



# Zion noiz

The Newsletter of Zion Lutheran Church  
Piedmont, California  
October 2023



## *Pastor Paul writes...*

At our Annual Zion Meeting on September 24<sup>th</sup>, we spent a significant portion of our time discussing the strategic visioning process called Congregational Clarity. Zion's mission is clear: *"Through strength in our faith we courageously serve Christ and share His love with others in our community and beyond."* The congregational clarity process is a means to move us toward that missional goal in the years ahead.

One of the most important elements ungirding this process is prayer. Every single individual who is part of the Zion community is asked to pray with fervent, focused, and frequent prayer for the blessing of God's Holy Spirit on our clarity process. To that end, I offer the following thoughts to guide our prayers for Zion's

mission in the name of Christ:

- + Pray that God grant us hearts that burn for His mission and minds open to His Spirit.
- + Pray that God bless us with discernment and wisdom to know His leading.
- + Pray that God lead us to see the valued resources we have at Zion.
- + Pray that God show us how to steward our resources to serve others in His name.
- + Pray that God will help us understand our neighbors and learn their needs.
- + Pray that God reveal to each of us our spiritual gifts and how best to use them for Him.
- + Pray that God grant us joy in sharing His forgiveness and new life in Christ with all.
- + Pray that God will open doors of ministry, blessings partnerships and friendships.
- + Pray that God will help us recognize the opportunities before us to fulfill His mission.
- + Pray that God bless us with boldness and courage to step forward in faith to serve Him.

Your prayer partner in Christ's mission,

*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...

Zion Day Adventures  
Page 7

Church Directory  
Page 4

From the Parish Nurse  
Page 5

# STUDYING GOD'S WORD

## SUNDAY BIBLE CLASS I

Each week a new fruit, a new word, a new study! We are plumbing the depths of the Fruit of the Spirit described in Galatians 5:22-23. We are doing a thorough “word study” on each fruit and seeing the richness of meaning of the words and concepts as they used throughout the Scriptures. What power there is in each of God’s holy words! We meet at 8:00 a.m. on Sunday mornings at 8:00 a.m. in Pastor’s office and we invite you to join us!

## WEDNESDAY MORNING BIBLE CLASS

Wednesday morning Bible class meets from 10:00-11:00 a.m. in the Garden Room. We are working our way through the Book of Joshua. The people of God have crossed the Jordan and entered the Promised Land, but it is obvious that they still have a lot to learn about obedience to God and the blessings of following Him wholeheartedly. Sound familiar? The lessons of the ages still speak to God’s people today and they are recorded for us in God’s Word. Join us in person or online via Zoom for solid study and lively discussion!

## Iron Men

**Tuesday October 10 @ 6:30 pm**

We start at new video study, *Explaining all the Scary Stuff in Revelation*. This video study features, the Rev. Ken Klaus, the former speaker of the Lutheran Hour, who was called home to glory in March 2023.

Nobody said demons, plagues, and an appointment with Armageddon would be fun, but it doesn't have to be feared-at least not for the Christian. Check out our Bible study, *Explaining All The Scary Stuff In Revelation*, gives both insight-and encouragement to those who follow "the bright Morning Star."



Often, the book of Revelation is viewed with mixed emotions. Its fantastic imagery and cryptic phrasings can leave people scratching their heads as they wonder about its real message. Unfortunately, this impasse can lead the individual to side step the book altogether, thus missing its power and significance as a one-of-a-kind text of Scripture.

Join us for this 4-part series overview of some of the things that are “scary in Revelation”.

Food, Fellowship, and Faith Building abound!

## Game Night

**Tuesday, October 17 @ 6:30 pm**

There are all kinds of games to play, games that challenge you, games that are easy, and games that just bring people together. All of this happens at game night. Something for everyone. Bring a game, join a game, just come, and have some fun!



## Catechism Corner

*This is the final installment of the explanation of the 3<sup>rd</sup> article of the Apostles' Creed from Luther's Large Catechism.*

<sup>60</sup> But the term Auferstehung des Fleisches (resurrection of the flesh) here employed is not according to good German idiom. For when we Germans hear the word Fleisch (flesh), we think no farther than of the shambles. But in good German idiom we would say Auferstehung des Leibes, or Leichnams (resurrection of the body). However, it is not a matter of much moment, if we only understand the words aright.

<sup>61</sup> This, now, is the article which must ever be and remain in operation. For creation we have received; redemption, too, is finished But the Holy Ghost carries on His work without ceasing to the last day. And for that purpose He has appointed a congregation upon earth by which He speaks and does everything. <sup>62</sup> For He has not yet brought together all His Christian Church nor dispensed forgiveness. Therefore we believe in Him who through the Word daily brings us into the fellowship of this Christian Church, and through the same Word and the forgiveness of sins bestows, increases, and strengthens faith, in order that when He has accomplished it all, and we abide therein, and die to the world and to all evil, He may finally make us perfectly and forever holy; which now we expect in faith through the Word.

<sup>63</sup> Behold, here you have the entire divine essence, will, and work depicted most exquisitely in quite short and yet rich words, wherein consists all our wisdom, which surpasses and exceeds the wisdom, mind, and reason of all men. For although the whole world with all diligence has endeavored to ascertain what God is, what He has in mind and does, yet has she never been able to attain to [the knowledge and understanding of] any of these things. <sup>64</sup> But here we have everything in richest measure; for here in all three articles He has Himself revealed and opened the deepest abyss of his paternal heart and of His pure unutterable love. For He has created us for this very object, that He might redeem and sanctify us; and in addition to giving and imparting to us everything in heaven and upon earth, He has given to us even His Son and the Holy Ghost, by whom to bring us to Himself. <sup>65</sup> For (as explained above) we could never attain to the knowledge of the grace and favor of the Father except through the Lord Christ, who is a mirror of the paternal heart, outside of whom we see nothing but an angry and terrible Judge. But of Christ we could know nothing either, unless it had been revealed by the Holy Ghost.

<sup>66</sup> These articles of the Creed, therefore, divide and separate us Christians from all other people upon earth. For all outside of Christianity, whether heathen, Turks, Jews, or false Christians and hypocrites, although they believe in, and worship, only one true God, yet know not what His mind towards them is, and cannot expect any love or blessing from Him; therefore they abide in eternal wrath and damnation. For they have not the Lord Christ, and, besides, are not illumined and favored by any gifts of the Holy Ghost.

<sup>67</sup> From this you perceive that the Creed is a doctrine quite different from the Ten Commandments; for the latter teaches indeed what we ought to do, but the former tells what God does for us and gives to us. Moreover, apart from this, the Ten Commandments are written in the hearts of all men; the Creed, however, no human wisdom can comprehend, but it must be taught by the Holy Ghost alone. <sup>68</sup> The latter doctrine [of the Law], therefore, makes no Christian, for the wrath and displeasure of God abide upon us still, because we cannot keep what God demands of us; but this [namely, the doctrine of faith] brings pure grace, and makes us godly and acceptable to God. <sup>69</sup> For by this knowledge we obtain love and delight in all the commandments of God, because here we see that God gives Himself entire to us, with all that He has and is able to do, to aid and direct us in keeping the Ten Commandments-the Father, all creatures; the Son, His entire work; and the Holy Ghost, all His gifts.

<sup>70</sup> Let this suffice concerning the Creed to lay a foundation for the simple, that they may not be burdened, so that, if they understand the substance of it, they themselves may afterwards strive to acquire more, and to refer to these parts whatever they learn in the Scriptures, and may ever grow and increase in richer understanding. For as long as we live here, we shall daily have enough to do to preach and to learn this.



## OCTOBER FOOD OF THE MONTH

The economy is still fragile and we have many neighbors still struggling. Please prayerfully consider adding extra non-perishable food items to your grocery cart. All groceries received will be given to City Team Ministries for their daily meal program and their community outreach delivery program. Please look for the bright yellow barrels in the Narthex. God Bless your love and generosity for our neighbors in need!!!!



## New Directories

Thank you to everyone who checked their information and made updates and changes.

Printed directories were available in the narthex beginning on September 24 and will be there until they are gone. If you still would like one after the supply is gone, contact the church office.

The church directory is always “current” online. You can submit new photos and edit your information at anytime. To access the online directory visit <https://members.instantchurchdirectory.com/> and enter your login information or create a login if it is your first-time signing in. If you have trouble signing in, please contact Steve Harger [sharger@zionlutheran.net](mailto:sharger@zionlutheran.net).



## Thank you

We send forth to college Thomas Nelson, who has very faithfully been part of the live-stream team since the beginning in 2018. Thomas has been the main producer of our live-stream for the past year plus. We pray that God continue to be with Thomas and guide him on his college journey. We look forward to Thomas helping out when he is home. Thank you to Blaise Walsh, the faithful button pusher, who keeps the screen running smoothly. Blaise has been pushing the buttons since he was sitting in the pew in the front of church. Thankfully Blaise is only a junior this year. Let him know that he is appreciated. Betty Galambos is our wonderful button pushing substitute when needed. And welcome to the new member of the team Shannon Shockley, who has quickly learned how to livestream and will help out when needed.



## CHRISTMAS PILLOWCASE PROJECT

Christmas is right around the corner, and that means it's time for the annual Christian Concerns Pillowcase project for the men in the Renew Program at City Team Ministries, Oakland. The committee has been doing this project for over 40 years and this year will be biggest effort ever, so we need your help!!! The handmade Christmas pillowcases are filled with personal hygiene products, a towel and wash cloth, socks, underwear, t-shirt and a hand knit cap and scarf lovingly made by our Zion knitters. The pillowcases are for the men in the Renew Program at City Team, who are working hard to restore their lives. The goal this year is 50 filled pillowcases. Please prayerfully consider a financial donation to help us fulfill our goal. The committee will do the shopping---we just need your financial support. Look for the sample in the Narthex by the Christmas tree. You may place a donation in the offering plate or make a donation through online giving via Subsplash. **\*\*\*\*PLEASE LABEL YOUR DONATION "PILLOWCASES".**



God Bless Zion and her loving and generous hearts!!!

## From the Parish Nurse:

People have expressed an interest in knowing more about nutrition. Here are answers to some frequently asked questions.

### Should I take a multiple vitamin?

Probably not. U.S. Preventive Services Task Force (USPSTF) found that vitamin and mineral supplements do not prevent cardiovascular disease (CVD) or cancer. The task force reviewed many studies (84 randomized controlled trials and six cohort studies) and found little or no evidence of benefit and even potential harm from some supplements, specifically beta carotene and vitamin E.



### What is the best diet?

This year, U.S. News, with the help of more than 30 nutritionists, doctors, and epidemiologists, ranked 24 diets in several categories to help people find a plan that meets their goals, whether it's finding the best weight loss diet, easiest one to follow, or plans for other goals, such as managing diabetes or heart disease. **The Mediterranean Diet was chosen as the best diet.** This is a diet high in vegetables, fruits, whole grains, beans, nuts and seeds, olive oil and seasoning with herbs and spices.

### What are some easy things I could do to improve my health?

**Avoid sugar sweetened beverages (SSBs)** This includes soda, fruit drinks and sports drinks with high fructose corn syrup. A large study found that women who drank two or more servings of sugary beverages like soda had a 63% higher risk of death compared with those who consumed SSBs less than once a month. The more sugar sweetened beverages people drank the greater the mortality risk.

**Artificial sweeteners are associated with weight gain, so avoid those too.** We are not sure exactly why this is since they contain few or no calories. Some research suggests that the intense sweetness may lead to a preference for or craving for sweets. It may also be that these sweeteners affect our insulin system or it that they cause alterations in our gut microbiome that leads our body to be resistant to insulin.

**Eat more vegetables and less meat.**

**Avoid “fast” food.** You probably already know this.

**Share meals with family and friends.**

More to come on nutrition. Let me know if you have any questions that you would like to have addressed.

## Movie Night

### News of the World

Saturday, October 28 @ 7:00 pm



Five years after the end of the Civil War, Captain Jefferson Kyle Kidd, a veteran of three wars, now moves from town to town as a non-fiction storyteller, sharing the news of presidents and queens, glorious feuds, devastating catastrophes, and gripping adventures from the far reaches of the globe. On the plains of Texas, he crosses paths with Johanna, a 10-year-old taken in by the Kiowa people six years earlier and raised as one of their own. Johanna, hostile to a world she's never experienced, is being returned to her biological aunt and uncle against her will. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two will face tremendous challenges of both human and natural forces as they search for a place that either can call home.



# God's Gift of Prayer

*"Unless the Lord builds the house,  
They labor in vain who build it;  
Unless the Lord guards the city,  
The watchman stays awake in vain."*

Psalms 127:1

Therefore, my beloved, as you have always obeyed, so now, not only obey as in my presence but much more in my absence, work out your salvation with fear and trembling, for it is God Who works in you both to will and to work for His good pleasure."

Philippians 2:12-13

When Jesus walked upon earth, He spent much of His time in prayer: in communion with His Father. How much more, should we then, spend time in prayer! We can have all the programs, all the How-to books - but if we do not have prayer, we have no ministry. To Jesus, prayer was everything. It is like breathing to us: it keeps us alive. We don't live long without food, and especially water. Our spiritual life and our church's life is the same: we cannot live without prayer.

Jesus is our best example of prayer. He often went away, alone, to pray. To focus on His Father's will for Him. Jesus often began His prayer time giving thanks. Let us begin our prayer time with praise as well. Don't know how to start? Begin by thanking God for your many, many blessings. Read the Psalms. Sing a hymn or repeat the words of a hymn to yourself. God has done it all. He created you and everything else. He gives you the Holy Spirit and the language to take your prayers up to the throne of God. God promises to never leave you: "Teaching them to observe all things whatsoever I have commanded you; and lo, I am with you always, even unto the end of the world." (Matthew 28:20). You are never alone. God sent His only Son to redeem you - to take the punishment for our sins onto Himself. A Holy Substitute for us so that we could have access to the Father. God gives us His Holy Spirit to give us understanding and wisdom. He gives you everything.

*"Holy Father, Ancient of Days, perfect in truth and love -  
Abba Father, worthy of praise, You are my Alleluia.  
Holy Jesus, giver of grace, You are the Lamb of God.  
Great Redeemer, worthy of praise, You are my Alleluia.  
Holy Spirit, Heavenly Dove - breath of the Risen Son.  
Comforter, friend, worthy of praise, You are my Alleluia."*  
(You are My Alleluia - Joseph Martin, 2023)

Begin with praise each day. You were created to give glory to God. Bring your praises and your cares. Yes, He knows your needs, but prayer brings us into a close and deep fellowship with God. We depend on God for everything. We are not changing God when we pray - God is changing us. He changes our attitude. He changes us to become more like Jesus. Paul writes in

1 Thessalonians 5:17, "Pray without ceasing." Let prayer be as consistent as each breath you take. With our Heavenly Father, listen to the Bible passages the Holy Spirit bring to mind. God loves to hear His children pray.

Prayer is what builds ministry. We pray for our pastor to guide us and to explain God's Word to us. We pray for our leaders and programs. Most of all, we pray for each other and for God to be glorified in all we do. We build up and encourage each other as we worship together. We live as lights to show other people the love of Jesus. We reflect God's love for us. We "practice" what we pray by living out what God would want us to do. Our works do not make us holy - only God's gift of His only Son, Jesus, can do that. We can approach the throne of God because of Jesus' death and

resurrection - an atonement for our sin. We come to a Holy God by wearing the righteous robes of Jesus. We are saved by God's grace. Our faith and actions are powered by the Holy Spirit (another gift). We work for "His good pleasure" (Philippians 2:12-13). The Holy Spirit helps us to keep this faith and "labor on".

*"Come, labor on.*

*Who dare stand idle on the harvest plain  
while all around us waves the golden grain?  
And to each servant does the Master say,  
'Go work today.'"*

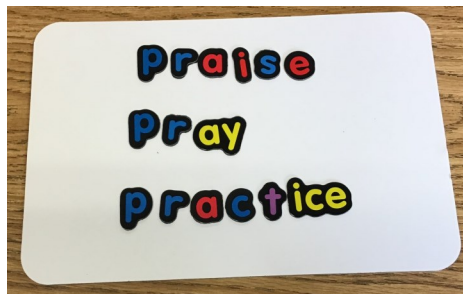
(Come Labor On - Jane Borthwick, 1859-1863)

As a reading teacher, I often think in terms of phonemes - sound units in phonics. One such phoneme is the initial consonant: pr. The words that come to mind are Praise, Pray, and Practice. No matter what programs or speakers we have - everything we do should be in prayer: praise, pray and practice. Everything we are given - every good gift is from God. We live for Jesus and for each other.

Another wonderful blessing is that we do not have to wait to pray. We do not have to make an appointment to talk to our Heavenly Father. At times we need to wait days or weeks to see a doctor. The Great Physician does not require an appointment. Because of Jesus - we can boldly approach the throne of His Father with our praise needs and help to live in a manner pleasing to Him.

*"Before the throne of God above  
I have a strong, a perfect plea:  
A Great High Priest, whose name is Love  
Who ever lives and pleads for me."*  
(Before the Throne of God Above, LSB #574)

- Marlene S. Grunow  
Prayer ministry





## SERVING THE LORD WITH GLADNESS

### Communion Assistant Schedule

October 2023

Sunday October 1st	9:00 am	Jonathan Schaff
Sunday, October 8th	9:00 am	Frank Cham
Sunday, October 15th	9:00 am	Paul Grunow
Sunday, October 22nd	9:00 am	Dave Nemy
Sunday, October 29th	9:00 am	Brian Walsh

### Lay Reader Schedule

October, 2023

Sunday, October 1st	9:00 am	Derek Koch
Sunday, October 8th	9:00am	Andrea Uhle
Sunday, October 15th	9:00am	Bill Keep
Sunday, October 22nd	9:00am	Open
Sunday, October 29th	9:00am	Brian Walsh

### Coffee Hour Hosts

October 2023

Sunday, October 1st	Carolyn & Mike Dal Ferro
Sunday, October 8th	Marisa & Larry Reom
Sunday, October 15th	Judy & Jonathan Schaff
Sunday, October 22nd	Open
Sunday, October 28th	Reformation

### Usher Schedule

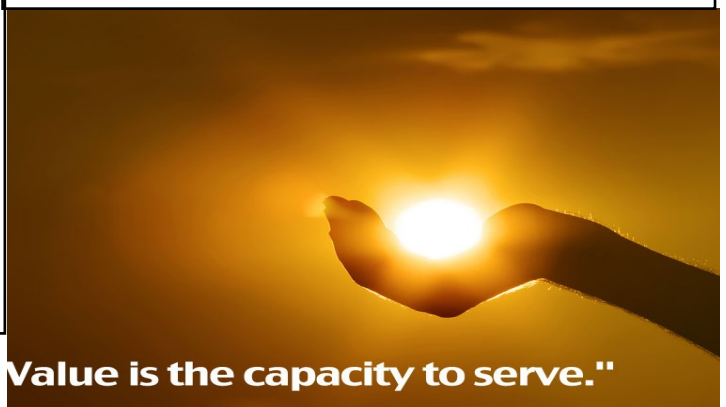
October 2023

Sunday, October 1st	9:00 am	Michael Grunow Rachel Heinitz
Sunday, October 8th	9:00am	George Berg Peter Grunow
Sunday, October 15th	9:00am	Michael Grunow Rachel Heinitz
Sunday, October 22nd	9:00am	George Berg Peter Grunow
Sunday, October 29th	9:00am	Kelly Greenan Llela Walsh

### Alter Flower Donations

October, 2023

Sunday, October 1st	Bev Smith
Sunday, October 8th	Bev Smith
Sunday, October 15th	Libby Holbrook
Sunday, October 22nd	Andrea Uhle
Sunday, October 29th	Hamblin/Shockley



**Value is the capacity to serve."**

### Day Adventurers will visit Forest Home Farms Historic Park

Join us on **Thursday, October 19<sup>th</sup>** as we head to this historic park in San Ramon, which preserves, interprets and exhibits the agricultural history of the San Ramon Valley. We will begin with a 45-minute guided tour of the property and then we will have a special visit with the shepherdess, Patsy, who raises sheep on the sheep ranch (where one of our own members, Mike, gets his wool for spinning). Patsy will have a few things to share to help us better understand the 23<sup>rd</sup> Psalm (The Lord is my Shepherd)! Following our visit to the farm, we will enjoy lunch together at a local eatery. Meet at Zion at **9:15 a.m.** to carpool there! Please sign up at the Welcome Center at church.



## 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..*