



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

Christ is Risen!

Holy Week at Mount Zion

April 14 - 21



Palm Sunday 10 a.m.

Maundy Thursday 7 p.m.



Good Friday 10: a.m.



Easter Sunday 10 am

“We Cry Out for the Resurrection of Our Lives”

Pastor Nancy Kelly

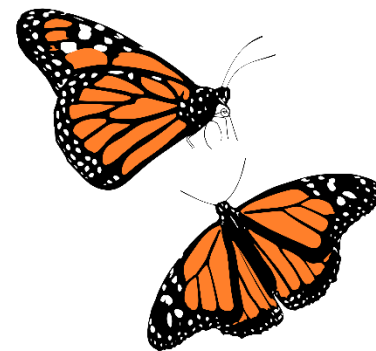
As a volunteer on-call chaplain at Grand River Hospital, I have the privilege of accompanying individuals and their families at the time of death. Maybe that's why I'm drawn to the story of Loretta Downs¹, a woman who calls herself an end-of-life caregiver. As part of Loretta's vocation, she raises monarch butterflies in a milkweed meadow off an inner-city alley. Raising butterflies helps her reflect on life (which she is living), death (which she sees a lot of and will eventually experience), and life-after-death (which she believes in).

In springtime, Loretta hangs out in a field of milkweed, “searching for something so sacred,” she says, “it leaves me speechless.” She's searching for those little white dots on the underside of the milkweed leaves...dots so tiny and fragile they would “surely drown in a raindrop.” And yet, in Loretta's eyes, the little white dots are filled with new life.

Loretta knows it takes time for new life to simmer—a message for all of us who “cry out for the resurrection of our lives”. There are essential way stations on the journey. Places where change is happening, sometimes painfully. Places that make us perk up and take heart!

The butterfly's chrysalis is a “transformation chamber” where new life is working itself out even though we can't see it yet. The chrysalis is like Jesus' tomb during those three dark days after death did its worst. The chrysalis is like what's going on with all of us right now as we live in these bodies we think of as ours that are really on loan to us. The chrysalis is like the church following Jesus the best we can, held in the arms of God's grace.

All the butterfly stories that circulate at Eastertime don't keep monarch butterflies from being endangered. Neither do they keep us from being endangered along with the water, the air and the land. The whole earth needs resurrection. Death still breaks our hearts in private and public ways, leaving complicated grief and questions in its wake. As we pray in one of our Eucharistic prayers, “We cry out for the resurrection of our lives.” When I ministered with a fledgling Spanish-



speaking community in Kitchener many years ago, I experienced two very distinct Good Friday services that left my head spinning. The English service focused on *personal* resurrection: Jesus' new life after death and the new lives of loved ones after death—a message of wonder, mystery and comfort.

Later the same day, worshipers at the Spanish service meditated on *communal* death and resurrection. They heard the call to new life that doesn't happen for anyone until it happens for everyone. New life for world powers with nuclear arms. New life for endangered habitats and species. New life where mistrust in the government, poverty and divisions threaten the well-being of all of us. New life for God's creation everywhere.

When we've had enough of suffering and death, Jesus is our companion on the flesh and blood journey from death into life. This is our hope and this is our promise as we continue to cry out for the resurrection of our own lives, the lives of those we love, and the lives of those we've never met.

Even now, living together in community, we catch little wiggling glimpses of new life that expand our views of resurrection beyond ourselves and own doubts and fears. Relationships thought to be permanently out of reach or broken are healed in families, faith communities and wider communities. Animosity among the world's religions and races is bridged in outpourings of solidarity and comfort in the wake of hateful acts of violence. Voices formerly silent grab the microphone as young people speak out clearly to their elders about devastation to water, land, habitats and species. Painful stories are told in the Truth and Reconciliation process and other justice initiatives that pave the way for more life, not less, for Indigenous and other marginalized people. In the middle of fear, these signs of resurrection pierce our hopelessness and welcome us to participate in life-giving ways in the mending of all Creation.

During Holy Week, held in the arms of God's grace, come to Mount Zion to remember the story of Jesus'

journey from death into life. On Maundy Thursday, hear how Jesus got down on his knees and washed his friend's feet to show them the radical way to new life.

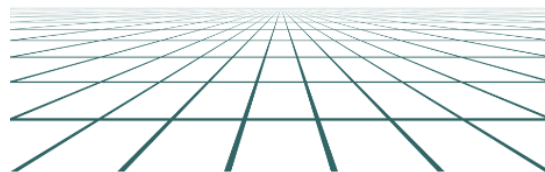
On Good Friday, hear how he suffered death on the cross in solidarity with us and all Creation. On Easter Sunday, shout "Alleluia! Christ is risen!" and give thanks that today Christ is raising up his Body, the church, to make more life available, not less.

Then, on Easter Monday, rise up out of bed with the power of the Holy Spirit to do your part to renew the face of the earth.



From "Butterflies offer lessons about life and death," an article in the Waterloo Region Record, June 24, 2011, E4. Dateline Chicago, McClatchy-Tribune.

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

LITURGY Bites

Why we do the things we do

By Tim Ehrlich

Why do we call it Easter?

I have always been interested in the origins of words and Easter was a name I found curious. The name itself appears to have nothing in common with the actual celebration we observe. Once I began looking into it, I discovered that it, like many of our other important festivals, coincides with the changing of seasons and, therefore, non-Christian traditions as well. Christmas coincides with the winter solstice and the Roman's Saturnalia, All Saints Day with Autumn and the pagan Samhain.

Easter coincides with the vernal equinox which is the beginning of spring and the Jewish Passover which is the first full moon after the vernal equinox. This is why the date moves around – it follows the moon. Being closely aligned with spring nicely complements the theme of rebirth and new life in the Resurrection.

The name itself seems to have a pagan origin. Pre-Christian England worshipped a goddess of spring named Eostre which comes from the old High German Germanic name Ostara. The month in which this celebration occurred was called Eosturmonath in her honor. Early Christians as they evolved their own meaning of the celebration continued to use the name Eostre to designate the season.

On a side note, eighteenth century Pennsylvania Dutch settlers brought to North America the German pagan tradition of the Easter Bunny, a wild hare symbolizing fertility who they called "Oschter Haws." I'll bet none of us knew he had a name! They would build a nest in their gardens for this wild hare and often opportunistic birds would lay eggs in the nests and a legend arose.



Pastoral Acts

Confirmation: Confirmation: The group met at Luther on March 2

Funerals: The funeral of **Jean Pym**, wife of Jack, was held at Mount Zion on Feb. 28.

The funeral of **Dorothy Wepler** was held on March 28.

In our Prayers: **Pauline Finch** on the passing of her husband **Alfred Durichen** on March 23, **Anne Lowe** of the recent passing of her father on Feb. 4 and mother on March 3 and **Jim and Sandra Millar** as they both recover.



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

The Faith Seekers Guide to the Grand

Karen Gastmeier

During this year's Lenten Series, ***The Faith-Seeker's Guide to the Grand: Connecting Relationships***, we are exploring the Grand River through the eyes and experiences of five guest speakers. The first of these gatherings was held at Mount Zion, where **Mary Anne Caibaosai**, an Anishnaabe woman originally from



Mary Anne Caibaosai

Manitoulin Island, taught us about the Indigenous practice of the Water Walk. The original walks circumnavigated each of the Great Lakes and part of the St. Lawrence River. After participating, Mary Anne felt led to create a similar walk for The Grand River. Walkers, both Indigenous and Settler, travelled 174 miles or 280 kilometres on foot from the headwaters of the Grand to Lake Erie and back again over a two-week period.

At the start, water from near the river's source was collected in a copper pail. For the duration of the walk it was always carried in turn by one of the women. She was accompanied by a man carrying an eagle feather staff to protect her; together, the pair would lead the walkers each day. Last year, about 20 people walked the entire route, but were joined by many who accompanied them in solidarity along the way.

Individuals and organizations also provided support by supplying food, shelter and other basic needs.

"I believe the nature of the walk will re-connect people to the land, to all of Creation, in ways that will teach respect for all of these beings; that water has spirit and gives us life. Without her, we would not be here," Mary Anne told 66 people who attended the first Wednesday Lenten gathering at Mount Zion. "Our word for water is 'Nibi.' We say 'Nga Zichiige Nibi Onji' – We do it for the water."

She is leading another Water Walk this summer from June 15 – 21, where the route will again begin at the Grand headwaters, ending at Lake Erie. The walk is also measured in footsteps: from Elora to Waterloo (the third day of the walk) participants will cover approximately 34,120 steps. There are many ways to support the walk and the walkers. Donations of cash, or goods and services, are welcome. Learn more at www.grandriverwaterwalk.com

At the second Wednesday session, held in St. Columba Anglican Church, Waterloo, former Regional Councillor and Grand River Conservation Authority (GRCA) Chair, **Jane Mitchell**, gave a fact-filled presentation which included a history of the watershed, its geological origins, its first settlement by aboriginal peoples and the impact of colonization and land-clearing. By the 1930s, floods, drought and pollution were endangering public health and hurting the economy of communities up and down the Grand. The GRCA (a merger of two earlier organizations) was established to ensure flood control and safeguard the water supply. The GRCA's first project was the Shand Dam near Fergus, completed in 1942. It was Canada's first multi-purpose water structure, designed for flood control, supply management and water quality. After it came the Luther Dam (Grand Valley) in 1954 and Conestogo Dam (near Drayton) in 1958.

Today's GRCA is a complex organization whose mandate is to reduce flood damage, make outdoor spaces accessible, share environmental information, and make the watershed more resilient to climate change, all of which it does by working with communities along the watershed. It's been a daunting task over the decades, but rewarded with measurable progress.

In September 2000, the GRCA was awarded the prestigious *Thiess International Riverprize*, recognizing the Grand River's journey back from years of degradation to being a thriving ecosystem with sustainable long-term plans to ensure its future health.

Jane assured listeners that individual actions *can* make a difference in the health of the river and the quality of our municipal drinking water. She encouraged us to plant trees, compost pet waste, and not over-fertilize lawns and gardens. She also reminded us that drinking water quality in our Region is among the very best in Canada.



Jane Mitchell

The Faith-Seeker's Guide to the Grand: Connecting Relationships series continues April 3 at All Saints Anglican Church, with Bishop Linda Nicholls; and April 10 at Trillium Lutheran Church, with Rev. Rosalyn Elm. Each evening begins with a community meal, followed by a short worship time of song and prayer. Guest speakers begin at 7:45 p.m.



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

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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



Mount Zion Café

Come and bring a friend to the Mount Zion Café

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.

Apr 10 & 24
May 8 & 22, June 12 & 26
10 am - 1 pm

News from Open Sesame



Jacqui McFarlane of the Kiwanis Club of Waterloo North presented Carol Ziegler with a cheque for \$320. to cover the cost of Christmas presents given to Open Sesame students at party on Dec. 19th.

The Open Sesame Pot Luck Supper, held at the home of Anne and Richard Crossman on Feb. 25th, was a big success. Volunteers always appreciate time to hear from our teachers about our special needs children's strengths and weaknesses. In this winter session we see such progress being made by some of the children.

Jana Kelly and Carol Ziegler met with six members of the Kiwanis Club of Waterloo North, at 8 a.m., on Tuesday Feb. 26th. After hearing about the history of Open Sesame, and it's day to day operation in 2019, they visited the Open Sesame classroom. Cyndi Publuske, our supervising teacher, was happy to explain our program and they really appreciated seeing first hand the organization that was benefitting from their support. Jacqui McFarlane presented Carol with a cheque for \$320. to cover the cost of Christmas presents given to our children at their party on Dec. 19th.

Open Sesame staff members Cyndi Publuske, Samantha Beesley and Jana Kelly meet at the end of each month to review the classroom routine and make any changes that are necessary. We now have a total enrollment of 18 children - 5 Juniors, (ages 2 1/2 - 3) 12 Prekindergarten, and one of Jr. Kindergarten

age. We are at our daily limit of 16. Monday we have 13, Tuesday 13, Wednesday 15, Thursday 14 and Friday 11. We are already receiving enquires for the Fall.

The class is now divided for the first half hour of the morning. Samantha does circle with the younger children, while Cyndi leads the children going to JK in Sept. They are very enthusiastic about learning phonics along with both the large and small letters of the alphabet. There have been two music sessions with Jean and the children are very engaged with the music. Upcoming events are the Spring Carnival and a field trip in April.

The next Open Sesame Committee meeting will take place on Monday, April 1st at 12:30 p.m. in the Board Room.

Alfred Brunger Community Garden Update

By Joan Brunger

A community garden is a shared space where people gather together to grow fruits, vegetables and/or flowers collectively. The Alfred Brunger Community Garden (ABCG) consists of individual plots rented to community members for \$20 per growing season to



plant vegetables for their own consumption. Shared tools are stored in the two garden sheds. The composters provide needed soil and the gravity fed water collection system directs water from the church

roof into our 500 gallon water tank. Each gardener is considered a member of the ABCG Committee which runs the garden with the help of a co-ordinator. A list of guidelines helps direct the behavior in our shared space and is reviewed annually.

The ABCG began 18 years ago with 12 plots. We added six plots during the first expansion and now with the encouragement of the Evolution Committee plan to add another four plots this spring. With the hard work of the new gardeners, old gardeners, the Property Committee, community partners and a successful Neighbourhood Matching Fund Application for \$1925 (stay tuned for details) we will begin digging as early as possible to be ready for spring planting. The annual spring cleanup will be held Saturday May 25 from 10 am to 2 pm to do the final preparation of the plots and garden. Pizza lunch will be provided at noon and a craft afterwards (stay tuned for details). The bird feeder, fruit trees, little library and picnic table are additional welcoming features of the garden for all to use. Visioning for the future includes one or two raised beds for gardeners with mobility issues and a butterfly-bee friendly garden. We will gladly accept gardening tools and used books. Please speak to Joan Brunger (519-885-3314) or Jason Rochon for more details.

Family Friday Night

Suppers



All Kinds of food for all kinds of families

April 26

Financial Update – February, 2019

A note from Finance

Richard Brubacher – Treasurer and Chair Finance

Results for the two months of 2019 reflect an operating deficit of \$13,966 in the “Ministry & Mission (current) Account”. This compares to a budgeted deficit of \$15,359. The difference of \$1,393 was due to expenses below plan by \$2,320 partially offset by income lower than plan by \$927.

	Actual	Budget	Better/ (Worse)
Total receipts	\$ 43,162	\$ 43,939	\$(777)
Rentals Reserved to capital	<u>(2,250)</u>	<u>(2,100)</u>	<u>(150)</u>
Net Receipts	\$ 40,912	\$ 41,839	\$(927)
Total Disbursements	<u>54,878</u>	<u>57,198</u>	<u>2,320</u>
Deficit	\$ (13,966)	\$ (15,359)	\$ 1,393

Comments:

- Member regular contributions of \$26,262 were **\$1,258 lower**.
- Facility and parking net income of \$12,803 was **\$684 higher**.
- Other income of \$1,847 was **\$353 lower**.
- Disbursements of \$54,878 were **\$2,320 better** than plan.

Your support of **Benevolence** to the Synod and other designated needs including our Adopt A Causes was \$20,894 which compares to \$21,082 in the prior year. Included in this are grants of \$16,077 in support of The Six-Nations/Two Rivers Partnership (\$7,077), Open Sesame (\$9,000). Regular benevolence of \$3,196 was remitted to Synod, and donations to other causes totalled \$1,621.

Financial Update – 2 Months ending February 28, 2019

By Richard Brubacher – Treasurer & Chair, Finance Committee

The summaries below reflect the actual cash flows for the two month period ending February 28, 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

	2 Months - 2019		Comments re: Differences to plan	2 Months
	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members	26,262	27,520	- short by \$1,258	27,611
Receipts from Facility Rentals & Parking	15,053	14,219	-	14,406
Rental income reserved to Capital	(2,250)	(2,100)		(2,200)
Other Receipts - (Plate, Endow. Int., grant)	1,847	2,200	- Diff vs prior year= Endowment interest	11,620
Total inflow	40,912	41,839		51,437
Cash Outflow				
Disbursements - Staff & operating costs	54,878	57,198		54,182
Total outflow	54,878	57,198		54,182
Net Cash (Outflow)/inflow	(13,966)	(15,359)		(2,745)
Cash balance (overdraft)	(110)	7,979		15,851

Benevolence Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members - General Benev.	3,196	4,400		3,962
Receipts for designated appeals	17,698	16,900	- Incl. Grants \$16,077	17,120
Total inflow	20,894	21,300		21,082
Cash Outflow				
Payments to Synod	3,196	4,275		3,962
Payments to other designated appeals	17,698	17,025		17,120
Total outflow	20,894	21,300		21,082

Capital Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Receipts from Members	779	1,060		890
Transfers from Ministry & Mission acct	2,250	2,100		2,200
Total inflow	3,029	3,160		3,090
Cash Outflow				
Capital Expenditures	3,688	-	- Hearing assists \$351, Kitchen \$3,337	140
Total outflow	3,688	-		140
Net Cash (Outflow)/Inflow	(659)	3,160		2,950
Cash Balances	37,552	41,020		51,197

Rental Property Account - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Rental Income from Tenants	6,860	5,660	1 month delinquency now paid	5,560
Transfers from Capital Account	-	-		-
Total inflow	6,860	5,660		5,560
Cash Outflow				
Current Expenditures - Properties	2,340	2,659		2,588
Capital Improvements to Properties	-	-		-
Total outflow	2,340	2,659		2,588
Net Cash (Outflow)/Inflow	4,520	3,001		2,972
Cash Balances (overdraft)	18,683	17,164		(2,162)