



# Zion noiz

The Newsletter of Zion Lutheran Church  
Piedmont, California  
June 2026



## Is there Joy?

Is there joy and anticipation when you think about coming to the church? The Psalmist thought so as the group of pilgrims was approaching the temple in Jerusalem.

**I was glad when they said to me, “Let us go to the house of the LORD!” (Psalm 122)**

We have just come through the season of holidays—Thanksgiving, Christmas, Easter, Pentecost. All times when we celebrate the goodness of God and God’s mercy and grace.

**May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15)**

Apparently the church in Rome had the purist Christians who tried to do everything right and tried to get everyone else to do everything right, according to their standards. And so there was the discussion of what food to eat and what drinks to drink. And Paul reminds them and us:

**<sup>17</sup> For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. <sup>18</sup> Whoever thus serves Christ is acceptable to God and approved by men. <sup>19</sup> So then let us pursue what makes for peace and for mutual upbuilding. (Romans 14)**

Richard Bimmler (formerly of Wheat Ridge) wrote a book entitled: “Angels can fly because they take themselves lightly.” In our Christian faith, we often take ourselves too seriously. We try and live God-pleasing lives, but we often forget that because of God’s grace and forgiveness that it’s not about us. It is about all that God has done. And so we are freed of the burden of proving ourselves. So we need not take ourselves so seriously.

**<sup>7</sup> For none of us lives to himself, and none of us dies to himself. <sup>8</sup> For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. (Romans 14)**

Through the long season of Pentecost, which we have just started (also called “Ordinary Time” or “the Green Season”), may it not be a down time. As we gather and hear the Word of God and receive Holy Communion, it is a time of joy and peace. I pray that this is reflected in our life together. We take God seriously so we do not have to take ourselves so seriously. And let’s have fun together.

### 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**

Inside this issue...

Studying in Gods Word  
Page 2

From the Parish Nurse  
Page 6

Serving the Lord with Gladness  
Page 7

## STUDYING GOD'S WORD

### Sunday Bible Class I

All are invited to join our Sunday Morning Bible Class I at 8:00 AM in the **Conference Room**, as we study the Book of Acts together. This class provides an opportunity to grow in faith, deepen understanding of Scripture, and strengthen fellowship through thoughtful discussion and reflection. As we explore the early church, the work of the apostles, and the guidance of the Holy Spirit, participants will gain insight into how God's Word continues to shape and encourage believers today. All are welcome to attend and be part of this meaningful time of learning and spiritual growth. We look forward to gathering each Sunday morning to learn, share, and grow together.



### Wednesday Morning Bible Study

Join us on Wednesday mornings at 10:00 AM in the Garden Room as we study the book of Ezra during the month of June. This book reflects the time that the Jews returned to Jerusalem following the Babylonian Captivity. As we study this book and see how they interacted with their neighbors, we can learn lessons from their experiences.

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.



Zoom Link for Wednesday Morning Bible Study

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

Meeting ID: 851 7340 1109. Passcode: YeahZion

### Bible Class: Leviticus for Christians

A Bible Class on one of the most difficult books in the Bible, Leviticus, will continue in June. Join us as we wrestle together with this book on Sundays, beginning June 7<sup>h</sup>, June 21st and June 28th at 10:30 AM in the Conference Room.

### Save the Date!

#### Saturday, August 29 at 3:00 pm!

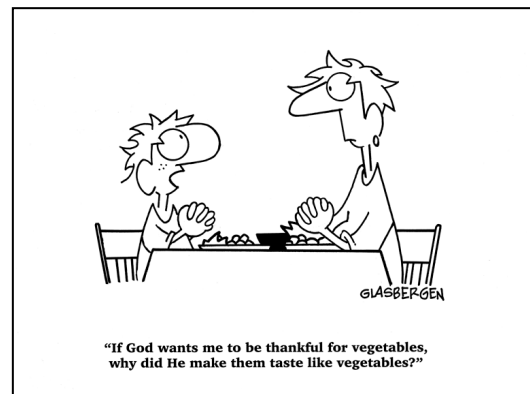
Tom Rigney and Flambeau return to Zion's Patio!

Watch for more details!

Tom Rigney is one of the premier Roots Music fiddle players on the planet. His band--Tom Rigney and Flambeau--specializes in blazing Cajun two-steps, low-down Blues, funky New Orleans grooves, Boogie Woogie piano, and heartbreakingly beautiful ballads and waltzes. Much of the repertoire is composed by Rigney, but they mix in a few classics from the Cajun/New Orleans songbook. Along the way you may pick up a trace of Rigney's Irish roots, or echoes of Eastern Europe--it just makes the musical gumbo that much tastier.

Flambeau showcases Rigney's fiery, virtuoso fiddling, his charismatic stage presence, and his range and originality as a composer. He and Flambeau have forged a unique sound that blends American Roots styles into something original and HOT--mixing irresistible grooves with deep musicality and spectacular soloing. Rigney's high-energy showmanship pulls the audience into his performances and makes them feel they are a part of the music and the show.

### TOM RIGNEY AND FLAMBEAU



"If God wants me to be thankful for vegetables, why did He make them taste like vegetables?"

# PARISH NURSING

I thought I might share some new health research with you. I have included references for those who are interested.

**Late night eating plus stress nearly doubles the risk for constipation or diarrhea.** Individuals with high stress levels and late-night eating habits were 1.7 times more likely to have constipation or diarrhea. These characteristics also were linked to lower gut microbiome diversity according to a study presented at Digestive Disease Week. (Healio, April 27, 2026)

## **The Fascinating Phenomenon That Is Your Brain on Exercise**

Common knowledge: Exercise is good for you. A little less common, but still pretty common: Exercise is good for your brain. Not very common knowledge but should be: The cascade of beneficial effects in the brain when we exercise is remarkable - and understanding that might make people want those benefits. That last bit is the important part, considering how difficult it is to ignite and maintain motivation in people to exercise regularly. (Medscape, April 15, 2026)

## **This Simple Japanese Eating Habit Could Help You Live Longer Without Dieting**

Hara hachi bu, a traditional Japanese practice of eating until you're about 80% full, is gaining attention as a simple yet powerful way to improve health and reshape our relationship with food. Rather than promoting strict dieting, it encourages slowing down, tuning into hunger cues, and eating with awareness and gratitude. Research suggests it may help reduce calorie intake, support healthier food choices, and prevent long-term weight gain. (Science Daily, April 2, 2026)

## **When You Exercise May Matter to Cardiometabolic Health**

People who exercise in the morning may lower their likelihood of developing cardiometabolic disease (obesity, high blood pressure, diabetes, abnormal cholesterol) compared with those who exercise later during the day or in the evening. Exercising earlier in the day may be a simple change that can further lower cardiometabolic risk among people who already exercise regularly, according to a presentation at the American College of Cardiology Scientific Session. (Healio, April 2, 2026)

## **Positive Age Beliefs Linked to Functional Gains**

Challenging the assumption that aging inevitably brings cognitive and functional decline, a nationally representative longitudinal study of US adults aged 65 years or older found that 45.15% of participants showed cognitive and physical improvement over up to 12 years of follow-up. The analysis also found that holding positive beliefs about aging was associated with a greater likelihood of those improvements. The findings were published in the journal Geriatrics. (Medscape, April 15, 2026)

## **Soaking in a Hot Tub Gives Health Benefits**

Saunas are popular for exercise recovery and longevity, because the increased ambient heat triggers a cascade of effects in the body that can lower blood pressure and reduce inflammation, but many do not have easy access to a sauna. That's why researchers from the University of Oregon compared the effects of saunas to a simple soak in a hot bath—which is much more accessible to most people—and found good news for the sauna-less masses. (Good News Network, April 16, 2026)

## **Ultra-processed Foods Linked to Worse Muscle Health**

Ultra-processed foods are popular, but experts are interested in understanding all the possible risks. One analysis found that eating higher amounts of ultra-processed foods was linked to higher fat accumulation in thigh muscles. The results suggest the possible damage ultra-processed foods may pose to the muscles and indicate another reason to limit their intake. (Medical News Today, April 14, 2026)

What does this mean?

- Eating late at night and when you are stressed is bad for your gut.
- Exercise is good for our brains as well as our bodies.
- Instead of dieting, eat mindfully and stop eating when you are not quite full.



Continue on page 4



Continued from page 3

- The best time to exercise may be in the morning.
- We should have positive beliefs about aging. Almost half of people who were followed for 12 years, starting at age 65, improved physically and mentally over that time.
- Hot baths are good for us.
- There are many ways that ultra-processed foods are bad for us.

Is there a change that you can make to improve your health?

Be well, take care and God bless,

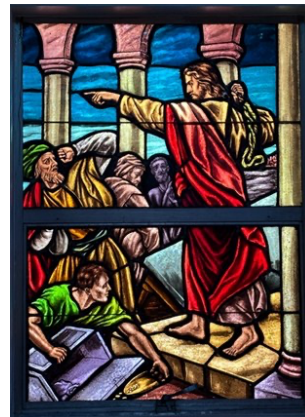
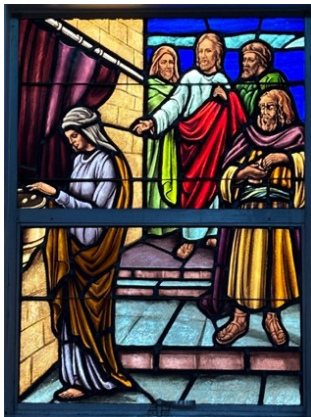
Stephanie

---

## Catechism Corner

### Zion's Stained Glass Windows

The final three on the back lecturn side



The first window is the Presentation of Jesus at the temple. Luke 2:22-38

The second window is the Widow's Mite. Mark 12:41-44 and Luke 21:1-4

The last window is Jesus Cleanses the Temple. John 2:13-22 When does this take place?

---

## Game Night!

**Tuesday, June 16 @ 6:30 pm**

**Join Us for Game Night!**



Join us for an evening of laughter, fellowship, and friendly competition at Game Night on Monday, June 16 at 6:30 p.m.! Bring your favorite board game, card game, or simply come ready to learn something new. This is a wonderful opportunity for all ages to gather together, enjoy snacks, share conversation, and strengthen connections within our church family and community. Whether you are highly competitive or just looking for a relaxing evening out, there is something for everyone. Invite a friend and come enjoy a fun-filled night together!

---

## Movie Night

**Saturday, June 27th**

**7:00 pm**

Join us for a fun and relaxing Movie Night on Friday, June 27th at 7:00 pm! We will be showing the heartwarming film *Fatherhood* on our giant 12-foot screen. *Fatherhood* is based on a true story, where a widowed dad copes with doubts, fears, heartache, and dirty diapers as he sets out to raise his daughter on his own.

Bring your family and friends, settle in for a great evening, and enjoy free snacks while watching this touching and humorous story about family, love, and perseverance. We hope you will join us for a memorable night together!





---

## Church Humor

### Father's Day

A pastor asked all the fathers in the congregation to stand during the Father's Day service. Nearly every man stood up proudly.

The pastor smiled and said, "Wonderful! Now remain standing if you think your children actually listened to your advice this week."

Almost everyone sat down immediately except one older gentleman in the back.

The pastor said, "That's impressive! Your children listened?"

The man replied, "Oh no, Pastor. I don't have my hearing aid in, and I thought you said, 'Stand if you survived the week.'"

### Dad Skills

One church decided to honor fathers with a "Dad Skills Competition" after worship.

Events included grilling hamburgers, falling asleep in recliners, and fixing things with duct tape.

One dad won every category except the Bible trivia contest.

The pastor asked, "How did you miss the Bible questions?"

The dad shrugged and said, "I usually only hear the sermon introduction before my eyes close."

---

## The Little Things We Do...stories from Betty Galambos.

We do not do things to try to please God. He has already given us His most precious Son and all He wants from us is to show His love to others and to spread the good news of His salvation. I am sharing a story each month of how ordinary people have done little things that have affected the lives of others. Go and do likewise.

Several years ago, my roommate, Bean, and I had to go to Summit Hospital for some out-patient medical work. On the way back to the elevator, we noticed a woman who was obviously distraught and crying. Bean asked her if she was alright and she said that her father was dying. She took off down the stairs and we rode the elevator down. When we got to the ground floor, she was still there. Bean went over to talk to her and they both went outside talking. The thing that impressed me most about the encounter was the ending - instead of saying, "I will pray for you" Bean said "let me pray with you" and they prayed right there on the sidewalk in front of the hospital. The woman gave her a hug and went back into the hospital. How often do we say "I'll pray for you" and then we get busy or that request does not make it to our prayer list or whatever. Sometimes immediate action is required. You never know how the little things we do effect others.

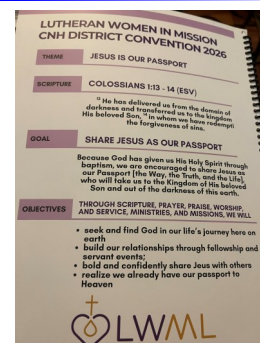
---

## LWML update-Spring 2026

Four of Zion's ladies, Carolyn DalFerro, Andrea Uhle, Carol Neveu and yours truly, attended

CNH district convention in April in Sacramento. Such a perfect convention! We had inspiring speakers, delicious food (hotel food was the best hotel food) comfortable accommodation. The jacuzzi was also amazing.

Theme for convention was Jesus is our passport. Our former zone Pastor, Pastor Mark Oatman, was our opening service preacher. His wife Debbie Kennedy is a former Zion member. We elected new officers that include new President Beverly Vietor. Saturday banquet theme was the roaring 20's. Most dressed in 20's attire and participated in dance lessons for the 2 step and Charleston. The weekend was an uplifting weekend!



---

## CHRISTIAN CONCERNS UPDATE

---

Here is an update of the Christian Concerns Committee recent projects.

**\*Alameda Shelter Breakfast Bags---**This is the second year the CCC has provided "grab and go" breakfast bags for the individuals who slept overnight at Christ Episcopal Warming Center in Alameda. The breakfast bags include a variety of non-perishable items such as boxed cereal, shelf-stable milk, fruit, hard-boiled eggs, string cheese and crackers, beef sticks, sweet rolls, or protein bars. The committee provided 375 breakfast bags from December 2025 to April 2026, with a total expense of \$1164.11. Thrivent also provided funding via a \$250 gift card.

Wound Care kits were also donated to Alameda Shelter. The kits contained various sizes of bandages, cleansing wipes, antibiotic ointment, Tylenol, and socks, and were distributed by the staff. The wound care kits were totally funded with a \$250 Thrivent gift card. The Alameda Shelter is generally open from December to the end of April.

**\*Damaris Kerubo---**In 2025 The Christian Concerns Committee chose LCMS "Christ's Care for Children" for the Lenten project. We are sponsoring Damaris Kerubo for a 3 year tuition commitment. The tuition for her second year, \$1080, has been sent to LCMS, Christ Cares for Children Kenya, due June 1, 2026. The third and final year of tuition is due June 1, 2027.

**\*Lenten project 2026---**The Christian Concerns Committee Lenten project for the ladies at Turning Point was a HUGE success. Due to your generosity, the committee was able to purchase all of the items suggested to the committee by the directors of the program---pillows, bed linens, towels and washcloths, bath mats, shower curtains, personal hygiene products, large garbage bags and laundry pods. There are 9 ladies currently in the program, with 4 children.

A friend of the committee, but not a Zion member, Ellen, supplied the items for the children---headphones, handheld game, water bottle, crochet kit, socks, purse and lip gloss for the 3 girls. The boy received a hat, headphones, handheld game, water bottle, and socks. All items for the children, were placed in a duffle bag.

City Team program directors were very appreciative and immediately acknowledged the gifts for the ladies and their children.

God Bless you for your love and compassion for those in need. Your generosity is ALWAYS inspiring!!!



---

## Zion Social Media



Our Facebook (ZionLutheranChurchPiedmont), Instagram (@zlcpidmont), and X (Twitter) (@zionpiedmontca) are great ways to stay informed, encouraged, and engaged throughout the week. You will find worship reminders, special event information, photos from congregational activities, devotional thoughts, livestreamed services, and opportunities to connect with the Zion community. **Following and sharing our posts** is the best way to help extend our outreach beyond our church walls and share the message of Christ with others in our community. Whether you are at home, traveling, or unable to attend in person, Zion's social media platforms help you remain connected to worship, fellowship, and ministry. **Be sure to like, follow, subscribe, and share Zion's pages with family and friends!**

# SERVING THE LORD WITH GLADNESS

## Lay Reader Schedule

|                               |                  |
|-------------------------------|------------------|
| Sunday, June 7 <sup>th</sup>  | Andrea Uhle      |
| Sunday, June 14 <sup>th</sup> | Jonathan Schaff  |
| Sunday, June 21 <sup>st</sup> | Paul Grunow      |
| Sunday, June 28 <sup>th</sup> | Shannon Shockley |

## Communion Assistant Schedule

|                               |                 |
|-------------------------------|-----------------|
| Sunday, June 7 <sup>th</sup>  | Dave Nemy       |
| Sunday, June 14 <sup>th</sup> | Jonathan Schaff |
| Sunday, June 21 <sup>st</sup> | Brian Walsh     |
| Sunday, June 28 <sup>th</sup> | Paul Grunow     |

## Altar Flowers

|                               |              |
|-------------------------------|--------------|
| Sunday, June 7 <sup>th</sup>  | Nemy Family  |
| Sunday, June 14 <sup>th</sup> | Open         |
| Sunday, June 21 <sup>st</sup> | Open         |
| Sunday, June 28 <sup>th</sup> | Walsh Family |

## Usher Schedule

|                               |                                   |
|-------------------------------|-----------------------------------|
| Sunday, June 7 <sup>th</sup>  | Michael Grunow<br>Brendan O'Brien |
| Sunday, June 14 <sup>th</sup> | George Berge<br>Peter Grunow      |
| Sunday, June 21 <sup>st</sup> | Michael Grunow<br>Brendan O'Brien |
| Sunday, June 28 <sup>th</sup> | George Berge<br>Peter Grunow      |

## Coffee Hour Hosts

|                               |                  |
|-------------------------------|------------------|
| Sunday, June 7 <sup>th</sup>  | Becky McFarland  |
| Sunday, June 14 <sup>th</sup> | Nemy Family      |
| Sunday, June 21 <sup>st</sup> | LWML             |
| Sunday, June 28 <sup>th</sup> | Dal Ferro Family |

## Object Lesson

|                               |                   |
|-------------------------------|-------------------|
| Sunday, June 7 <sup>th</sup>  | Pastor Dorn       |
| Sunday, June 14 <sup>th</sup> | Steve Harger      |
| Sunday, June 21 <sup>st</sup> | Carolyn Dal Ferro |
| Sunday, June 28 <sup>th</sup> | Brian Walsh       |



## CHRISTIAN CONCERNS

### JUNE FOOD OF THE MONTH

June is here and that means school will be out soon. However, this is difficult for many families who depend on free lunches for their children. Please prayerfully consider adding extra non-perishable food items to your grocery cart. All groceries are forwarded to City Team, Oakland, for their daily meal program and their many mobile pantries throughout the Oakland community. Please look for the brightly colored barrels in the Narthex for your donations. God Bless your love and support for our neighbors in need!!!

#### Items needed---

Cereal (sugar free please)  
Complete pancake mix  
Soup and crackers  
Coffee and Tea  
Salt and Pepper

Shelf stable milk  
Syrup  
100% Juice  
Flour and Sugar  
Cooking Oil

Peanut Butter and Jelly  
Beans and Rice (dry or canned)  
Pasta and Pasta sauce  
Macaroni and Cheese (no milk needed)









| Sunday                                                                                                                                                                                                        | Monday                                                                                                   | Tuesday                                                                        | Wednesday                                                                             | Thursday                                                                          | Friday                             | Saturday                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------|
| 31<br><ul style="list-style-type: none"> <li>8:00AM Bible Class I</li> <li>9:00AM In-person Traditional Worship &amp; Live-stream</li> <li>10:30AM Leviticus for Christains</li> </ul>                        | 1<br><ul style="list-style-type: none"> <li>7:30PM AA - GR</li> </ul>                                    | 2                                                                              | 3<br><ul style="list-style-type: none"> <li>10:00AM Wednesday Bible Class</li> </ul>  | 4<br><ul style="list-style-type: none"> <li>11:00AM Property Committee</li> </ul> | 5                                  | 6                                                                                      |
| 7<br><ul style="list-style-type: none"> <li>8:00AM Bible Class I</li> <li>9:00AM In-person Traditional Worship &amp; Live-stream</li> <li>10:30AM Leviticus for Christains</li> </ul>                         | 8<br><ul style="list-style-type: none"> <li>7:30PM AA - GR</li> </ul>                                    | 9<br><ul style="list-style-type: none"> <li>6:30PM Iron Men</li> </ul>         | 10<br><ul style="list-style-type: none"> <li>10:00AM Wednesday Bible Class</li> </ul> | 11<br><ul style="list-style-type: none"> <li>10:30AM Trust Committee</li> </ul>   | 12                                 | 13<br><ul style="list-style-type: none"> <li>1:00PM Joan Wentworth Memorial</li> </ul> |
| 14<br><b>Flag Day</b><br><ul style="list-style-type: none"> <li>8:00AM Bible Class I</li> <li>9:00AM In-person Traditional Worship &amp; Live-stream</li> <li>10:30AM Board of Directors Meeting</li> </ul>   | 15<br><b>NEWSLETTER ARTICLES DUE</b><br><ul style="list-style-type: none"> <li>7:30PM AA - GR</li> </ul> | 16<br><ul style="list-style-type: none"> <li>6:30PM Game Night - CR</li> </ul> | 17<br><ul style="list-style-type: none"> <li>10:00AM Wednesday Bible Class</li> </ul> | 18                                                                                | 19<br><b>Juneteenth</b>            | 20                                                                                     |
| 21<br><b>Father's Day</b><br><ul style="list-style-type: none"> <li>8:00AM Bible Class I</li> <li>9:00AM In-person Traditional Worship &amp; Live-stream</li> <li>10:30AM Leviticus for Christains</li> </ul> | 22<br><ul style="list-style-type: none"> <li>7:30PM AA - GR</li> </ul>                                   | 23                                                                             | 24<br><ul style="list-style-type: none"> <li>10:00AM Wednesday Bible Class</li> </ul> | 25                                                                                | 26                                 | 27<br><ul style="list-style-type: none"> <li>7:00PM Movie Night</li> </ul>             |
| 28<br><ul style="list-style-type: none"> <li>8:00AM Bible Class I</li> <li>9:00AM In-person Traditional Worship &amp; Live-stream</li> <li>10:30AM Leviticus for Christains</li> </ul>                        | 29<br><ul style="list-style-type: none"> <li>7:30PM AA - GR</li> </ul>                                   | 30                                                                             | 1                                                                                     | 2                                                                                 | 3<br>Independence...y (Substitute) | 4<br>Independence Day                                                                  |