

The

Mountaineer

A Publication of Mount Zion Lutheran Church

Volume 5 No. 2 February 2009

Annual Meeting

Mount Zion Evangelical Lutheran Church

February 22, 2009

11:00 a.m.

The meeting will follow a single service at 10:00 a.m.

A note from our congregational president

Good News Kicks Off New Year

I hope everyone is having a wonderful 2009 so far. I just wanted to deliver a quick update on the status of our congregation's Call to Pastor Krister.

Pastor Krister has accepted our call. This week, he mailed his official acceptance to Synod office. He is very, very excited about joining our ministry team and our community here at Mount Zion.

Pastor Krister's wife of just a couple of months, Pastor Heidi, is a delegate to the ELCIC National Convention in Vancouver. He is hoping to join her at the end of June for a couple of days in order to meet her mother, sister and family – and generally discover her western roots. His official start date with us will therefore be July 13th.

So what of the time between now and July 13th?

As we indicated at the congregational call meeting, Pastor Krister was aware that should our congregation call him to Mount Zion, there would be a long transition time due to his commitment to his son, to stay in Belleville until the end of his final school year. Pastor Krister has talked with the Council of Holy Trinity – his current parish. They empathize with our position and the long transition time. To that end, they have graciously consented to Pastor Krister spending one Sunday

in March, April, May and June with our congregation

This will allow us to get to know Pastor Krister and him to know us. Pastor Krister and Pastor Tanya have been in conversation and are working out a schedule of Sundays that he will be with us. His first Sunday with us will be March 8.

We are also pursuing additional support for our ministry team between now and July 13th, by extending Pastor Ev's interim ministry with us.

Chris Kosumovic

Inside this Issue

Congregational President's, Chris Kosumovic's note to the congregation is indeed good news setting Mount Zion off to a terrific start this year.

Because February is Heart Month our inside pages are dedicated to exactly that. Gerry Roeder writes about having a happy heart and Parish Nurse Betty Behm talks about the mechanical heart.



Additionally we have news of the GHDA's work in Gaza and celebrations and passings in the congregation.

You've Got To Have Heart

By Gerry Roeder



I remember an acronym that I heard a few years back used by one of the Evangelists that frequent our TVs that has stuck with me. It was stated that J-O-Y as the key to lasting happiness: Put **J**esus first, **O**thers second, and **Y**ourself last.

To love Jesus first means keeping him in our heart at all times. This is done through prayer or actions to help our neighbours or those less fortunate. This type of teaching is meant to help us to remember to love others and ourselves.

The true meaning of Joy relates to happiness. Having a happy heart is not only appreciated by those around you, but is considered very healthy as well. In every religion the heart is celebrated as a place of harmony, compassion, and love. As a Christian the more we care for the happiness of others, the greater is our own sense of well-being. As Jesus taught us love your neighbour as yourself.

When I was younger I actually used to think that romantic love was the best possible use of a person's heart. In later years I've found that the love we feel for our family and friends can also be shared with everything and everybody. As it states in 1 Corinthians 13:3 "I may have all the faith to move mountains – but if I have no love, I am nothing", verse 11 "love is eternal", and verse 13 "faith, hope and love; and the greatest of these is love. Our heart and the gift of love from God is what we all need to nourish and strive for.

It's our inner being which controls the emotions of our heart. When we were created God made our body so we could relate to each other. He then breathed life into us through a living spirit which became our soul. Our heart is the eye of the inner being. The real you is not the one you see in the mirror every morning - the real you is

the one who is in your heart and mind – it's the inner you.

Perhaps this is why we have so many divorces. People often marry the body, a handsome man or a pretty woman. When the true heart of the inward person becomes better known, there is sometimes disappointment.

It's interesting to ask yourself, which is the real me? For example a friend comes to visit unexpectedly. I say "welcome, good to see you". Inside my inner self is thinking "I haven't got time to see this guy, how can I get rid of him". The real me is the one on the inside. Which is the real you? Think about it.

The real you (or our Christian heart) is also what you do and what you think when your alone. It's easy when at Church or with friends to put on a good front. Everybody is looking at me, I have to behave properly. The true test is when I'm alone – that is the real me.

When we take Holy Communion, it is said we should examine ourselves - our inner selves. It's easy to check our outward appearance in front of a mirror, but how often do we check our inward person. What are the motivations? what are the things inside you nobody sees? Is your heart pure at all times? Is your inner self being tempted to do things and think things we shouldn't?

Our senses – sight, sound, smell, taste and touch make up forces that lead us to temptations. Having Christ in our hearts helps us to remain disciplined. Part of this is because we have a conscience which tells us "yes, this is good" or "no, this is bad". Your heart ultimately makes the decision which sometimes does not agree with your conscience. The struggle to obey these feelings is what Paul described in the Romans 7:15 "I do not understand what I do. For what I want to do I do not do, but what I hate I do."

Having Jesus in our lives gives us a chance to overcome temptations and become the personality we want to become. As Christians we sing the praises in Psalm 51:10. "Create in me a clean heart, O God, and renew a right spirit within me."

We are blessed to be Christians to serve wholeheartedly in prayer, worship and the giving with our hearts of time and resources.

Dear Lord, I confess that I am one of your disobedient children. Many times I believed I had no power to overcome temptation. Come into my life with forgiveness and give me a clean heart and renewed power through Jesus Christ. Amen.

Engaged or Enraged

Dennis Eaton

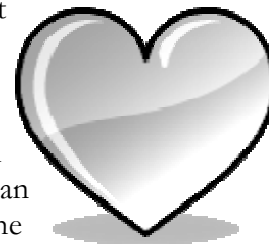
I enjoyed reading Gerry's article in this issue of the Mountaineer about having a heart. In contrast, this morning's Record had an article that pointed out how far we are from making the "Kingdom of God" a reality. The public inquiry into Robert Dziekanski's death after being tasered five times in the Vancouver airport is appalling. He spent eight hours in the security area after arriving from Poland, confused by a language he didn't understand and allowed to wander in the security area for hours with no known reason and with little or no help. Officials told his mother who was waiting to pick him up that they couldn't find him, others refused to help, and all in all there was an indifference masquerading as an official bureaucracy. The inquiry will surely come to some conclusion about the malfeasance of officials. But then, maybe not.

From a Christian perspective however, one has to ask, where was the compassion, where was the heart? Is this what our world has come to? I would hope not although the most frightening aspect of this story is that incidents like this are happening every day. Not just in the airport, but throughout every community in the world. As Mount Zioners we have a tremendous responsibility, not to save the world, but be in the world as compassionate disciples of a God who expects much more of us.

Around Mount Zion

News of our membership

This past month we had both celebration and mourning. We note the passing of **Orley Neeb** a charter member of Mount Zion and for the last few years, a resident of Trinity Village. He was in his 95th year and up until the past year or so was an energetic piano player at the village. He was predeceased by his wife Lilly who was also a resident of Trinity.



On the same day, January 4th, **Sandy Murison**, a long-time member, passed away suddenly at his home. We remember Sandy for his engaging smile, his dry wit and willingness to assist wherever there was a need. Sandy served on Council, numerous committees including our new website committee and the editorial committee for the Mountaineer. He did the original layout for our community garden and personally hung all the Mount Zion mission statements in the meeting rooms. An ardent supporter of the House of Friendship, he served on their board and volunteered at several of their locations.



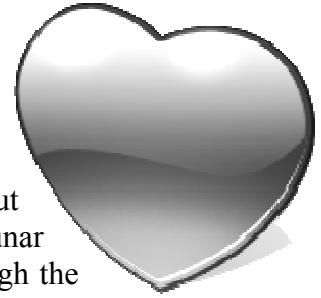
During the month of January we celebrated the birthdays of **Emily Dolbeer, Charlie Ernst, Delton Glebe, Bernice Ludwig, Erik Pistol Kors, Peter Von Harpe and Ruth Stromberg**. All over 80 and Delton at 90 and Peter at 94 years.

In February we will celebrate the birthdays of **Lilly Intschert, Neil Moore, Erna Wilk, Harry Wendell, Bernice Huehn and Doris Kanold**.

Thank you to **Brenda Wynosky** and **Anne Woolner** for their continuing work on the birthday celebrations and the opportunity for fellowship

Heart Matters

By Betty Behm, Parish Nurse



The heart is a muscular organ in all vertebrates responsible for pumping blood through the blood vessels by repeated, rhythmic contractions. The term *cardiac* (as in cardiology) means "related to the heart" and comes from the Greek καρδιά, *kardia*, for "heart."

The heart is composed of cardiac muscle, an involuntary muscle tissue which is found only within this organ. The average human heart, beating at 72 beats per minute, will beat approximately 2.5 billion times during a lifetime (about 66 years). In the resting adult, the heart normally pumps between 4-6 liters of blood per minute throughout the body. No change in resting heart rate occurs with aging.

In normal adults, the mass of the heart is 250-350 g (9-12 oz), or about three quarters the size of a clenched fist, but extremely diseased hearts can be up to 1000 g (2 lb) in mass due to hypertrophy.

In animals, the function of the right side of the heart to collect de-oxygenated blood, in the right atrium, from the body and pump it, via the right ventricle, into the lungs (pulmonary circulation) so that carbon dioxide can be dropped off and oxygen picked up (gas exchange). This happens through the passive process of diffusion. The left side collects oxygenated blood from the lungs into the left atrium. From the left atrium the blood moves to the left ventricle which pumps it out to the body. On both sides, the lower ventricles are thicker and stronger than the upper atria. The muscle wall surrounding the left ventricle is thicker than the wall surrounding the right ventricle due to the higher force needed to pump the blood through the systemic circulation.

Starting in the right atrium, the blood flows through the tricuspid valve to the right ventricle.

Here it is pumped out the pulmonary semilunar valve and travels through the

pulmonary artery to the lungs. From there, blood flows back through the pulmonary vein to the left atrium. It then travels through the mitral valve to the left ventricle, from where it is pumped through the aortic semilunar valve to the aorta. The aorta forks, and the blood is divided between major arteries which supply the upper and lower body. The blood travels in the arteries to the smaller arterioles, then finally to the tiny capillaries which feed each cell. The (relatively) deoxygenated blood then travels to the venules, which coalesce into veins, then to the inferior and superior venae cavae and finally back to the right atrium where the process began.

Keeping your heart healthy really does matter as it provides the lifeblood to all the cells in the body.

Supporting our Ministry

AS AT: Dec 31, 2008

<u>CURRENT</u>	2008	2007
Income	273,670	319,545
Expense	230,429	310,368
Balance	43,241	9,177

<u>BENEVOLENCE</u>		
Synod	41,500	39,638
Global Hunger	10,254	10,808
Open Sesame	10,920	12,220
Other	21,196	16,675

<u>CAPITAL</u>		
Income	16,268	24,221
Expense	17,945	18,481
Mortgage Income	18,185	19,984
Mortgage Interest	1,170	2,158

Together in Worship

Sunday, February 1 **EPIPHANY 4**

Rev. Tanya L. Ramer, Presiding

Rev. Everett Mossman, Preaching

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & Sunday School 10:45 am

Sunday, February 8 **EPIPHANY 5**

Rev. Tanya L. Ramer

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & Sunday School 10:45 am

Sunday, February 15 **EPIPHANY 6**

Rev. Everett Mossman, Presiding

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & Sunday School 10:45 am

Sunday, February 22 **TRANSFIGURATION
OF OUR LORD**

Rev. Tanya L. Ramer, Presiding

Affirmation & Holy Communion 10:00 am

No Confirmation

Annual General Meeting 11:00 am

Wednesday, February 25 **ASH WEDNESDAY**

Rev. Tanya L. Ramer, Presiding

Holy Communion 7:00 pm

Aid reaches Gaza

CLWR News Service

Three truckloads of food, milk, blankets and medical supplies from CLWR-supported Action by Churches Together (ACT) International have now reached Gazans in desperate need of assistance. Medical supplies have replenished scarce stocks at the Ah Ahli Arab Hospital, one of the few hospitals that still can operate in Gaza City. High protein biscuits are being distributed to highly vulnerable children and nursing mothers who have sought refuge in United Nations (UN) schools and shelters.

The initial three trucks of aid included 12,000 cartons of high protein biscuits, 20,300 litres of fortified milk, blankets and quilts, and close to US \$68,000 worth of medical supplies.

The logistics of delivering the goods to Gaza are quite tedious and lengthy, especially with the restrictions on movements, the constant fighting and bombardment, and the fact that international organizations have been directly affected by shelling as well. On Tuesday the UN adopted measures to streamline the complex process. All supplies and equipment are now handled in a centralized system whereby all truck transport into Gaza will be monitored and managed by the UN with distribution by UN vehicles.

Delivering aid to the conflict zone is a difficult and costly process. You can support the continued delivery of supplies and food for innocent civilians affected by this conflict by making a contribution online at www.clwr.org/donate or by calling 1.800.661.2597. Members of the Evangelical Lutheran Church in Canada can donate through Global Hunger and Development Appeal by calling 1.888.786.6707 or visiting www.elcic.ca/GHDA.

Thank You From The Service Committee

This past October, a total of \$917 was raised for the Foodbank of Waterloo Region and we collected 132 pounds of food. Gwen Ann Jorgenson, from the Foodbank of Waterloo Region, attended the November 30th Worship Service where she was presented cheque from "**Mrs. Foodbank.**" Thank you so much Mount Zion for your generosity and participation in this worthwhile community cause.

A total of \$294 was raised from the sale of **Rose Frim's** cards during the month of November. All proceeds were donated to Global Hunger and Development Appeal. Thank you to all who purchased the cards and especially to Rose Frim for sharing her talents with us!

Christmas Turkey Drive Surpasses Goal!

WATERLOO REGION – With little less than a week to go in the 2008 Christmas Turkey Drive in support of **House of Friendship**, local businessman and Rotarian, Jim Erb was not sure if the Kitchener-Conestoga Rotary Club would meet its goal of \$125,000, "It was different this year – the economy was tough." But then the phone started ringing, people started stopping by, and the donations started to grow, and grow, and grow.

Through an outpouring of support the Kitchener-Conestoga Rotary Club not only met its goal, but surpassed it to raise \$154,561.76. "It really is remarkable," reflects Erb, "To think where we were and how the community responded...truly remarkable."

Donations dramatically picked up as Christmas approached, and as House of Friendship and Rotary volunteers began to hand out turkeys and chickens to local families as part of their Christmas Hampers. Approximately 550 volunteers helped pack and deliver 3,195 Christmas Hampers to families in need in December (the most ever!).

Join the Mountaineer for Coffee



When the editorial committee of *The Mountaineer* meets, we have great discussions over coffee. Once a month, we meet to discuss ideas for articles for the next edition.

If you have an interest in communications, theology and Mount Zion, consider joining us.

Give Dennis Eaton a call at 884 3421 The coffee is on us.

The Mountaineer

is the newsletter of:

Mount Zion Lutheran Church

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Rev. Everett Mossman, Interim

Editorial Committee: Dennis Eaton, Karen Gastmeier, Jim Widdecombe Tim Ehrlich

Please send your comments, ideas and updates to

gastmeier@rogers.com

Deadline for March Issue:

February 15, 2009

Women of Mount Zion

MARK YOUR CALENDARS

WOMEN'S RETREAT

April 24-26

Leader - Pastor Bonnie
Schelter-Brown
(Watch for further
information)

GIRL'S NIGHT OUT

May 29

(at the home of Anne
Woolner)



Pancake Supper

The Youth of Mount Zion will once again be holding their very popular Pancake Supper. There is a Sign up sheet in the Narthex

February 24



Come to the Cabaret!

Tickets will be on sale in the narthex for a *Cabaret Night and Silent Auction* being held at Mount Zion on February 14, 2009. Bidding on a fabulous array of Silent Auction items will begin at 7:00 p.m. Talented local artists take the Cabaret stage at 8 p.m. when you will be entertained with a an assortment of show tunes. Tickets are \$30. Munchies will be provided and there will be a cash bar.

All proceeds from Mount Zion's *Cabaret Night and Silent Auction* will be donated to Supportive Housing of Waterloo (SHOW)

...**Right this way your table's waiting.**