

The

Mountaineer

www.mzlc.ca

A Publication of Mount Zion Lutheran Church

Volume 7 No. 1 January 2011

The Congregational Annual Meeting – *why you should be there!!!*



The Annual Meeting is the most important decision making tool of the congregation. It is the forum where you have a chance to help shape the future direction and vision of the congregation.

In view of the importance of the meeting it was good that in 2010 there were 108 persons at our Annual Congregational Meeting. However, that meant that 108 persons were making decisions for the congregation on behalf of all members – including those not present!

It is important that YOU are at the meeting to add your voice to the discussion, and participate in the decisions that will be made.

This year we will discuss, among other things:

- The change in the By-laws around transparency. The amendment is in the Bulletin of Reports, the entire new By-Law can be found on our website – www.mzlc.ca. (under documents)
- The 2010 Current account deficit of \$17,000.00, which follows a deficit of \$10,510.00 from 2009.
- A budget for 2011 will require an increase in giving if we are to meet it.
- We will elect members to church council. We will install them as part of this meeting so they will meet immediately following the meeting to begin their work.

**Annual General Meeting
February 6th,
following the 10:00 a.m.
worship service**

How Did Valentine's Day Originate?

– *A Lover's Question*

By Tim Ehrlich

Valentine's Day, while not an "official" or statutory holiday, enjoys a special place in our hearts, if you'll pardon the pun. It falls sort of in the middle of Christmas and Easter and gives us a bright moment in the middle of cold winter. It is a time to celebrate love and affection, especially for those dear to us. How did we come to celebrate love in this way?

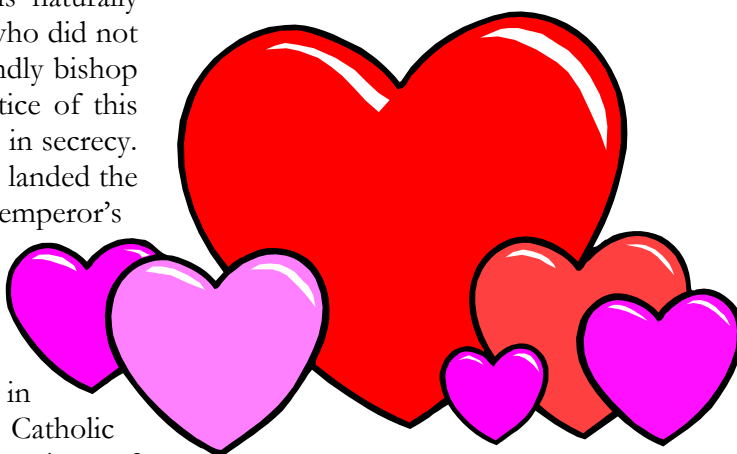
The origins of Valentine's Day are somewhat tough to pin down. Much of what we accept as the history has been obscured by time and the fact that there are no written archives to draw on. It's not even certain that there is a direct connection to either Feb. 14th or to a man named Valentine but it is generally agreed that the tradition arises out of the third century C.E.

Legend says it begins with a dispute about marriage ironically. During the reign of the Roman emperor Claudius II, a prohibition on marriage for young men was proclaimed. Claudius felt that the emotional attachment to their families made them less effective soldiers. The penalty for defying this edict was execution. This naturally came as quite a shock to the Romans who did not dare to protest on pain of death. A kindly bishop named Valentine recognized the injustice of this decree and began to conduct marriages in secrecy. It was only a matter of time before this landed the good bishop in jail awaiting the emperor's judgement. While in jail, Valentine was befriended by his jailer, a man named Asterius who had a blind daughter. He had heard this priest had saintly powers and requested help in restoring the sight of his daughter. Catholic legend has it that Valentine succeeded by virtue of his strong faith. Valentine upon questioning from the emperor refused to recant or renounce his faith. While awaiting his execution Valentine, who had become friends with both the jailer and his daughter, requested a pen and paper to compose a

farewell note signing it "from your Valentine. The rest, as they say, is history, or in this case enduring legend.

The connection with the date is also unclear, however, the Roman fertility feast of Lupercalia began on Feb. 15th. Valentine was said to have died on Feb. 14. and there is a long tradition of renaming pagan holidays after Christian martyrs. Valentine's Day was established as a religious day of observance by Pope Gelasius I in 500 C.E. and remained so until it was deleted from the Roman calendar of saints in 1969.

The tradition of celebrating romantic love continues, its popularity undimmed.



Celebrating the Leupold Legacy...

inspiring lives of leadership and purpose

Mount Zion is blessed to have a wonderful connection to Rev. Dr. Ulrich Leupold. He acted as our first organist, and when ten years ago, Mount Zion purchased a new organ, it was dedicated in his memory. His wife Gertrude remains a member to this day. His son Mark has joined in several celebrations here at Mount Zion.

Because Dr. Leupold was important, not only to the life of Mount Zion, but also to life of our synod, the Eastern Synod and Waterloo Lutheran Seminary have joined with Wilfrid Laurier University's Faculty of Music to hold a special day at the Seminary entitled *Celebrating the Leupold Legacy... inspiring lives of leadership and purpose*.

The event will take place on Saturday, March 5 at Waterloo Lutheran Seminary which is at the corner of Albert and Bricker Streets.

The Leupold legacy is one of music, Ulrich Leupold continues to be an often quoted writer having edited the English volume of *Luther's Works* on Liturgy and Hymns -but that is not all.

His life and career are interwoven with that of the church and university that he served as a pastor, teacher, administrator during exciting times in our national and world history. The Leupold years in Canada extended from 1939 to 1970. His time in the Synod covered WWII and post-war re-organization of displaced persons and economies. On campus his time included the expansion of the university, plus the creation of music programs evolving into today's Faculty of Music at Wilfrid Laurier University.

He was instrumental in the organization of student ministries such as Lutheran Campus Ministry and InterVarsity Christian Fellowship. Within the Seminary the Leupold years included the beginnings of Clinical Pastoral Education and the Pastoral Care and Counselling programs.

On March 5, the seminary will transform its classrooms and halls into an historical open house

of treasures from the WLU, Seminary and Synod archives. During the afternoon, noted musicologist and author, Dr. Paul Helmer will discuss Dr. Leupold's contributions, to music, to theology and to Waterloo.

And of course there will be music! The seminary chapel will come alive with tributes to the music that Dr. Leupold loved from the WLU Alumni and Chapel Choirs and members of the Leupold Chorale. Professor Margaret Leask from the Religion and Culture Department, WLU and chair of the event expects that approximately 50 choristers under the direction of Elvera Froese will perform as part of the afternoon's recital.

Following the lecture Bishop William D. (Bill) Huras will deliver a tribute to Dr. Leupold and speak to his contributions to church and society.

So come remember, come listen and immerse yourself in a piece of our heritage, the Leupold Legacy.



Celebrating the Leupold Legacy...*inspiring lives of leadership and purpose.*

Saturday, March 5, 2011

**Waterloo Lutheran Seminary
(corner of Bricker and Albert Streets in
Waterloo, On)**

**Open House: 1 – 5 p.m.
Lecture/ Recital: 1:30 p.m.
Tribute: 4:00 p.m.**

Admission: Free



Caring Connections

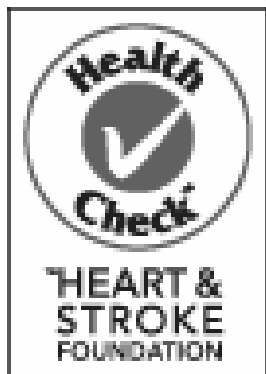
by Betty Behm , Parish Nurse

Web connections to a healthy heart

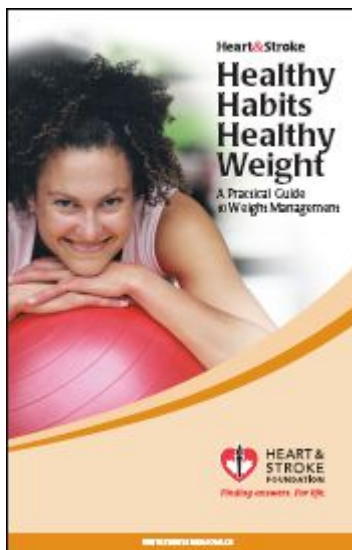
The Heart and Stroke Foundation website has many resources which we can access to learn about healthy eating and weight management. It might be worth taking a few minutes to browse through this page at your leisure and make note of a few suggestions to follow if you feel in need of making some healthy changes in your diet or lifestyle.

For many any our society, the busy-ness of juggling career, family and other commitments, makes it impossible to plan daily menus and commit to looking after your own health needs. Fast food restaurants abound and make this an easy choice to fit our busy schedules. However, by following the heart healthy recipes available, it is simple to plan for nutritious meals that are fast and easy to prepare and provide the family with valuable time together.

Heart Healthy Recipes are low in saturated fats, cholesterol and salt, rich in nutrients and fibre.



Health Check is one way the Heart and Stroke Foundation is helping Canadians eat well. When shopping for your recipe ingredients, look for the Health Check symbol for healthy choices.



Healthy Habits Healthy Weight: A Practical Guide to Weight Management

is a document filled with helpful and health filled ideas to attain and maintain healthy weight. Copies can be down loaded from the website at:

<http://www.heartandstroke.com>

Have fun browsing the web!

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**Deadline for March Issue,
February 15, 2011**

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

House of Friendship Potato Blitz

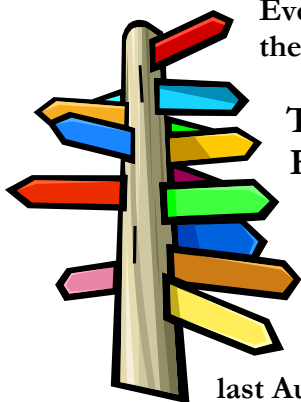
It is once again time for the House of Friendship Potato Blitz. The purpose of this project is to raise funds and potatoes to meet the annual need for emergency food supplies. Approximately 170,000 pounds of potatoes are needed by the House of Friendship to serve over 42,000 people in its 18 programs. With cash donations they can purchase potatoes year round for a fixed price of 10 cents per pound from their supplier, Marhaven Farms of St. Jacobs.



Mount Zion members will once again be able to participate in this project on the **Sundays of February 13th and 20th**. For \$2 you will be able to place your name on a cut-out potato which will be hung in the narthex. You are certainly welcome to pay for more than one potato.

Last year we raised over \$398 for the Potato Blitz. Let's see if we can do even better this time. Thank you in advance for helping to feed our neighbours in need.

45 Plus Group



Every one is welcome to join the 45 Plus Group on

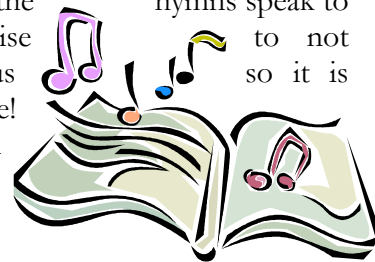
**Tuesday,
February 22nd
at 1.30 pm**

to hear about the trip that
Pastor Judi Harris led to
Italy, Austria and Germany
last August.

Slides and commentary will be provided by "guests" Willi and Helen Bauer and, Gary and Sue Parker.

Adult Education – Speaking the Hymns

During the month of February Pr. Krister will lead a 4 part study session on the words in some familiar and new hymns from the different Seasons of the church year. We will look at what is said, what we think the author is telling us and how the words in the hymns speak to us. Pr. Krister promise to not sing the hymns for us so it is safe to be there! Everyone's opinion matter and all are welcome!!



The same topic will be offered both in the daytime and evening

Daytime: Thursday February 3, 10, 17, 24
Time: 3:30 - 5:00

Evening: Wednesday February 2, 9, 16, 23
Time: 7:00 - 8:30

If you have hymn suggestions you want to include in the study, please write them *out (hymn name and/or number)* and put it in the **Suggestion Box** on the ledge by the church office in the Church Entrance way. Please note that we may not be able to use all suggestions but will try to use as many as possible.

80+ Birthdays

Because of the Annual Meeting the 80+ birthdays, which is normally celebrated the first Sunday of the month, for February will be celebrated on **February 13th** following the 10:45 am worship service.

Confirmation Camp 2011

August 28 – September

2

Camp Edgewood



January 30 @ 9:50 - Confirmation parents will meet with Pr. Tanya to hear more about the Camp and have the opportunity to ask questions – this meeting will take place on in the Fellowship Hall

February 27 – Deadline (no exceptions) for **Vet Program** applications. You must be 14 years of age or older in the year 2011 to apply.

February 27 - Deadline (no exceptions) from **Confirmation Camp Councillor** applications. You must be 16 years of age or older in the year 2011 to apply.

For all application forms and/or more information contact Pastor Krister.

Mitten Tree Update

Joan and Jacquelyn Schweitzer recently received a thank you letter from Patty Hughes of Anselma House for Mount Zion's gift of mittens.

She thanked the knitters of Mount Zion and said "that the donation allowed the women and children to celebrate the holiday joyously knowing that there are people who care about them. Your generosity allows us to continue to offer peace and hope to all who come to our doors in times of crisis."



Thank you from the Ramers

Words seem so inadequate to express our thank you to the congregation for your support in 2010. During my sick leave, you helped our family with meals, daycare and through your prayers and support.

After Emma was born, your letters, phone calls and support for our family was so wonderful and very appreciated. And your gifts for Emma and at her baptism were so gracious and thoughtful. We are truly blessed to be a part of the family at Mount Zion and wish to say thank you to all of you.

We Need You!

Mt Zion is in need of people willing to serve on Church Council. This coming Annual Meeting we need to fill **7** positions. ***To date 4 persons have volunteered to let their names stand for election.***

Service on Church Council involves as a minimum a monthly Council meeting + being on one of the committees as a liaison. No previous experience needed. If you are interested in serving on Council please speak with Dave Heldman, Chair, or Pr. Krister.

Together in Worship

Holy Communion 8:45 am
Confirmation 9:50 am
Holy Communion and SCS 10:45 am
Readings:
Micah 6:1-8, Psalm 15,
1 Corinthians 1:18-31, Matthew 5:1-12

Sunday, February 6 **EPIPHANY 5**

Please note: One service only today

Confirmation 9:00 am
Holy Communion and SCS 10:00 am
Readings:
Isaiah 58:9-12, Psalm 112:1-9,
1 Corinthians 2:1-16, Matthew 5:13-20
**CONGREGATIONAL
ANNUAL MEETING** 11:00 am

Sunday, February 13 **EPIPHANY 6**

Holy Communion 8:45 am
Confirmation 9:50 am
Holy Communion and SCS 10:45 am
Readings:
Deuteronomy 30:15-20, Psalm 119:1-8
1 Corinthians 3:1-9, Matthew 5:21-37

Sunday, February 20 **EPIPHANY 7**

Holy Communion 8:45 am
NO Confirmation
Holy Communion and SCS 10:45 am
Readings:
Leviticus 19:1-2, 9-18, Psalm 119:33-40,
1 Corinthians 3:10-11, 16-23, Matthew 5:38-48

Sunday, February 27 **EPIPHANY 8**

Holy Communion 8:45 am
Confirmation 9:50 am
Holy Communion and SCS 10:45 am
Readings:
Isaiah 49:8-16a, Psalm 131
1 Corinthians 4:1-5, Matthew 6:24-34

Funerals:

Helen Raymond entered into life eternal on January 9, 2011. A celebration of her life took place on January 14, the Rev. Dr. Mark Harris officiating.

There were no baptisms or weddings in the month of January

A Mountaintop Experience!

Before we begin Lent there is Shrove Tuesday. Since Lent was a time of discipline and fasting, the day before this began became a feast!

Historically, the household oils had to be used up before Lent because they would not keep. This idea gave birth to Shrove Tuesday celebrations. In England the day is called Pancake Day or Shrove Tuesday - to "Shrive" is to forgive.

If Shrove Tuesday is a time for the traditional pancake supper in preparation for Lent, then our worship should reflect this festive mood as well.

However, we don't worship on Shrove Tuesday so the worship planning team and the Sunday Church School leaders have come together to plan Transfiguration Sunday worship, March 6 (the Sunday before Shrove Tuesday) as a special service with a mountaintop experience in mind.

This Sunday worship will feature special music will be upbeat and festive with different instruments involved besides organ and piano. We will affirm in our readings and in our prayers what the voice on that mountain told Peter - Jesus IS the Son of God.

March 6 is Transfiguration Sunday - an opportunity to experience a mountaintop experience before we join with Jesus in going into the somber valley of Lent.

Come, join with the Sunday Church School and let's end the Epiphany Season with a worship service celebrating the mountaintop experience!