City Team for their daily meal program and their neighborhood mobile pantries. Please look for the bright yellow barrels in the Narthex for your donation. Thank you and God Bless your generosity for those in need.



Usher Schedule

August, 2024

Sunday, August 4 th	Michael Grunow
Sunday, August 11 th	George Berge Peter Grunow
Sunday, August 18 th	Michael Grunow Llela Walsh
Sunday, August 25 th	George Berge Peter Grunow

Altar Flowers

August, 2024

Sunday, August 4 th	Open
Sunday, August 11 th	Walsh Family
Sunday, August 18 th	Bev Smith
Sunday August 25 th	Open

School Backpacks

It's hard to believe that school is just around the corner, especially for our Oakland students.



City Team is hosting their annual backpack drive, and we are partnering with them. Their goal is to provide 600 backpacks by August 2nd.

Please help support the worthy cause. You can drop a check in the offering plate or make use of our Subsplash account. Be sure to earmark your donations to "Backpacks."

We'll keep you posted as to how were doing. God bless you as you contribute to this worthy outreach project.

Parish Nursing Newsletter
August 2024

Here is some recent research that you may find interesting. Perhaps you can make some changes that will improve your health.

Turn off the lights at night – A study in *The Lancet* found that people who were exposed to the most light between 12:30 AM and 6 AM were more likely to develop diabetes than those who remained in darkness during that timeframe. It looks like it is healthier to keep the room dark at night.



Eating more fruits and vegetables may help you sleep better – Researchers from Finland looked at the relationship between how long people slept and fruit and vegetable consumption. People who ate fewer fruits and vegetables either slept less or slept too much. (*Medical News Today, June 6, 2024*) This gives us another reason to eat our fruits and vegetables. It is especially something to consider if you are having trouble sleeping.

Drinking coffee may lower health risks from being sedentary – Researchers in China found that people who drink coffee live longer than people who do not drink coffee. For people who were inactive and sat more than 8 hours a day, those who drank coffee lived longer. (A note on coffee – it has an antioxidant effect which can boost health. However for some people it can have some downsides like jitteriness and gut issues. You should work with your health care provider to find out if it may or may not be beneficial for your health). (*Medical News Today, June 25, 2024*)

Having gratitude is healthy – A study of 49,000 older people in the nursing profession found that grateful people had lower rates of early death. Grateful people have also been found to have better cholesterol, better immune system function, less inflammation, less cardiovascular disease risk and less depression. This is something we can all do to improve our health. Think of three things for which you are grateful each day and write them in a journal or offer a prayer of thanksgiving.

...

We are working on developing fellowship groups for women. If you have any ideas or would like to help please contact:

Stephanie Windle : stephwindle1@gmail.com 510-915-3455

Anita Labrenz: alabrenz@yahoo.com 510-532-7314

Take care, be well and God bless,
Stephanie



Movie Night

Saturday, August 24 , 2024 @ 7:00 pm

Rising Free

In late nineteenth-century America, *Rising Free* portrays the story of a young woman living in the aftermath of racial prejudice. Surrounded by danger of being sold and further stripped of freedom, she discovers hope through a gracious family and learns forgiveness and overwhelming mercy from her own transformation.

Rated PG-13 Run time 1 hr 42 min



Living for Christ on this earthly home

Ephesians 2:9-10: "For we are all His workmanship, created in Christ Jesus for good works which God prepared beforehand that we should walk in them."

*"Take my life and let it be
Consecrated, Lord, to Thee.
Take my moments and my days,
Let them flow in ceaseless praise.*

*Take me hands and let them move
At the impulse of Thy love.
Take my feet and let them be
Swift and beautiful for Thee.*

*Take me voice and let me sing
Always, only for my King,
Take my lips and let them be
Filled with messages from Thee."*

"Take My Life" Francis Havergal (1874)
Lutheran Book of Worship #406

Before any world would be known - before any thought: God is and was. God has a plan that includes you! His plan began with His wondrous creation (Jeremiah 32:17). The very stones cry out and declare His glory. His crowning achievement: man - created in His image - to worship and honor him. But man sinned. He wanted to be like (or better than) God. That sin caused a huge rift between this world and God's habitation. God used many prophets, kings and queens, and ordinary men and women to interact with His people. God made promises (I will never leave you or forsake you, I will provide a way for you, I will be your refuge) and He kept His word.

God, the Father, sent His only Son, Jesus, to be our Savior - to take our place on the cross. The huge cleft between God and man, caused by sin, was now bridged. It costs us nothing: a free gift of grace. It cost God everything: His only Son. As Christians we hold firmly to this truth: we have a savior - Jesus Christ. He is also our Lord. And His Holy Spirit guides and directs us.

We are all on this earthly journey together. What we do with the gifts God gives us does matter. We do not "earn" our way to heaven by works but by grasping hold of that gift. We live lives that glorify God.

Philippians 2:12 states: "So then my beloved, just as you have always obeyed, not in my presence only, but now much more in my absence, work out your salvation with fear and trembling, for it

is God who is at work in you, both to will and to work for His good pleasure!"

Our conversion to faith in Christ; our ability to obey God's commandment; all of our abilities are from God. We live out our faith in our life in Christ.

Your life's actions do have a witness to others. Your trust in Him and willingness to pray for others reflects Jesus' life and ministry of prayer, worship and service.

In our earthly life, prayer is one of the most important parts of our ministry. Do we begin the day with prayer? Do we end the day with prayer? We have this tremendous opportunity to speak to the God of the universe, all powerful and almighty. We are urged to pray fervently (James 5). Our prayers for each other are to build up and encourage. Sharing answers to prayer can be wonderfully encouraging.

"Whatever you do for one of the least of these brothers of mine, you did it for Me." (Matthew 25:40). When we live for Jesus, everything we do is to honor Him. It might be as small as helping to pick apples or preparing a meal for a friend. Or doing yard work for a recent widow. Fixing a shower for a post-stroke victim and completing bird surveys for creation care are all acts of service.

Jesus is the ultimate servant. Jesus is all-powerful God. He could have shown us how to be a dictator. But instead, He gave us the perfect example of a servant. The night of His trial, He washed His disciples' feet. The lowest job. Jesus tells us to do the same. He instructs us to serve one another (1 Peter 4:9-10).

All of those activities that you do - those lives you touch - they are all leaving a witness of earthly events.

We spend our earthly days in worship, whether it is attending a magnificent worship service on a Sunday, or walking in God's creation and listening to His birds sing songs of praise. You can worship God as your hands help another. I am reminded of the students of our Parish nurse who wash the feet of the homeless - what an incredible act of worship! Our worship includes our thankfulness for all of His gifts, too many to list.

How can we serve God? How do we worship and honor Jesus? By being the "little Christs" - Christians



Prayer Ministry Con't from page 6

that He has called us to be. When you hear of a need - you respond. It might be in a practical way as well as prayerful. Zion's Christian Concerns committee is a place in which you can learn of many needs, and how you can respond. In service we continue to show the perfect love Jesus has for us. The love of Jesus helps us to wait and to weep. There are times when all we can do is wait with someone and weep with them. Jesus wept with His friends (John 11:35).

Jesus wants us to hold up each other in times of stress and sorrow and joy. After church a group of women surround a weeping woman. They hold her. They pray for her. They share Bible verses with her. That is what Jesus wants us to do - to be there for each other. He promises: "I will never leave you nor forsake you." (Hebrews 13:5).

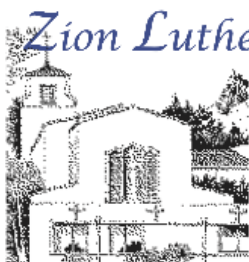
We live out our lives each day in prayer, worship and service. Some of the results and effects are made known to us. Many will remain unknown to us until we are with Jesus in heaven. We may not think much of what our words of encouragement we said had on a person - but Jesus knows!

As we walk each step by faith and answer His commands, we become more like Jesus. We are preparing for our next home.

Next month: Ministry in our Forever Home

- Marlene Grunow, prayer ministry





Zion Lutheran Church

5201 PARK BOULEVARD
PIEDMONT, CA 94611

NON-PROFIT
ORGANIZATION
U. S. Postage

PAID

Oakland, California
Permit No. 3244

ADDRESS SERVICE REQUESTED



Church E-mail Addresses:

Pastor Aldrich
Steve Harger
Terry Frazier

revpaul@zionlutheran.net
sharger@zionlutheran.net
churchoffice@zionlutheran.net

www.zionlutheran.net

(510) 530-4213

*If you no longer wish to receive the newsletter in the mail, please contact the church office.
This newsletter is also available on-line..*