

From Mountaintop to Mountaintop! Holy Week at Mount Zion

By Pastor Krister Ulmanis

If you have ever stood on a mountaintop and looked over to the mountaintop beside you, or if you have been on the rooftop of a skyscraper and looked at the building next door, both situations would have led you to a key discovery. You knew instantly that you couldn't just go from peak to peak, or from building to building. To get to the "other side" you knew you would have to go down into the valley, or to the street level, before there would be a chance to climb up again. Sounds logical enough, yes?

Well, the same analogy comes into play during Holy Week. At first glance it seems so easy to go straight from Palm/Passion Sunday to Easter Sunday. However, to truly come to the mountaintop of Easter morning and understand what shouting our *Alleluias!!* is all about, we need to journey with Christ through the valley of the shadow of death. After all, how can we understand the Resurrection on Easter if we haven't stood at the Cross of Good Friday?? But wait, there's more....

After waving our Palms on Passion Sunday, we will gather on **Monday, Tuesday and Wednesday of Holy Week at 8:30 pm for Compline.** In these *night prayers* we will hear the story of how people's hearts are turning on Jesus, as well as of Mary's anointing of Jesus in the preparation of his burial. We will get a sense of how the week is unfolding for the one who rode into Jerusalem so triumphantly and ask ourselves what happened and why.

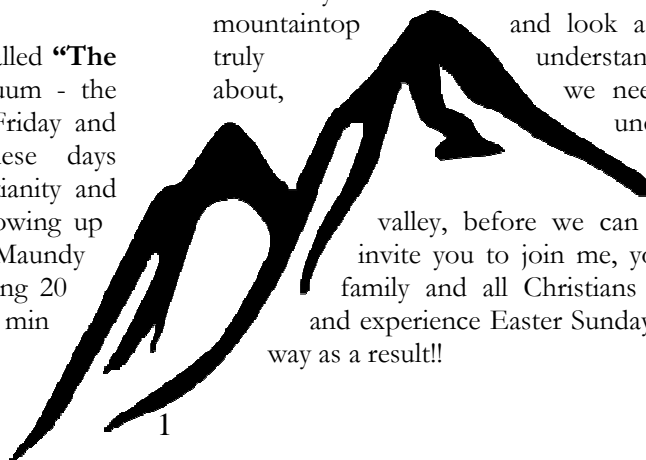
As the week unfolds we come to what is called "**The Great Three Days**" – or in Latin, Triduum - the sacred days of Maundy Thursday, Good Friday and Easter Saturday. The services of these days commemorate the central events in Christianity and are to be seen as one act of worship. Showing up only on Good Friday and missing out on Maundy Thursday and Easter Saturday is like arriving 20 minutes late for the movie and leaving 20 minutes before the ending!

On **Maundy Thursday (7:30 pm)** we will hear the commandment from Jesus to love one another as he loves us. We will be at the table as he eats his last meal with the disciples. The worship ends with the stripping of the altar as members of the congregation help prepare our worship space for the next part of the worship service – **Good Friday** - the day we stand before the Cross and witness the crucifixion. **Worship is at 10:00 am.** This service continues with the last part of the three services - **The Vigil of Easter.**

The Easter Vigil begins on **Saturday at 8:00 pm** and is a worship that brings the entire Holy Week to a climax with its imagery of darkness and light, death and life, chaos and order, slavery and freedom. It is the turning from the darkness of Good Friday and the Cross, to the waiting for Easter dawn and the Resurrection. This service contains four elements; **Service of the Light, The Readings, Affirmation of Baptism, and first Eucharist of Easter.**

Having stood at the mountaintop of Palm Sunday and shouted our Alleluias!! as Jesus rode into Jerusalem in triumph; then experienced the emotional wringer of the Holy Week – from triumph to despair, from jubilation to betrayal - we are finally ready to arrive at the other mountaintop for this week – the **Easter Resurrection.** This is the Sunday when we shout with joy - Christ is Risen!!! He is risen indeed!!!

It is easy and comfortable to stand on the one mountaintop and look at the other. To truly understand what Easter is about, we need to make the uncomfortable and ugly journey through the valley, before we can ascend again. I invite you to join me, your Mount Zion family and all Christians in this journey, and experience Easter Sunday in a whole new way as a result!!



Two overlooked anniversaries worth celebrating:

Full Communion and... Full Communion!

by Pastor Tanya Ramer

Every Sunday morning, as part of our *Prayers of the People*, we pray for our Anglican brothers and sisters, with whom we are “in full communion”. But we rarely think or talk about those words or their full impact.

Amazingly, it will be 10 years this July 6 since we have been in full communion with Anglicans. It all began here in Waterloo in 2001 when, for the very first time, our Evangelical Lutheran Church in Canada (ELCIC) and the Anglican Church of Canada (ACC) met simultaneously for their national church conventions.

At those two gatherings, each of the governing bodies was asked to study, reflect and pray on the two churches working more closely together in their ministries. They did, and they did more. They decided to formally enter a relationship of “*full communion*”, which the two church bodies defined in *The Waterloo Declaration* as follows:

Full communion is understood as a relationship between two distinct churches or communions in which each maintains its own autonomy while recognizing the catholicity (i.e. universality) and apostolicity [i.e. succession of spiritual authority from the 12 Apostles] of the other, and believing the other to hold the essentials of the Christian faith.

In such a relationship, communicant members of each church would be able freely to communicate at the altar of the other, and there would be freedom of ordained ministers to officiate sacramentally in either church.

Specifically, in our context, we understand this to include transferability of members; mutual recognition and interchangeability of ministries; freedom to use each other's liturgies; freedom to participate in each other's ordinations and installations of clergy, including bishops; and structures for consultation to express, strengthen, and enable our common life, witness, and service, to the glory of God and the salvation of the world."

A wonderful sharing relationship

The two historic points in that formal declaration are that we in the ELCIC and the ACC:

1. agree to live in a relationship of Eucharistic (communion) sharing;
2. acknowledge one another as churches in which the Gospel is preached and taught; and commit ourselves to share a common life in mission and service, to pray for and with one another, and to share resources.

It is a wonderful relationship whereby we share our resources in order to spread God's mission and love in the world. But there's another reason I find it amazing: For 1,000 years there was only one church catholic (universal) – the very one we still confess our faith in when we recite the creed in worship. However, that church was split because of our humanity and differing ideas.

That is indeed a **10th anniversary** worth celebrating. But there's another – a **20th anniversary** - that should also receive its due. It addresses the concept of full communion too, but from a different standpoint. And although its name: *Statement on Sacramental Practices, Evangelical Lutheran Church in Canada*, does not exactly roll off the tongue, its content has had an impact on our worship every day and every week in the past 20 years.

Adopted by our ELCIC in 1991, the Statement identifies both theological foundations and practical principles for the sacraments of Baptism and Holy Communion in ELCIC congregations. Addressing Holy Communion, this teaching and instructional document reminds us we can welcome people of all ages (children and adults alike) and of all faith traditions to join together with us in this meal of love and grace. Thus, the concept of “*full communion*” that is commonly referenced in our churches.

Weekly communion the norm

The Statement also reminds us to take the opportunity to share God's grace with ourselves and our visitors each week – a clarification that resulted in our current

The Waterloo Declaration of this 21st Century is an inspiring example of two different groups, both faithful followers of Christ, who overcame some of those long-standing differences to become more fully united with Christ.

practice of weekly communion. More on that later, but first I'd like to share some of the theological foundations of the document:

The Statement on Sacramental Practices reminds Lutherans that:

"Holy Communion is a means of grace through which the crucified and risen Christ awakens faith, saves, forgives, unites, gives life, comforts and strengthens God's people for the work to which they are called in the world. It is also a great and joyous thanksgiving (Eucharist) for everything accomplished by God in creation, redemption and sanctification.

In the Eucharist, God's people give thanks for all of God's blessings. In the Lord's Supper, by the power of the Holy Spirit, we remember and experience anew the creative and redemptive acts of God, receive the gift of the presence of Christ, and look forward in anticipation to our future with God. And participation in the Lord's Supper empowers and compels us to imitate the example of our Lord who is both host and servant and to embody and reflect the unity which the Lord's Supper symbolizes. (Lk. 22:24-27; Jn. 13:1-20; 1 Cor. 10:17.)"

What does all this mean on a practical level? Well, in the Eucharist,

"Christ gathers, teaches and nourishes the people of God. It is these gathered people of God who celebrate the Eucharist. While we think we are required to prepare for the sacrament, that is not what makes one worthy to receive the sacrament. However, personal preparation, which may include self-examination, private confession, prayer, fasting, reconciliation with others, and meditation, is encouraged.

The biblical words of institution declare God's action and invitation and we are invited to participate in personal and corporate educational activities of a life-long nature as a means of developing an awareness of and receptivity to the gifts of Word and Sacrament."

While the ELCIC Statement seeks to educate us in the sacramental practices of our Church, they are not rules by which we are bound. Rather, this guiding document from the larger church offers us many opportunities to be Christ to our community.

Room for personal choice

Key among these is the opportunity to share God's grace with our visitors each week by offering to all the invitation to join together in the communion meal. And for us, as community at Mount Zion, it gives each of us the opportunity to feast on God's goodness each week. We can do that by partaking in the meal, or if we prefer, by simply reflecting.

That is our choice. The *Statement of Sacramental Practices* encourages participation and/or reflection without discomfort on our part. God provides the invitation, and we are able to accept and receive it physically or spiritually whenever we gather. It truly is the gift of God for the people of God, and to that we can respond, as we wish.

I said I'd return to the topic of communion every Sunday. The ELCIC Statement takes its authority from our faith roots when it proclaims "according to the Lutheran Confessions, Holy Communion is offered every Sunday." But sharing communion whenever Christians gather goes back even further than the Reformation. It goes *all the way back* to the earliest church we see described in the Book of Acts.

And indeed, in the *Book of Concord*, both the Augsburg Confession (Article XXIV) and the Solid Declaration of the Formula of Concord (Article VII) reflect the theological foundation for weekly communion. But since those documents date from 1530 on, I think recognition of their anniversaries will have to wait for some future article!

Additional reading:

Visit the ELCIC's *Worship & Spirituality Website* "Lift up your Hearts" www.worship.ca to read the full *Statement on Sacramental Practices*. Browse the same site for other topics that may interest you. For more on the *Book of Concord* and the *Confessions*, visit www.bookofconcord.org You can also borrow a copy of the *Book of Concord* from Mount Zion's pastors Or refer to the *Evangelical Lutheran Worship (Pattern for Worship)* for more information.



New Council Members for 2011

by Gerry Roeder

Six familiar faces were elected to terms of office on Church Council during Mount Zion's Annual General Meeting in February. Their names and faces will be known to many of you, but here's a little more information about these congregational representatives:

Tim Ehrlich

Tim and his family joined our Church in 1996 transferring from St John's in Waterloo. Initially, the closer proximity to their new home prompted a visit to Mount Zion to check things out. They were very impressed with the warm welcome they received and truly enjoyed the worship experience. They decided to stay. Tim has served on Council before and brings lots of valuable experience to the table. His main reason for joining Council again was because he enjoys working with people - and looks forward to this new assignment.

Judi Harris

As a former Parish Assistant at Mount Zion, Judi is well known to many families in our faith community. She left to pursue her seminary studies, and was ordained in 1988. Pastor Judi Harris later served at St. John's in Waterloo and Trinity in New Hamburg, and has assisted in many other congregations – including Mount Zion. After retirement, she decided to make Mount Zion her home church so she could worship with her son's family – Jeff & Donna; Graydon and Lauren. She decided to join Council because she felt she could contribute to help meet the needs of our congregation. (Recently, Judi was elected Congregational Vice-President.)

Dorothy Hobson

Dorothy is a long time member who was first attracted to our Church after hearing a sermon by Pastor Norman Lange. When she moved to Waterloo from Erbsville, she decided to join Mount Zion. Dorothy is very active in the 45 plus group and recently volunteered to coordinate production of our new Photo Directory. Dorothy looks forward to serving on Council and assisting with addressing the future challenges of our Church.

Coralee Jyrkama

Coralee and her husband, Mikko, have a young family consisting of Isaac, Matias and Evelyn. One reason they joined our Church was for the Sunday School program. She now teaches Sunday School and has assisted in the Nursery. With her interest in young people, Coralee will doubtless be a valuable resource on Council.

Gilles Lamothe

Gilles and his family transferred from St. Matthews in Kitchener eight years ago. His mother-in-law, June Lindsay, had mobility issues and found the access to our Church much easier. The family immediately felt at home here and have enjoyed getting involved in Church activities. Gilles decided to join Council as he felt it's important to contribute *and* to give back to help meet the needs of your church.

Shawn Rogers

Shawn is one of our newer members at Mount Zion. He transferred from St. Stephen, Kitchener, with his wife Charlotte and daughter Molly. When visiting our Church he was impressed with the environment and welcoming both he and his family received. Shawn decided to join Council because he recognized there was a need for individuals to get involved, and he wanted to help.

These "new" Councillors have joined serving members Helga Juergensen (who agreed to serve an additional term), David Heldman (re-elected Congregational President), Julie Joza, David Murison, Kirk Swanson and Marg Tupling (elected Executive Secretary) around the Council meeting table. We wish them a very fruitful year in their meaningful service to the mission and ministry of Mount Zion!

Supporting our Ministry

AT: February 28, 2011

<u>CURRENT</u>	2011	2010
Income	42,318	40,199
Expense	46,946	64,827
Balance	-4,628	-24,628

<u>BENEVOLENCE</u>		
Synod	5,893	6,320
CLWR	1,139	1,430
Open Sesame	1,500	270
Other	6,610	3,814

<u>CAPITAL</u>		
Income	2,284	2,214
Expense	0	0

Note: Potato Blitz donations:
\$567 vs \$528.10 in 2010

Council News

By Tim Ehrlich

Our first meeting of the new 2011 Church Council featured the introductions of six new council members. (This marked the first time in some time that we have had a full Council roster.) An election of officers was held and the new executive is as follows;

Dave Heldman - President
Judi Harris – Vice-President
Marg Tupling - Executive Secretary

Council was delighted to learn that Chris Kosumovic has volunteered to serve as Recording Secretary for regular meetings. We would like to thank Chris for this generous offer of time and talent which will enable our Executive Secretary to participate fully in Council discussions.

Council Liaisons for our various committees were also named. They are as follows:

Stewardship	Judi Harris and Shawn Rogers
Open Sesame	Helga Juergensen and Dorothy Hobson
Service	Judi Harris and Shawn Rogers
Mutual Ministry	Kirk Swanson
Learning	Julie Joza and Gilles Lamothe
Staff Support	Tim Ehrlich
Worship and Music	David Murison
Health Council	Marg Tupling
Property	Coralee Jyrkama and Gilles Lamothe
Finance	Dave Heldman (Tim Ehrlich as alternate)
Mountaineer	Tim Ehrlich

Each of these persons is tasked with communicating concerns with their respective committee(s). Speak to them directly if you have a question or thought to share with the various committees.

Preliminary discussions are under way to produce a new photo directory as it has been a few years since the last one. Dorothy Hobson has volunteered to play a lead role in this project. More volunteers will be needed to make it a success....that's a hint everyone!

So do let Dorothy know if you would like to help. Council is also planning a retreat to establish a vision going forward for Mount Zion and engage in some future planning.

A Personal Update **from Pastor Krister:**

(on February 27th Pastor Krister gave a verbal update to the congregation. Since then there has been some changes to his treatment which are included below)

Dear friends, last November, I told you that my cancer had returned and that I would keep you updated on further developments as information came available. Well, it is now time for such an update:

In early February I was at Princess Margaret Hospital in Toronto for a meeting with my surgeon and radiation/oncologist specialists. The news they had was not good, as they have discovered that the cancer has spread so fast and so much that it is now time for action. Two treatments have been prescribed.

The first will be a hormone treatment that consists of taking one pill a day, and receiving one injection every month for six months. This treatment has already begun, and I received the first injection on March 2nd.

Originally it was planned that following the six months of hormone treatment, will come six weeks of radiation treatment. Those treatments will be administered every day –Monday to Friday – throughout a six- week period that is expected to begin some time in September. However, after the first injection on March 2nd the doctors have now pushed up the radiation treatment to run concurrently with the hormone treatment. The anticipated starting date for the 6 weeks of radiation – Monday to Friday – is now May 9th. At the same time they have reduced the injection and I will only receive one more, scheduled for some time in June.

As some of you well know, there are of course side-effects to be expected from these types of treatments and medication – fatigue being one of the more pronounced I have been warned about. However, every person reacts differently, and I won't really know how I will react until I have experienced the process.

However, I do want to assure you that I will be available for pastoral ministry throughout the entire process with as little disruption as possible. I have been heartened by the encouragement I have received on this from members of Church Council and of the Mutual Ministry Committee. I have also met with Mutual Ministry to discuss any potential impact on my work as a parish pastor.

I will keep you informed as this battle with cancer continues. As you know, I am both an optimist and a firm believer in prayer. I thank you most sincerely for your continued prayers. I am in a wonderful company of believers here at Mount Zion in striving to meet and beat this challenge.

Thanks from the Youth

The Youth Ministry would like to extend our appreciation for the great response that we received from all who attended our Annual Pancake



Supper on the evening of Tuesday March 8th. The \$500 raised that evening will be faithfully applied to our upcoming youth trips. Our gratitude goes out to all who stepped forward and volunteered with fruit (thanks to Ira Needles Sobey's for the sausage!) and/or kitchen duties and helped to make our event a success. And as always, a special thanks to **Brenda Wynowsky** and **Anne Woolner** whose passion and ongoing dedication to the Youth Ministry program is not only invaluable but inspirational.

Robert Zilles

The Women's Auxiliary of Waterloo Lutheran Seminary

The Women's Auxiliary of Waterloo Lutheran Seminary thanks you for your help in the past towards their many projects.

This year the Auxiliary plans to upgrade the audio visual equipment and have already purchased a large TV and stand. Also, the Auxiliary will assist 4 students to take the Supervised Pastoral Education Course. This internship course is a requirement for Seminary students after they finish their second year.

Because this internship course is only available during the summer term, students are unable to work and the auxiliary takes on some of their expenses. The Auxiliary Executive also creates a pleasant atmosphere by weeding and planting flowers in the Seminary's garden. Your donation is very much appreciated. Please make the contribution to Mount Zion Church with the notation that it goes to Women's Auxiliary of Waterloo Lutheran Seminary or use the enclosed envelope. Thank You.

Rose Moore and Pat Edwards

Men's Breakfast



meets Saturday April 2 and Saturday April 16 at 8 a.m. at the Dearborn Family Restaurant in Waterloo.

Thinking Spring?

Think April Food Bank Drive!

Did you know?

- the Food Bank is a charitable organization that obtains and distributes emergency food from our neighbours to our neighbours.
- over 63,000 people in Waterloo region live below the poverty line.
- 38% of emergency food recipients are children under the age of 18, 21% are working, 14% are disabled and 3% are seniors.
- last year approximately 3,000,000 lbs of emergency food was distributed through food hamper programs, meal programs, and housing shelters.
- the Food Bank assists approximately 28,000 different individuals in our region each year.
- for every \$1 raised they are able to distribute over \$8 worth of emergency food.
- there is an ever growing need for emergency food for people on fixed incomes, the elderly and people working in low-paying positions.

Mount Zion again will participate in the Food Bank Drive for the month of April.

We ask you to bring in non-perishable food items and place them in the boxes in the Narthex. You may also make a monetary donation by indicating "Food Bank" on your offering envelope under "Other". For every dollar contributed, the Food Bank is able to purchase \$8 worth of food.



Out of thankful hearts let us be generous in helping our neighbours in need.

Ladona Riegert

Kiwanis Music Festival

Mount Zion will once again host of the Kiwanis Music Festival from April 11 to 16. If you have a half a day to spare, organizers are still looking for volunteers to act as either ushers (check in for contestants) or secretaries (assisting the adjudicator). Email Jim Walker at jjjwalker@sympatico.ca if you are interested.

The Digital Christian

By Tim Ehrlich



This month's Digital Christian has three suggested sites to explore:

Our own **Evangelical Lutheran Church in Canada** has an excellent site with relevant news items, a calendar of events, an excellent section on Ecumenical and International Life, and many other useful links. Visit it at:
www.elcic.ca

John Shelby Spong, former Bishop of the Episcopal Diocese of Newark, New Jersey, has long been a voice for progressive Christianity. His books have sold well over a million copies and his enduring popularity owes much to his ability to make contemporary theology accessible to the lay person. He is considered by many to be a champion of inclusive faith. If you are interested in experiencing Christianity "in a new and vibrant way" visit his site at:
www.johnshelbyspong.com

The third suggestion for this month is an educational site on **Islam, Muslims, its theology, human relations with Muslims and non-Muslims**. It contains articles on history, culture and everything else in Muslim life. The top of the page says. "Welcome with peace, be in peace, leave in peace." If you are curious about Islam and the Muslim faith, this is a great place to start.
www.islam101.net

To visit any of these sites, simply type the address as it appears above.

Tip - You can increase or decrease the size of the text on a web page (for easier reading) by holding down the Ctrl key and pressing the plus (+) or minus (-) key.

Mount Zion Women's Retreat



Our 26th Annual Retreat will be held Fri. April 29th - Sun. May 1st at Camp Edgewood. Pastor Karen Kuhnert will lead us in the theme "Memories are made of this". Cost is \$85. for a limited number of real beds at Poolside or bunk beds in Cedar Lodge.

Register early as there are women from other congregations who will be planning to attend once again. Check the bulletin board for registration forms and give yourself the gift of a wonderful week-end at Camp Edgewood. For more information call or speak with Carol Ziegler, Pat Edwards or Pam Buchan.

The Mountaineer

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April 15, 2011**

*Please send your comments, ideas and updates to
gastmeier@rogers.com*

