

Mount Zion “challenged” at Installation Service

By Dennis Eaton

Lift High the Cross was the processional hymn that began our September 20, 2009 worship service celebrating the installation of Reverend J. Krister Ulmanis as co-pastor at Mount Zion. What followed was more uplifting music (including choirs from Mount Zion, Christ Lutheran and St. John’s Lutheran in Waterloo, and from St. Peter’s Lutheran in Cambridge) joyful congregational singing (in Latvian and Swedish as well as English!), thoughtful readings from scripture, and an inspiring and challenging sermon from guest preacher Reverend Heidi Wachowiak of St. Peter’s, Cambridge.

Pastor Wachowiak, who is married to Pastor Krister, gently reminded her husband that this day wasn’t really about him. As Dennis Eaton writes below, Pastor Heidi then set about issuing a challenge to everyone at Mount Zion:

“It starts,” she said, “with God. God is on a mission and has been from the beginning of time, and we have the privilege and responsibility as people of God at this time and in this place to be a part of that. We need to listen – to be open – to be willing to do what it is that God calls us to do, here and now.”

Dennis noted that during fellowship after the installation service, and in the weeks since, he has heard many in the congregation comment on Pastor Heidi’s “challenge” and the need to be proactive in our community and our world. Several also wondered if we really can do much more when all of us are so busy with work, school, social activities and our individual charitable efforts.

Nevertheless, in the recent Thanksgiving Sunday video/sermon on the activities of the Eastern Canada Synod, it was clear that by acting *in concert* we can do many things as a group that otherwise would be left undone. Returning to Pastor Heidi’s challenge then, we are encouraged to reflect on our mission as a faith group - on what is undone

and on God’s wish for us as we move forward with our new ministry team.

Emulating what other church bodies and institutions are doing is probably not the best answer. Pastor Heidi said “our preconceived ideas about what we think God wants us to do, need to go away, and we need to be open; really open; so that together we can be part of God’s vision.”

Using a ‘seed’ as a metaphor, she asked, “How are you to do this mission and ministry together?” Answer: “With lots of seed... we are to sow recklessly, on all kinds of soil and to try and try again.”

We were also reminded that we are not going to agree all the time on what our mission is, or think the same thoughts or dream the same dreams. Each of us has different gifts, different skills and abilities. Not any gift is better or worse, just different.

“Today”, she challenged “you promise each other to go forward from here – everyone participating, and once again it’s not for our own sakes but for the sake of God and God’s mission.”

Reflecting on that challenge, and recharged by our new ministry team, this is the opportune time to revisit our mission statement, update ourselves on our community and think clearly about Mount Zion’s role in God’s mission. We cannot and must not come up empty handed, we must not fail.

And where does all this start? Probably with our pastoral team and our Church Council together focusing on questions like: “How are we going to do this? What is the process which will involve all of us in carrying out God’s mission? When do we start?”

Are we up to the challenge?

Symbols of Advent

By Tim Ehrlich

One of the enduring characteristics of Christianity, as with all major world religions, is its rich use of symbols and traditions which provide continuity, focus, and relevance throughout many generations of believers. Lutherans have embraced many of these symbols and some of those surrounding the Advent season hold a special place in our hearts.

The Advent wreath is one of those symbols is widely used in most churches but was popularized by Lutheran from Northern Europe and, in particular, Germany. Advent comes from the Latin word “adventus” which means arrival or coming. The use of the wreath seems to have begun first, as a pagan symbol representing the wheel of the earth turning towards the sun in the dark days of winter. Christians adopted the idea with the interpretation that the circular shape of the wreath represents the eternal nature of God. The circle is made with evergreens such as yew, fir, laurel or holly. These symbolize the life that is found in Christ.

Most often, the wreath has five candles – three purple and one pink spaced equally around a central white one. Recently, we have been using four blue candles which distinguishes the season from Lent. The first candle is lit on the first Sunday and represents Hope. The second, lit on the second Sunday represents Love. The third which was pink and still is in some churches represents Joy. The fourth candle representing Peace is lit on the fourth Sunday. The fifth candle is white and usually called the Christ candle. It represents the light of Christ coming into the world.

There is another traditional configuration of the Advent wreath which uses four white candles. They are called, respectively, the Prophecy candle announcing the period of waiting, the Bethlehem candle symbolic of the



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preparations for the Baby, the Shepherd’s candle for the act of sharing Christ and the Angel’s candle of love and final coming. In the centre of these is a red Christ Candle.

In Northern Europe, another popular tradition uses an Advent Log. While serving as a practical receptacle for the candles, it also serves to express the bond between faith and life as nature. There are many variations ranging from ones holding candle for the four Sundays in Advent to candles for all of the days! One of the most common uses nine candles from Advent 1 to Christmas 2 including three for Christmas Eve through Christmas Day. The log itself may or may not have evergreen branches or cranberries surrounding it. Many families will keep the same log throughout the years and even generations.

So you see, there is no one right way to use these symbols. They can be as varied as the cultures that use them. The thing that remains the same, however, is that which the symbol represents. This is the waiting and anticipation of God’s blessed gift to us all. Jesus Immanuel.

All Saints – Our Past and Our Future together

- by Pastor Tanya Ramer

martyr: a person who is put to death for refusing to renounce a faith or belief.

All Saints' Day, which falls on November 1 each year, is a “feast day” that has been celebrated in Roman Catholic and Protestant churches for several centuries. It’s an occasion to remember all saints and martyrs, known and unknown, throughout Christian history.

Also known as All Hallows' Day or Hallowmas (*hallow* being an old word meaning Saint or Holy Person) it is the day after **All Hallows' Eve** (Halloween!). While dedicating a specific day each year to saints and martyrs has been a Christian tradition since the 4th century AD, it wasn't until 609AD that Pope Boniface IV decided to remember *all* martyrs.

Originally May 13th was designated as the Feast of All Holy Martyrs. Later, in 837AD, Pope Gregory IV extended the festival to remember *all* the saints, changed its name to Feast of All Saints and changed the date to November 1st of each year.

In 2009, in addition to those who have gone before them, we remember these saints who died at Mount Zion during the year: **Robert Heath, Orley Neeb, Sandy Murison, Gertrud Loeffler, Samantha Flannigan, Alice Schiestel, Agnes Maier, Elinore Beattie, Herbert Ullman, June Lindsay and Aileen Hiller.**

On this day of remembering those saints who have died, we also call to mind the new saints living among us who are just beginning their pilgrimage on earth. These new saints, recently welcomed into the family of Mount Zion and into Christ’s mission in the world, are: **Cassidy Doering, Isabella Aurini, Evelyn Jyrkama, Tessa Connor, Emery Morden, Colin Smith, Emily Graham and Sydney Tysiak.**

On every All Saints’ Day we join together, as one family, past, present and future in the one faith, one mission of God...to love, to serve, and to commune together.

for us, each of us in his own calling” (The Augsburg Confession, Article XXI)
Amen!

An Update from SHOW (Supportive Housing of Waterloo)

We are pleased to announce that our building permit was received on September 15th, and the jobsite is fenced, marked and work is commencing. We look forward to our goal of occupancy for early summer 2010. While the road to this point has been long and arduous it is rewarding to see our plans coming to fruition.

With the downturn in the economy, which coincided with the launch of our Capital Campaign, meeting those fundraising goals has been a challenge. That being said we’ve had great success with our public fundraisers – *Feast From the Heart*. We will continue to campaign for financial support from our communities.

Musicians Julie Baumgartel, Guy Few, Cynthia Hiebert Nadina Mackie Jackson and Boyd McDonald will perform at a fund raising concert on Saturday, November 21, 2009, 7pm at Westminster United Church in Waterloo. Tickets are available from Wordsworth Books or Barb Barnes. For further news on our project, upcoming events, pictures, and links, please visit our website

www.supportivehousingofwaterloo.org

Together in Worship

Sunday, November 1 **ALL SAINTS**

Rev. Tanya Ramer, Presiding

Rev. Krister Ulmanis, Preaching

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & SCS 10:45 am

Sunday, November 8 **PENTECOST 23**

Rev. Krister Ulmanis, Presiding

Rev. Tanya Ramer, Preaching

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & SCS 10:45 am

Sunday, November 15 **PENTECOST 24**

Rev. Tanya Ramer, Presiding

Rev. Krister Ulmanis, Preaching

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion 10:45 am

Sunday, November 22 **CHRIST THE KING**

Rev. Tanya Ramer, Celebrant

Holy Communion 8:45 am

NO Confirmation

Affirmation & Holy Baptism 10:45 am

Sunday, November 29 **ADVENT 1**

Rev. Krister Ulmanis, Presiding

Rev. Tanya Ramer, Preaching

Holy Communion 8:45 am

Confirmation 9:50 am

Holy Communion & SCS 10:45 am

Affirmation Service
10:45 a.m.

Baptisms And Marriages

Brittany Lamothe & Cory Bergman will be married on November 20th, 2009

Questions & Answers about Some of our H1N1 Flu Precautions

Q: Why are we still using the Common Cup in Holy Communion?

A: Because it's safe! It's an often-overlooked fact that the Common Cup, made of silver, is **death to germs!** Germs cannot survive on silver. So any germs from your mouth are killed on contact. The wine, with its 17% alcohol content, also assists in killing germs.

Q: But the Intinction Cup is made of silver too, so why can't we still use it?

A: Because there's too much risk that germs from our "dipping fingers" will never come in contact with the silver of the cup. Instead, they are likely to float in the wine and may not be killed immediately. It's better to avoid the risk by removing the cup.

Q: But what if I'm still not comfortable with the idea of using the Common Cup?

A: Then consider picking up an individual cup, either a silver chalice or a disposable plastic cup, from the tray at the front, and go to the person with the *Pouring Cup* (that's the old Intinction Cup) to receive your wine. Place your used cup in the tray available as you return to your pew.

Q: What if I'm still not sure about what I want to receive?

A: No need to worry. If you are more comfortable receiving only the bread (or only the wine) those are options as well, because the sacrament is *complete* in one element.

Q: What about Sharing of the Peace / Shaking hands with the pastors after worship / Shaking hands with the greeters?

A: Do what is comfortable for you! If you feel uncomfortable sharing the peace by extending your hand, or shaking the hand of the greeter as you come into the building, simply cross your arms in front of you (or you can also nod or bow). Do the same when greeting pastors. They

will not be offended if you chose not to shake hands following worship.

For additional protection, please use the **disinfectant hand cleansing stations** when entering the worship space and/or to go to them after the sharing of the peace to sanitize your hands. The disinfectant dispensers are located at each entrance to the worship space.

Have other questions? Speak to Parish Nurse Betty Behm, or to Pastor Tanya Ramer, or Pastor Krister Ulmanis. (If you'd like to see Mount Zion's full Pandemic Policy, visit the Documents area of our website at www.mzlc.ca) Some printed copies are available in the narthex.

Remembrance Day: a day to pray for Peace

November 11, 1918, was the date of the armistice that ended World War I, the First World War – the *Great War* as it was once called. That war claimed, from young Canada alone, nearly 235,000 dead and injured.

It was also *The War* whose end was supposed to bring an end to all war. But it didn't. And 71 years later it still hasn't. Nor have any of the wars since.

So what do we make of this day of remembrance that was instituted so long ago?

Surely, it's good to remember that it began as a day of peace and mourning. It still is that. It's fitting to remember lives lost and sacrifices made in whatever time or type of war.

Could any of these wars have been avoided – maybe. Could future wars be prevented – hopefully. We pray so. We pray constantly in Church for peace in the world. Let's continue to do so—fervently.

And what better day to renew our prayers than November 11, Remembrance Day, a day that began as a day of peace and hope.

Caring Connections

By Betty Behm, Parish Nurse

Cold, Flu, H1N1?

The common cold, seasonal flu and H1N1 are all respiratory illnesses, but they're caused by different viruses. Infectious disease experts say people need to be aware of the symptoms

Symptoms of the cold are more common, and can make the patient miserable for three to five days. A patient usually has a stuffy nose, congestion, some body aches and a growing cough.

Seasonal flu and H1N1 symptoms consist of fever, more painful body aches, dry cough, diarrhea and severe fatigue. It's hard, without testing, to tell apart the seasonal strain of flu from the H1N1 variety. People need to take notice when they begin to feel bad. If they start to have respiratory problems, or are dehydrated because of a bug, they should go to the doctor. It could be H1N1 or seasonal influenza. Some people with influenza can get very sick and could end up in the hospital if it's not taken care of.

People at greatest risk for catching H1N1 include young people ages 6 months to 25 years, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease. These groups, as well as health care workers should get vaccinated first.

The seasonal influenza vaccination is especially important for people at high risk of serious flu complications, including children ages 6 months to 18 years, people with immune system problems, women who plan on being pregnant during the flu season, those 50 years and older and health care workers.

SEE YOUR FAMILY DOCTOR TO GET YOUR FLU SHOTS NOW!

Open Sesame Up-Date

Open Sesame's Committee met on Thursday, October 8th. Ironically, that same day the Waterloo Region Record contained an article entitled "Fewer Children Ready for School". The statistics quoted "almost one in five senior kindergarten children in Waterloo Region are not ready to start school", reinforcing the importance of our work at Open Sesame Headstart Preschool. You can read the complete article which has been posted on the church bulletin board in the narthex.

This fall we have ten special needs children (eight boys and two girls) with most of our referrals coming from KidsAbility. It's always challenging to work with children who have behavior issues, delayed speech and English as their second language. However, the parents have reported a few English words being spoken at home so we have already made some progress in just a few weeks. Thankfully we have five students from W.L.U who have joined with our faithful regular volunteers to make a difference in these children's lives.

The Parent Support Group includes three fathers this year. Our Parish Nurse, Betty Behm will be meeting with them in November to discuss the H1N1 flu season.

The Open Sesame children have had a puppet show connected with the Waterloo Regional Health Unit on the proper way in which to wash their hands, and the importance of it. On October 19th the children and their parents will be going on a Field Trip to Shantz Farm.

A Big Thank You to each of you who continue to support Open Sesame through financial contributions, working as a volunteer and with the purchase of grocery cards for Zehrs or Sobeys from Ann Crossman or Mayda Scoins.

Big Celebrations this month.

We celebrate with joy the birthdays this month of *Ed Buder, Catherine Bauman, Willy Nassau, Marta Schafer, Helga Von Aderkas, and Margaret Heick* and all those others we missed. May you blow out all those 80 plus candles with one huff and puff.

We also take note of the award of Volunteer of the Year to *Willy* from the Ontario Association of Art Galleries. You may also recall that Willy volunteered his time and talents in assisting us in making the video from "Vision to Mission", a history of the early years of Mount Zion.

Congratulations too to *Parish Nurse, Betty Behm* who graduated with honours with her BScN on October 23 from Ryerson University. Along with her degree, she also received a certificate in Leadership and Management for Nurses.

Supporting our Ministry

AS AT: Sep 30, 2009

<u>CURRENT</u>	2009	2008
Income	179,106	192,632
Expense	<u>201,511</u>	<u>173,402</u>
Balance	-22,405	19,230
 <u>BENEVOLENCE</u>		
Synod	26,099	26,886
Global Hunger	4,880	6,231
Open Sesame	8,820	8,680
Other	16,959	11,050
 <u>CAPITAL</u>		
Income	10,388	11,411
Expense	23,161	1,616
Mortgage Income	11,953	12,583
Mortgage Interest	335	954



**“Advent und Weihnachts Lieder
mit Schriftverlesung”**

Tuesday, Dec. 15th, 2009

7:30 pm

at

Mount Zion Lutheran Church

29 Westmount Road, South

Waterloo, Ontario

Women of Mount Zion

BOOK STUDY

Wednesday, November 4,

7:15 pm

**“The Memory
Keeper’s Daughter”**

By Kim Edwards

Books are available in the narthex

Cost - \$16.75

Wendy Patrick will
be leading the discussion

The Mountaineer

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Please send your comments, ideas and updates to

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***Deadline for December issue
November 15, 2009***

**SHOP
and Support
Open Sesame Too**

**With a simple purchase of Zehrs and
Sobeys grocery cards you can support
Open Sesame.**

Here's how it works. You buy a either a Zehr's or
Soby's Grocery Card from Ann Crossman or Mayda
Scoins. For every \$100 purchase Open Sesame
receives \$5.

Talk to Ann or Mayda after the service