



We are a welcoming, caring community, called by Christ, and enabled by the Spirit, to share God's love by living our faith

The Service of

Seeds & Soil

Sunday

May 26



Mending the World

Pastor Nancy Kelly

Our Jewish brothers and sisters use a beautiful image to help talk about justice. In Hebrew, the image is *Tikkum-olam* or mending the world. This image brings to mind a picture of God as a knitter lovingly repairing the holes and loose, unraveling bits of yarn in Creation.

A mended world is the desire of God's heart. And mending the world is at the heart of our call to follow Jesus who is leading the way. Rev. Paul Gehrs, Assistant to Bishop Susan Johnson in the area of justice, says this: "Justice is about right relationships and reconciled relationships: people living in right relationship with God, with each other and with all creation. For justice to happen, there needs to be systemic fairness, in theory and practice, in order to promote dignity, peace and righteousness. Micah 6:8 links deep relational justice to actions of merciful-loving-kindness and to a humble spiritual walk with God."

It's not hard to make a long list of gaping holes and loose, unraveled threads in the world God so loves. And as an old friend of mine says, "There's so much to repair and to forgive."

While pondering *tikkum-olam*, I happened to be one of eighty citizens at Kitchener City Hall the night the City Council unanimously approved a location for a supervised drug consumption site for our region. What I experienced that night was a memorable example of doing justice. Justice with heart.

From where I sat in the front row of the gallery, I witnessed more twenty-five speakers come to the microphone to tell their stories to the City Councillors. The

speakers included young drug-users, pastors, parents, home owners, business owners and representatives of social service agencies like Sanguen Health Centre and the Working Centre. Some speakers said the need is so urgent they were moved to put aside their fear of public speaking.

In advance of the meeting, many of the speakers had already met privately with the mayor and their councillors. Others in the community had contacted their councillors by email, phone and snail mail to express their concerns. In the meeting, the pastor of St. John the Evangelist Anglican



Church spoke out in favour of the recommendation as did Eastern Synod Pastor Andre Lavergne and his son John, himself a drug user whose best friend had recently died of an overdose. The mayor and councillors said they changed their minds after listening to those who are most affected by the opioid crisis.

At the meeting, citizens spoke out about a death-dealing health problem that has grown out of control in recent years, taking the lives of friends and family members. Elected-officials listened, sometimes with tears in their eyes, as they heard that in the last two-and-a-half years, 148 people in Waterloo Region have died of overdoses.

Though not everyone agreed on the details of the proposal, most spoke in favour. A repeated refrain was that the speakers don't want to see any more overdose deaths in our area that could have been prevented by access to a supervised injection site.

When the mayor called for the electronic vote, all Kitchener councillors voted in favour of a motion to choose 150 Duke Street West as the location of a supervised drug consumption site in Kitchener. An overhead screen showed green lights by the names of all the councillors.

Anybody can be a world-wrecker, and anybody can be world-mender. World-menders:

- LISTEN to the cries of God's Creation
- RESPOND in kindness
- GATHER information
- BUILD networks to respond together
- SPEAK UP to promote awareness through conversations, phone calls, emails, snail mail letters, social media, community meetings and voting.
- GIVE their own resources including time, expertise and money.
- ASK FOR resources from others.
- REACH OUT beyond their comfort zones
- LET GO of their stereotypes.
- ENVISION the wholeness and well-being of all Creation.

When we become aware of injustice in our own lives or in the lives of others, faith communities like ours are in a good position to listen, dig deeper and try to understand root causes of the anguish. Our faith community at Mount Zion already has a history of responsive generosity. A good next step might be to listen deeply to people most affected by the root causes of injustice we already know about. An example of listening deeply is the Waterloo Anglican-Lutheran Lenten series about water. Did this series suggest any mending actions we could take together with others?

Other examples of the injustices we already know about are the injustices faced by indigenous people, families living with autism, our Muslim neighbours, people of colour, university students facing cutbacks to financial aid. You can probably think of other injustices you have experienced or know where our faith community could do more to listen deeply and work together towards justice.

Often our best teachers are those close by who are willing to tell their own stories. Mending conversations can be the beginning of mending actions. These conversations are especially worth having when we don't agree. A lively faith community like ours already has the God-given gifts we need to engage the injustices in this unravelling world and respond together to build wider and wider circles of well-being and wholeness.

*Do not be dismayed by the brokenness in the world.
All things break.*

And all things can be mended.

*Not with time, as they say, but with intention
So go.*

*Love intentionally, extravagantly, unconditionally.
The broken world waits in darkness for the light
that is you.*

(Source: L.R.Knost)



LITURGY Bites

Why we do the things we do

By Tim Ehrlich

Paraments

This month we'll look at the paraments we use to decorate chancel. The term parament comes straight from the Latin word paramentum which means, simply – adornment. Worship spaces in the early days of Christianity were plain and humble often moving around from home to home. As they became permanent places, the desire to add sophistication and beauty to the worship experience gave rise to decorations being added. There are several paraments which can be used and most of them have formal names but the ones we recognize and use the most are the altar scarf, the bible marker, and the pulpit scarf. The banner behind the altar is not considered a parament, however, when used it matches the paraments in colour scheme.

Colour is an important part of the symbolism that accompanies our worship experience. Over time various colours have come to be associated with certain seasons or meanings. We primarily use five colours. Blue is used during Advent and symbolizes hope. Alternatively, pink can sometimes be used although it is much less common especially in North America. Christmas is white which calls to mind the purity of the newborn Christ. Gold can sometimes be used and often white and gold are used together. Purple is the colour of royalty, but it also represents repentance and solemnity. Thus, it is used during Lent. Red symbolizes the colour of fire and also the Holy Spirit. The day of Pentecost as well as ordinations and church anniversaries use red. Occasionally it will be used during Holy Week to symbolize the blood of Christ. Green is the colour of growth and life and it represents ordinary time or the time between special observances. There is one day which is the exception and that is Good Friday the chancel is stripped of all adornment with the possible exception of a black shroud to represent mourning.

Pastoral Acts

The memorial service of **Dorothy Wepler**, who passed away on March 24, was held at Erb and Good Funeral Home on March 28 at 11 am, with the interment following. Let us uphold Lorne and Gary in our prayers.

The Celebration of Life of **Alfred Durichen** will be held at Mount Zion on Saturday, June 1 at 10 am. Let us uphold Pauline in our prayers

In Our Prayers

Let us continue to remember the sick among us who have asked for prayers. **Dave Hollinger, Don, James Reigert, Sandra Millar, Jim Millar and Charlie Ernst.** Also remember in prayers **Ann Lowe** and her family as they come together to celebrate the life of their mother, **Marie Wepler**, on Saturday, May 25.



Meaningful Conversations

Dementia is an isolating and unpredictable disease. Those affected can have fluctuating abilities to understand and make conversation. Learn strategies to increase your confidence in engaging those with dementia in meaningful conversation.

presented by
Janice Canning, Public Education Coordinator,
Alzheimer's Society Waterloo Wellington.

May 1, 2019

6:30 pm

Mount Zion Lutheran Church
Sanctuary
See Nurse Christine for more information

From our Service Committee
Spring Adopt a Cause

Marillac Place's Baby Bottle Campaign

Ginny Ehrlich, Chair, Service Committee



Mother's Day will be the start of Mount Zion's Service Committee's latest Adopt a Cause...the support of Marillac Place's Baby Bottle Campaign. Members will be encouraged to take home a supplied Baby Bottle, fill it with loose change or a cheque in support of their very important work of supporting young moms. Return your filled bottle on Father's Day.

Mount Zion has supported the work of Marillac in the past. In fact, several of our members have become regular volunteers.

About Marillac Place

Marillac Place resolves to give mothers the tools to become effective parents and self-supporting, responsible members of the community. They offer safe, supportive accommodation coupled with basic life skills training, child care guidance, and access to educational opportunities within the community. They also provide chances for brighter futures to mother-led families, helping them break the cycle of homelessness and poverty.

Marillac Place offers housing to independent women between the ages of sixteen and twenty-five who are pregnant, have their child(ren) in their care, or who are attempting to regain care of their child(ren). They can accommodate children up to two years of age. Residence is permitted for the duration of twelve months.

Their vision is to provide, not only a safe home for women and their children, but to empower the women to become economically self-sufficient and responsible adults. By creating a culture of empowerment, security, and stability, residents will gain confidence in their own abilities. Residents will receive support, guidance and information to make

informed choices, gain insights, establish and attain educational and employment goals, acquire life skills, and be actively involved in programming to achieve personal growth and parenting skills.

Last Year 2018

In 2018, Marillac Place was home to 34 residents; 23 were women and 11 children were served. They provided 56 individual 'Plan of Care' meetings that included the woman's community support team members. These were designed to fully encourage and incorporate the goals of the mom, and to strive for the best possible outcomes.

There were in total 1,730 hours of residential volunteers, which included infant care and massage, music therapy, budgeting skills, and housing supports. Ongoing support included food preparation training, meal plans, recipes, and nutritional guidelines.

With the help of the community, Marillac Place has been able to infuse young mothers with the tools they need to grow into confident, empowered women.



It's as easy as 1, 2, 3 to Support Marillac Place's Baby Bottle Campaign

1. Pick up a supplied baby bottle at church on Mother's Day
2. Fill it with loose change, bills or cheques*
3. Return the bottle on Father's Day

*If your donation meets criteria, you will be receipted by Marillac Place.

Adopt a Cause Update

Sanctuary Refugee Health Centre.

Our Last adopt a cause was Sanctuary Refugee Health Centre. We were asked for monetary donations for their fundraising campaign for renovations, medical equipment, computers and expansion.

We are invited to attend their sixth anniversary celebration on Saturday May 4, 2019 at the Kitchener Market. *See below.*



**Sanctuary
Refugee Health
Centre turns 6!**

Please come join us for an afternoon of celebration with the community

**Saturday May 4, 2019
1 - 5 pm
Kitchener Market
Piazza**

Sanctuary Refugee Health Centre provides culturally sensitive patient-centred care to refugee newcomers many of whom have suffered persecution, trauma and migratory stress. It is recognized as the main health care provider for this special population.

Led by Physician, Dr. Michael Stephenson and supplemented by service providers from the wider community, the caring team of professionals from across health and social service disciplines supports patients through the transitions of settlement ensuring access to necessary services to enable them to feel fully well.

We hope to see you there!

#6YearsOfSanctuary
sanctuary
refugee health centre

310 King St E, Kitchener, ON N2H 2V5 <https://sanctuaryrefugee.ca>

Worship in the Park



*Join us
June 2, 10 am
Waterloo Park Picnic Shelter
(Westmount Road entrance)*



Mount Zion Café
*Come and bring a friend to the Mount
Zion Cafe*

The Mount Zion cafe offers seniors the opportunity to socialize over a cup of tea or coffee. At about 11:30 a.m. a scrumptious lunch of home-made soups and breads is available. From time to time you might find live music to enjoy while lunching with friends both old and new.

May 8 & 22, June 12 & 26
10 am - 1 pm

Meet Arlene Knight, *woman of many journeys*

Arlene was born in a tropical city located at 18.47 degrees latitude and -77.92 degrees longitude, situated about 12 metres above sea level. The average daytime temperature fluctuates between 27 and 35 deg. C, dropping slightly at night to 20-23 degrees. Its current population is 82,867 making it one of this island country's largest cities. Can you guess where that is? (*Read on to find out...*)

She is the youngest of eight children born to farming parents Edwin and Lorraine Archer, who migrated with their family to Canada in the early 1970s. She was still very young at the time, so all of her education took place here, except for a 2004 summer course at University of the West Indies, Mona Campus, in Kingston, Jamaica and a study trip to the Holy Land in 2009.

That's right, you guessed it – Arlene's birthplace was Jamaica, specifically Montego Bay, in the parish of St. James.

After graduating Grade 12 in Etobicoke, she adventurously pursued a number of diplomas and degrees, beginning with Humber College (Lakeshore Campus), where she qualified as a Social Service Worker.

Arlene was married in 1985 and divorced in 1999. She moved to K-W in that year with her then nine-year old son, Julian, to work on a BA in Social Development Studies at Renison College. From there, she earned another BA in Peace and Conflict Studies from Conrad Grebel College (both affiliated with University of Waterloo).

She then went on to a Master of Theological Studies from Waterloo Lutheran Seminary (now Martin Luther University College).

Arlene landed her first job at age 16, working at McDonalds. After graduating from Humber College, she worked for a number of years on Bay Street in Toronto as a legal assistant.

She was later employed by the Region of Waterloo as a Case Aid in Waterloo and Cambridge. She also worked periodically at the University of Waterloo over 16 years, beginning in the student co-op program,



Arlene (at right) with sister (left) and mother (centre)

then as a volunteer, and eventually as a full-time Transportation Coordinator at the Office for Persons with Disabilities (now called Accessibility Services).

After being forced out of her job at U of W due to university politics, Arlene took some time off to contemplate her next career move and life-journey.

She was inspired to volunteer with Habitat for Humanity, preparing breakfast and lunch for workers building affordable housing. There, she discovered her natural kitchen skill and acted on it by enrolling in the Hospitality Management Program at Conestoga College. Soon after graduating, she was hired as a

Catering Assistant at Shopify in Uptown Waterloo, where she is now a supervisor.

In her church life, Arlene served as Deaconess with Maranatha Evangelical Lutheran Church when the mission congregation worshiped at Keffer Chapel on the Wilfrid Laurier University campus, continuing in that role when Maranatha formed a covenant relationship with now-defunct St. Philip's Lutheran. When Maranatha was also disbanded, she began attending Mount Zion as a guest and formally became a member in winter 2018. She was not always Lutheran, however. In fact, she grew up Pentecostal, worshipping on Saturdays.

Arlene is convinced that her agriculturally-inclined parents passed on the gene for growing abundant plants. Every summer, her 6- by 14-foot balcony overflows with vegetables and flowers, leaving barely enough room for one person. She also enjoys creating floral arrangements and bringing half-dead plants back to life.

Among her many pastimes, she enjoys water and snow skiing, tennis, bowling, camping and trail hiking. As an avid traveler, some of her most memorable experiences have included dining on fresh tilapia by the Sea of Galilee, praying in the Garden of Gethsemane, and swimming in the Dead Sea. Closer to home, she has been deeply moved by the Martin Luther King Jr. memorial, the Washington Monument, the Thomas Jefferson Memorial and the Smithsonian Museum.

Despite being so new to our congregation, Arlene is already deeply involved in the Mount Zion community. She serves on both Music and Worship and Altar Guild committees, has preached a sermon, presented the children's message, been a greeter, and enjoys volunteering wherever her gifts are needed.

Among the things she likes most about Mount Zion are its warm and welcoming atmosphere, the sermons ("no more than 15 minutes long"), and having sermons and worship accessible to hearing-impaired members through headphones and printed copies.

She also enjoys the diversity of our choral and congregational music, children's programs (especially the Christmas play) and is grateful that the church is only a three- to five-minute walk from her home.

Arlene's vision for Mount Zion is that she would like to see us continue growing in mission and diversity. She would especially like us to have a regular Bible study program and would like the congregation to undertake more trips to places of interest.



Arlene and son Julian choosing a fresh Christmas tree

Alfred Brunger Community Garden receives City of Waterloo Neighbourhood Grant for Expansion

By Joan Brunger



The 2019 Community Grants Committee reviewed our Neighbourhood Matching Fund (NMF) application and has approved that Alfred Brunger Community Garden (ABCG) Evolution 2019 receive a grant of \$1462.50.

I was encouraged by the Evolution Committee and Church Council to pursue this grant with the City of Waterloo and expand our community garden and our presence in the neighbourhood. Jason Rochon and Julie Legg, Neighbourhood Coordinator of Community Services were helpful in preparing the application. A special thanks to Dennis Eaton for dropping off the application in person (as required by the Grants Committee) by 2 pm on the submission deadline day.

James Herrle of Herrle's Country Farm Market has again kindly agreed to do the plowing when the ground is drier, probably in early May. There will be an additional four plots added. The waiting list continues to grow as everyone awaits the coming of the growing season.

Our work day to open the garden is Saturday May 25 from 10 to 2. There will be a pizza lunch and a craft afterwards, all are welcome. The Blessing of the Seed and Soil will be Sunday, May 26 after the 10 am service.

The funds are in the process of being released after the submission of written approval that the project will occur on church property and activities will be available to any community members interested in participating.

The Garden Committee must have approved any spending changes from those proposed in the

application. All promotional material must indicate that it was partly funded by the NMF. A written summary of the project along with a financial summary with receipts must be submitted within 30 days of completion of the project. All funds must be returned to the City of Waterloo if we are unable to finish the project.

Happening in the Garden

Garden Opening Work Day
May 25, 10 am – 2 pm

Blessing of the Seeds and Soil
May 26 following the service
(Approximately 11:15 am.)



Service of Seeds and Soil 2017.

Open Sesame's Natural Playground Soon to be a Reality

Carol Ziegler



The Open Sesame Committee met on Monday, April 15th and gave final approval for proceeding with the construction of our Natural Playground. Black Oak Landscaping is the company involved and they have given us a quote of approximately \$6,600. with additional costs to install posts for our shade sails. We thank Anne Woolner for her work in organizing this project.

Our energetic teachers are very excited about seeing the Natural Playground finally coming to fruition. They have plans for using it to expand our children's imaginations plus offering them more opportunities for creativity while being outside.

To date we have received donations, which along with the \$2,500. budgeted for our new playground, will cover about two-thirds of the cost of this endeavour. We are planning to raise the balance through donations and hoping that those interested in supporting Open Sesame will consider a donation.



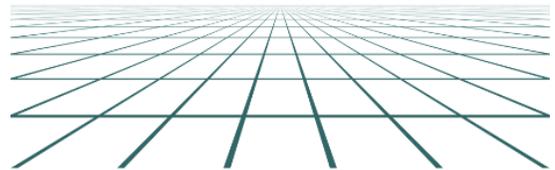
The Mountaineer is a publication of Mount Zion Lutheran Church, 29 Westmount Road, South, Waterloo.

Editorial Committee: Dennis Eaton, Pauline Finch, Tim Ehrlich, Nancy Kelly, Pastor Phillip Mathai, Karen Gastmeier

The Mountaineer is published nine times per year, **The Mountaineer is not published in January, July or Aug.** email articles and announcements to Karen@gastmeier.ca Back issues of The Mountaineer can be found at www.mzlc.ca

The Mountaineer is available either by print or by email. Please email the office if you wish to change your delivery method. email to: mtzion@mzlc.ca

PERSPECTIVES



*The most pressing questions of the day
demand Christians respond through the
prism of faith*

*Join Pastor Philip for lunch and discussion
from a faith perspective*

April 28

Following the service

Building Bridges Across Age and Cognitive Barriers Through Art

Reprinted from the Eastern Synod Website

For those with dementia in Long Term Care, choices are often made for them – when they get up, what they eat, what they wear. With the Opening Minds through Art (OMA) program at Trinity Village Care Center, Kitchener, they can again make their own choices – where they place the paint on the paper, what colours they choose and what they name their art work. This creates autonomy and dignity through creative expression for those with dementia.

The Eastern Synod created Lutheran Homes Kitchener Waterloo which then purchased the nursing home that became Trinity Village Care Centre. To this day the Eastern Synod Council and individual members of KW churches play an active role in its governance. The Eastern Synod has long supported Trinity Village seniors programs like OMA through the mission fund.

Trinity Village began offering the OMA program in 2015. To date they have had seven semesters training approximately 65 students and 70 residents have participated. Currently the students involved come from Eastwood Collegiate and Forest Heights, Kitchener and Père-René-de-Galinée, Cambridge. Those participating earn community service hours

needed to graduate from high school. One requirement is that each student writes a letter to their artist as well as a letter to the artist's family about their journey with the artist they were paired with in OMA.



An opportunity for all lay people and lay church leaders of the Two Rivers Ministry Area

**An Evening with
Bishop Michael Pryse.**

Wednesday, May 15, 2019

- 6:00 pm

**St. Peter's Lutheran
Heidelberg**

Sausage-on-a-bun Supper

Watch for more details

Financial Update – March, 2019

A note from Finance

1. Results for the three months of 2019 reflect an operating **deficit of \$18,800** in the “**Ministry & Mission (current) Account**”. This compares to a budgeted deficit of \$23,521. The difference of \$4,721 was due to expenses below plan by \$5,029 partially offset by income lower than plan by \$308.

	<u>Actual</u>	<u>Budget</u>	<u>Better/(Worse)</u>
Total receipts	\$ 64,483	\$ 64,616	\$(133)
Rentals Reserved to capital	<u>(2,750)</u>	<u>(2,575)</u>	<u>(175)</u>
Net Receipts	\$ 61,733	\$ 62,041	\$(308)
Total Disbursements	<u>80,533</u>	<u>85,562</u>	<u>5,029</u>
Deficit	\$(18,800)	\$(23,521)	\$ 4,721

Comments:

- Member regular contributions of \$43,834 were **\$973 lower**.
 - Facility and parking net income of \$15,618 was **\$939 higher**.
 - Other income of \$2,281 was **\$274 lower**.
 - Disbursements of \$80,533 were **\$5,029 better** than plan.
2. Your support of **Benevolence** to the Synod and other designated needs including our Adopt A Causes was \$28,229 which compares to \$30,331 in the prior year. Included in this are grants of \$19,766 in support of The Six-Nations/Two Rivers Partnership (\$10,766), Open Sesame (\$9,000). Regular benevolence of \$5,418 was remitted to Synod, and donations to other causes totalled \$3,045.

Richard Brubacher – Treasurer and Chair Finance



Photo: B. Barnes

Financial Update 3 Months ending March 31, 2019

By Richard Brubacher – Treasurer & Chair, Finance Committee

The summaries below reflect the actual cash flows for the three-month period ending March 31, 2019, and the position of our bank accounts. Comparative data is displayed for our budget commitment and the prior year.

Ministry & Mission (Current) Account - Cash Flow Basis

	3 Months - 2019		Comments re: Differences to plan	3 Months
	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members	43,834	44,807	- short by \$973	42,414
Receipts from Facility Rentals & Parking	18,368	17,254	-	14,971
Rental income reserved to Capital	(2,750)	(2,575)		(2,200)
Other Receipts - (Plate, Endow. Int., grant)	2,281	2,555	- Diff vs prior year= Endowment interest	11,952
Total inflow	61,733	62,041		67,137
Cash Outflow				
Disbursements - Staff & operating costs	80,533	85,562		77,569
Total outflow	80,533	85,562		77,569
Net Cash (Outflow)/inflow	(18,800)	(23,521)		(10,432)
Cash balance (overdraft)	(10,890)	(21,258)		(1,480)

Benevolence Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members - General Benev.	5,418	6,750		6,397
Receipts for designated appeals	22,811	20,850	- Incl. Grants \$19,766	23,934
Total inflow	28,229	27,600		30,331
Cash Outflow				
Payments to Synod	5,418	6,625		6,397
Payments to other designated appeals	22,811	20,975		23,934
Total outflow	28,229	27,600		30,331

Capital Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Receipts from Members	1,290	1,990		1,485
Transfers from Ministry & Mission acct	2,750	2,575		2,200
Total inflow	4,040	4,565		3,685
Cash Outflow				
Capital Expenditures	4,366	-	- Hearing assists \$351, Kitchen \$4,014	27,421
Total outflow	4,366	-		27,421
Net Cash (Outflow)/Inflow	(326)	4,565		(23,736)
Cash Balances	37,535	41,950		24,511

Rental Property Account - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Rental Income from Tenants	8,490	8,490		8,340
Transfers from Capital Account	-	-		-
Total inflow	8,490	8,490		8,340
Cash Outflow				
Current Expenditures - Properties	3,548	4,116		3,856
Capital Improvements to Properties	-	-		-
Total outflow	3,548	4,116		3,856
Net Cash (Outflow)/Inflow	4,942	4,374		4,484
Cash Balances (overdraft)	19,105	18,537		(651)