



Zion noiz

The Newsletter of Zion Lutheran Church
Piedmont, California

April 2024



Pastor Paul writes...

“Rejoice with those who rejoice, weep with those who weep.” – Romans 12:15
Family. The very word calls to mind positive images of closeness, love, security, and warmth. The concept of family conveys the bond of belonging, loved ones who care for us and for whom we care deeply, and life lived in deep, enriching, meaningful, and supportive community with one another.

We are the family of God at Zion. The Bible teaches that we are called by God to be His children in Christ Jesus. We are adopted by grace through Holy Baptism to be the family of God in Christ. We are therefore brothers and sisters in Christ, saved by God’s grace, called by God’s Spirit to belong to Him, and nurtured and strengthened by God’s Word and Sacraments to live as His family with one another.

The family of God at Zion is a place where we enjoy the bond of belonging, loved ones who care for us and for whom we care deeply, and life lived in deep, enriching, meaningful, and supportive community with one another.

As we live our lives together in Christ, we rejoice with those who rejoice and we weep with those who weep. We celebrate births, baptisms, confirmations, marriages, and anniversaries. No one need celebrate alone at Zion, because as God’s family we celebrate with one another.

At the same time, we also mourn with those who mourn the loss of precious loved ones, including dear parents, beloved spouses, and cherished children. No one need weep alone at Zion, because as God’s family we draw near to one another and stand by one another in times of grief and loss. We do not always find appropriate words to speak, but by our physical presence we communicate care and compassion in mutual concern for one another.

We live out our fellowship as family in Christ as we gather together in worship, in Bible study, over coffee and fellowship, and in our many activities and events together.

I want each of you to know and to remember that you are an important and valuable member of the family of Zion. You belong to us and we belong to you. You need us and we need you. When we come to worship, we do not come only for ourselves and what we can get out of the service. We also come for others, for our family in Christ. We come to be a blessing as well as to be blessed.

Thank you for being a part of the family of Zion. I can’t wait to see you and be blessed!

In the love of Christ always,

~ 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...

Studying in Gods Word
Page 2

From the Parish Nurse
Page 5

Serving the Lord with Gladness
Page 7

STUDYING GOD'S WORD

SUNDAY BIBLE CLASS I

In April we will complete our study of the Psalms. Our next study will be focused on the Book of Isaiah. The prophet Isaiah was called by God to speak His Word to a rebellious people. Through Isaiah God warned His people to repent before the coming day of His wrath. And through Isaiah, God gave His people wonderful promises of the Messiah to come and of the glorious future of God's restored people. We meet at 8:00 a.m. on Sunday mornings in Pastor's office and we would love to have 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 currently studying 1 Samuel and learning about Israel's first kings – Saul and David. Though human leaders and kings are imperfect, God still uses them to grant grace to His people and to bless His people with a measure of peace and prosperity. Above all, the earthly rulers point forward to the perfect King of kings and Lord of Lords, who reigns over the house of David and over all things! Join us in person or online via Zoom for solid study and lively discussion!

APRIL FOOD OF THE MONTH

Spring has arrived and flowers are in bloom, but food insecurities are still a problem in the Oakland community. Please prayerfully consider adding extra non-perishable food items to your grocery cart. All groceries are given to City Team for their daily meal programs and their community mobile pantries. Please look for the bright yellow barrels in the Narthex for your donations. God Bless your support for our neighbors in need. HUNGER KNOWS NO BOUNDARIES!!!

Where Your Heart Is

We are approaching the end of our Lenten journey. In addition to our daily prayer and fasting, we have the opportunity to help those less fortunate in our community. The Christian Concerns Committee is preparing gift bags of personal care products for the women in the Turning Point program of City Team. If you have not already made a Lenten project donation, it is not too late. Please place a check in the offering plate or donate via Subsplash, Zion's online giving option. PLEASE MARK DONATIONS "CCC".

God Bless your kind and loving hearts. ❤️

Iron Men

Join us on Tuesday, April 9 at 6:30 pm, as we watch and discuss season 1 episode 5 “The Wedding Gift” and 6 “Indescribable Compassion”. 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!



Church Humor

Creation is Tiring, Too!

God is talking to one of his angels. He says, "Do you know what I have just done? I have just created 24 hours of alternating light and darkness on Earth. Isn't that good?"

The angel says, "Yes, but what will you do now?"

God says, "I think I'll call it a day."

The Miraculous Cane

Bent over and obviously in pain, the old man with a cane hobbled laboriously through the sanctuary and into the pastor's office while the choir practiced.

Ten minutes later, he came out, walking upright and moving gracefully and quickly.

"Good gracious," the choir director exclaimed. "Did the pastor heal you by faith?"

"No," the old man said with a smile. "He just gave me a cane that wasn't six inches too short!"



Movie Night

The Pilgrim's Progress (2019)

Saturday, April 27 @ 7:00pm

A man named Pilgrim discovers a book, and the more he reads it, the more he is convicted of sin and judgment and a burden begins to develop on his back. Obsessed with discovering the truth and escaping his town, the City of Destruction, Pilgrim ventures outside the forbidden borders and begins his journey to find a Celestial City ruled by a good and noble King, meeting friends and foes along the way. An epic journey, faithfully adapted to modern-day. Christian faces distractions, challenges, and perils at every turn of the way. But ends victorious, with helpful guides, as he stays on the narrow path to the distant Celestial City. The Pilgrim's Progress was written over 340 years ago by John Bunyan when he was in prison. The story has been smuggled to the underground church during communism, banned for a time in China, and has sold more copies than any other book other than the Bible.



Game Night

Tuesday, April 16 @ 6:30 pm.

Game Night Tuesday, April 16, at 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!



Confirmation

Confirmation Sunday is May 5th. This year Leni Mora is our lone confirmand. Instead of doing Zion's traditional questioning on the Saturday before, Leni has opted to give a short statement/confession of her faith during the 9:00am worship on Sunday April 28th. Please pray for Leni as she does her final preparations in Confirmation Class, for her statement of faith, and her Rite of Confirmation.

Catechism Corner

The following is a portion of an article from the Lutheran Witness, January 2024.

Worship by the Word

A SERVICE FORMED BY GOD'S WORD

In worship, we do not use random "Bible-y" words selected by ancient Christians to give us the feeling of ancient and old things, as though worship's primary value is, like the smell of old books, sentimentality.

Rather, in its historical and ongoing development, the worship service leads Christians into and through God's Word. It literally delivers God's Word to us. As you read this article, keep a copy of Lutheran Service Book (LSB) and a Bible close at hand. LSB includes Scripture references in the right-hand margin. We will add additional references in this article.

CONFESSION AND ABSOLUTION

Invocation (LSB p. 184): God gives us His Triune name in His command to baptize (MATT. 28:19). Jesus sent His apostles to baptize "in the name of the Father and of the Son and of the Holy Spirit." The church invokes God's name because Jesus promised that "where two or three are gathered in my name, there am I among them" (MATT. 18:20).

Solomon's prayer of dedication for the temple trusts God's promise that where His name is, there He is present among His people in a unique and saving way (1 KINGS 8:29).

Confessional Address (LSB p. 184): This address leads into the rite of Confession and Absolution. The pastor addresses the congregation in preparation for confessing their sins so that they may "draw near with a true heart" (HEB. 10:22). We draw near not because of the blood of bulls and goats, but because of the blood of Christ, shed for us (HEB. 9:11-14).

Versicles (LSB p. 184): These short responses grow from the Psalms. The first is a song of ascent, sung by the Hebrews as they ascended the Temple Mount for worship. With these words, we join with 3,000 years of worshipers. The second versicle comes from Psalm 32:5 and prepares us in heart and mind for the Confession.

Confession (LSB p. 184): We confess that we are poor, miserable sinners. God knows the perpetually evil intentions of our hearts (GEN. 6:5), that out of our hearts come "evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander" (MATT. 15:19). We know this also and confess it before God.

Absolution (LSB p.185): Having heard our confession, the pastor, Christ's under-shepherd, pronounces Absolution upon us. When the Pharisees complained about Jesus forgiving sins, He demonstrated His authority to forgive sins (MATT. 9:1-8). After His death and resurrection, Jesus bestowed this authority upon the apostles and the pastors who follow in their train (JOHN 20:22). Pastors therefore forgive not by their own authority but His.

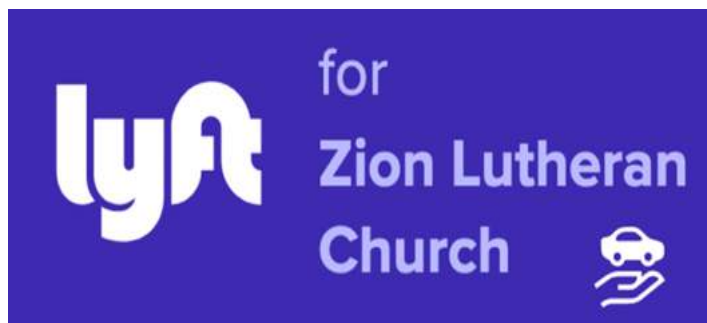
Next month a closer look at the parts of the Service of the Word portion of the liturgy.

Lyft Concierge

Zion Lutheran Church, offering Lyft Concierge rides to church. This is a convenient option for members of the congregation who need transportation assistance. You don't need a smart phone, or the Lyft app. Simply contact Mr. Harger sharger@zionlutheran.net or call 510-530-4213 and he will arrange a Lyft ride for you.

The Lyft ride cost is covered by Zion for up to \$20 each way.

If you have any specific questions or need further assistance with this service, feel free to ask!



Parish Nursing Newsletter April 2024

What is the microbiome and why does it matter?

Your gut is home to an enormous range of tiny organisms or microbes. That is the microbiome. We now know that you want many kinds of microbes in your gut, especially your lower gut or colon. They feast on the fiber from the food you eat and turn it into substances your body needs. Those substances send signals all over your body. If you don't have enough microbes or have the wrong kinds, it influences those signals, which can lead to health problems. We want good microbes in our gut.

The American Diet messes with your gut.

Highly processed foods get digested before they make it to your lower gut and the good microbes don't have the energy to survive. These good microbes are important for our health. The lower part of your gut makes hormones that tell the entire gut to slow down and help regulate appetite and how your body uses calories.

Weight and your microbiome

People with obesity tend to have a less diverse microbiome and certain bacteria have been linked to obesity. The foods you eat can affect your gut microbiome and your weight.

Good foods for your microbiome

Fiber- Fiber rich foods (fruits, vegetables, whole grains, nuts and beans) make it to the lower part of your gut where healthy bacteria ferment it and send signals to your body including ones related to appetite and feeling full.

Colorful Foods- Colorful foods like berries have compounds (phenols) that are antioxidants that give plant-based foods their color. The microbes in your gut feed on them. The saying to remember is “**Eat the Rainbow**”.

Fermented foods- You can get a different kind of health benefit by eating food that's already fermented — like sauerkraut, kimchi, kefir, yogurt, miso, tempeh, and kombucha. Fermentation can make the phenols in foods more accessible to your body. Plus, each mouthful introduces good bacteria into your body, some of which make it down to your gut. The bacteria that are already there feed on these new strains, which helps to increase the diversity of your microbiome.

Healthy fats: Omega-3 fatty acids, found in fatty fish, canola oil, some nuts, and other foods, decrease inflammation in the lining of your gut. Plus, healthy fat sources like extra-virgin olive oil and avocados are full of phenols. Here's to a healthy microbiome!



Take care, be well and God bless,
Stephanie

DAY ADVENTURERS TO VISIT FILOLI



Join us on **Thursday, April 18th** as we visit Filoli Historic House and Gardens in Woodside. The estate boasts 654 acres of beauty nestled along the slopes of California's coastal range. Originally built as a private residence in 1917, Filoli was opened to the public in 1975. The property is considered one of the finest remaining country estates of the 20th century, featuring a 54,000+ square-foot Georgian revival-style mansion, 16 acres of exquisite English Renaissance gardens, a 6.8-acre Gentleman's Orchard, and hundreds of acres of natural lands with five distinct ecosystems. Of special interest this month will be the daffodils, tulips, and magnolias in full bloom and bright array.

The cost of senior admission is \$36.00 and we will explore on our own using the tour brochure provided with admission. (A 90-minute guided tour costs \$75.00!) In order to maximize our time at the Filolo estate, we will enjoy lunch on-site at Filoli's Quail Café.

Meet at Zion at **9:30 a.m.** to carpool there! Please sign up at the Welcome Center at church.

April Promise: The Gift of Prayer

“What a friend we have in Jesus, All our sins and griefs to bear! What a privilege to carry Everything to God in prayer!”

O what peace we often forfeit, O what needless pain we bear, All because we do not carry Everything to God in prayer!

Are we weak and heavy laden, Cumbered with a load of care? Precious Savior, still our refuge – Take it to the Lord in prayer. Do your friends despise, forsake you?

*Take it to the Lord in prayer!
In His arms He’ll take and shield you;
You will find a solace there.”*

*(“What a Friend We have in Jesus”,
Lutheran Book of Worship
Hymn #439)*

Joseph Medicott Scriven, an Irish immigrant in Canada, wrote these words to a beloved hymn in 1855. He was stricken with constant illness and grief – even the sudden death of his fiancé the night before his wedding, and again with another fiancé before the second wedding attempt! Even though Joseph was a deeply devout Christian all his life, his life was full of grief and seeming tragedy. God hears our prayers – *all* the time. In times of joy and in times of unimaginable sorrow.

Jesus was often praying. If His disciples were unable to find Him, they knew He was likely off praying. Jesus modeled a life of prayer. Prayer is like breathing: you don’t last very long without it.

Jesus tells us to “pray without ceasing” (I Thessalonians 5:17). In the Bible there are over 306 verses mentioning prayer. We can use words such as: beg, ask, beseech, and plead. When Jesus tells to pray to the Father, it is because of His gift of righteousness that we receive from Jesus’ sacrifice on the cross for us – that we may be able to approach the throne of God and beg or plead for His mercy.

And in the book of James (5:16), it states that “the effectual fervent prayer of a righteous man availeth much.”

So – why do prayers so often seem to go unanswered? All those prayers rising to heaven? They are heard and answered - but we may not know the reasons or answer until we are in heaven with Jesus. And yes – I have my list! There is an answer but we may not see or understand it.

Jesus tells us to pray for each other. The first portion of James 5:16 is “confess your trespasses to one another, and pray for one another, that you may be healed.”

John records Jesus’ prayer for His believers in chapter 17. There is an example of a perfect prayer! (John 17:6-26).

When we are praying for others, our eyes are off ourselves and onto others – just like Jesus. He is our best example. And He wants us to become more like Him each day. We are conformed to God’s will through prayer.

Jesus’ life was a constant prayer. He already knows our needs or the situation. The Father certainly knew what His Son would say. But constant prayer kept Jesus (and us) in constant fellowship with His heavenly Father.

In Luke 18, we are given an account of three important points on prayer.

First, don’t give up. Don’t stop praying because you think no one is listening or no one cares. Don’t “lose heart” (verse 1). Let’s pray like we are breathing: automatic and all the time.

Second: to whom do we pray? This is of the utmost importance. We come before the throne of the Most High God clothed in robes of righteousness given to us by Jesus’ sacrificial death on the cross – which are our gift to wear before the throne of God. and we are told to ask.

And third, in Luke 18, Jesus speaks on the practice of prayer. Prayer expressed faith – and faith is a gift of the Holy Spirit – your very own Holy Helper. He will give you the words to say when you come before the throne of God unsure of what to say – the Holy Spirit will give you the words and take them up to the Father. Are your words filled with pain? Bring those words – God sees and hears them (Romans 8:26, Hebrews 4:14). When you are unsure of what to say in your prayers, ask the Holy Spirit to give you the words of intercession. God sees and hears.

After spending time in prayer either for ourselves or for others, we begin to understand more of the heart of our Heavenly Father. “I know the plans I have for you” and are more accepting and understanding (Jeremiah 29:11). We talk to and listen to our Father. That is what is extremely important in all relationships. And because of Jesus, we are able to have a relationship with the Lord of the universe – the Most High God. We are humbled before Him.

We are given the gift of prayer – a communication line with our Heavenly Father. Let us make a commitment to use the gift by humbling ourselves before Him and being persistent and thankful to Him.

“Have we trials and temptations?

Is there trouble anywhere?

We should never be discouraged;

Take it to the Lord in prayer!

Can we find a friend so faithful

Who will all our sorrows share?

Jesus knows our every weakness;

Take it to the Lord in prayer.”

(“What a Friend we Have in Jesus” stanza 2)

“Cast all your cares upon Him for He cares for you” (I Peter 5:7) – my first Bible verse memorized. It was true 72-plus years ago as it is today. Give every care to Jesus. He loves you!

– Marlene Grunow
prayer ministry



SERVING THE LORD WITH GLADNESS

Communion Assistant Schedule

April, 2024

Sunday, April 7 th	9:00 a.m. Steve Hoverman
Sunday, April 14 th	9:00 a.m. Frank Cham
Sunday, April 21 st	9:00 a.m. Paul Grunow
Sunday, April 28 th	9:00 a.m. Brian Walsh

Usher Schedule

April, 2024

Sunday, April 7 th	9:00 a.m. Michael Grunow Llela Walsh
Sunday, April 14 th	9:00 a.m. George Berge Peter Grunow
Sunday, April 21 st	9:00 a.m. Michael Grunow Llela Walsh
Sunday, April 28 th	9:00 a.m. George Berge Peter Grunow

Lay Reader Schedule

April, 2024

Sunday, April 7 th	9:00 a.m. Steve Hoverman
Sunday, April 14 th	9:00 a.m. Paul Grunow
Sunday, April 21 st	9:00 a.m. Amy Easton
Sunday, April 28 th	9:00 a.m. Nancy Hoverman

Altar Flowers

April, 2024

Sunday, April 7 th	Uhle Family
Sunday, April 14 th	Walsh Family
Sunday, April 21 st	Open
Sunday, April 28 th	Nemy Family

Coffee Hour Hosts

April, 2024

Sunday, April 7 th	Open
Sunday, April 14 th	Open
Sunday, April 21 st	Open
Sunday, April 28 th	Maret & Hugh Bartlett

