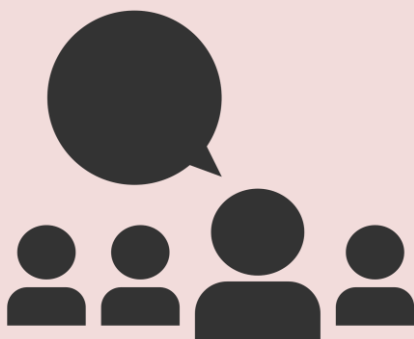




We are a welcoming, caring community, called by Christ, and enabled by the Spirit, to share God's love by living our faith

Plan to attend



Annual Meeting
February 10, 2019
11:15 am

Black History Celebration
Feb 24,
St. James, St. Jacobs
1:00 pm

There will be no service at Mount Zion that day

Plan to Attend the Annual Meeting

Karen Gastmeier, President, Church Council

2018 was a wonderful year at Mount Zion for so many reasons. We accepted 22 new members, and enjoyed the expanded programming of the Café, Choral Scholars and the activities of many committees and working groups including that of the Evolution committee whose report will guide us into the future.

On top of that our year end financial results were much better than anticipated. Treasurer Richard Brubacher reports that our deficit was a paltry \$2,380 compared to the planned deficit of \$21,000 in our Ministry and Mission Account.

One of the two reasons for this wonderful news was an increase in rental and parking income. The second reason was increased giving by members. It is important to note that much of this was one-time special gifts. While it may happen that we receive additional special one-time gifts in 2019, we cannot plan for that eventuality. This year's budget acknowledges this.

There are other things affecting this year's budget. Expenses and salaries are higher and interest from our Endowment Fund was a victim of the slump in the financial markets at the end of the year. In short, we are planning for less income and higher expenses for 2019.

Council approved the Finance Committee's recommended budget which points to a deficit of \$37,160 in 2019. Deficits must be financed somehow, so when you vote on the budget this year, you will be asked for approval to access the Mission Endowment Fund, not to exceed \$25,000 per year should that be required.

There is no question that Mount Zion is thriving and it is for this reason alongside the work of the Evolution Committee, that we are proposing this expansionist budget. The reverse would mean the end of this newly found energy inside the congregation. We see this budget as support for those passionate people and committees involved in Mount Zion's ministries to the broader community.

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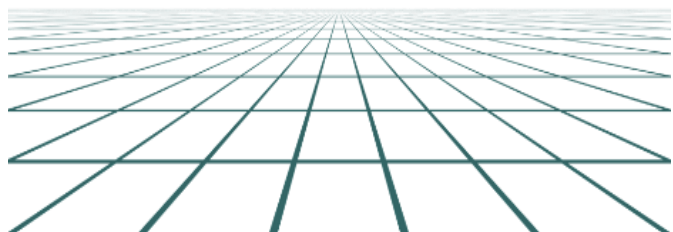
Continued page 2

Mount Zion is quite different than we were 20 years ago, but we are healthy, our worship is vibrant, programing has increased, attendance at services is on the increase and those things together are attracting new members. Much of our funding now comes from different places like rental income and grants. Our building bustles with activity. Council would like to keep this “evolution” moving forward That is the basis of the decision for an expansionist budget. I and many others believe that an austerity budget would spell the end of many of the good things now happening at Mount Zion.

While your leadership has had many discussions about our future, you, the congregation will have the final say at the Annual Meeting on Feb. 10.

We have much to be thankful for at Mount Zion. Being people of God, we are blessed in many ways including faith that God will provide for something extraordinary if we are brave enough to let it happen.

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

March 24 April 28

Following the service:

Pastoral Acts

I was away on December 23, preaching at the Carol Service on the 22nd and Sunday morning service at the Canadian Mar Thoma Church, Whitchurch-Stouffville. This is the denomination of our roots, with my father and grandfather being ordained clergy there. Pastor Nancy Kelly presided and Intern Leanne preached on the 23rd.

The Christmas Eve services, though numbers were slightly lower than last year, were well attended. We had more children this year than last year for the family oriented service. The second service also reflected the diversity that is our experience now as a community of faith here at Mount Zion.

Confirmation: The group confirmation activity day at Luther will be held on January 19 and the meeting here at Mount Zion on the 20th.

Funerals: *The funeral of Susan Momber, mother of Rebecca Dahl (Chris) was held on January 23.*

Transfers: Four more have applied for membership at Mount Zion :- Sherryann Kennedy-Pink, Dwayne Pink, Deaveon Kennedy (8yrs) and Malique McKnight (cousin, 6yrs). They are former members of Maranatha.

Preaching this month are Feb. 3 Pastor Claudine Carlton, while I am on vacation. Feb. 10 Arlene Knight for Black History, Feb. 17 Intern Leanne Darlington and Feb 24, Pastor Peter Kuhnert for Black History Celebration at St. James, St. Jacobs.

Family Friday Night

Suppers



All Kinds of food for all kinds of families

Feb 22, Mar 22

LITURGY

Bites

Why we do the things we do

By Tim Ehrlich

Lessons from the Old Testament



The Old Testament, or Hebrew Scriptures still play a prominent role in our liturgical practices of worship.

Yet why is that? If we are people of the new covenant, then how are biblical accounts of people thousands of years before Christianity relevant?

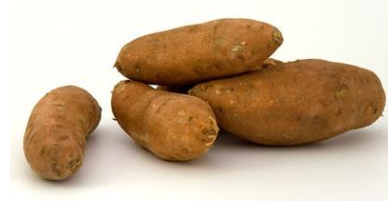
It is interesting to note that Martin Luther did not include a reading from the Hebrew Scriptures in his reformed Liturgy of 1523. It only returned to regular Lutheran liturgy in the early twentieth century. We do not always include a reading from the Hebrew Scriptures in our liturgy, however, you might notice that when we do it often dovetails surprisingly well with the other readings of the day.

If you look at an overview of the Hebrew Scriptures, in addition to representing an historical account, they chronicle the relationship of God to His people. The New Testament, on the other hand, is more focused on the concept of the Trinity and a new understanding of our relationship with God. Much of what the Bible has to say about worship and praise is contained in the Hebrew Scriptures. The books of prophecy also provide important context to our understanding of the evolving relationship with God we see unfolding in the events of the New Testament.

Perhaps the Hebrew Scriptures don't speak as loudly to us as God's people as they once did, and we often still refer to them as the Old Testament. But they still represent a narrative of our faith journey as people of God and we can turn to them to reflect on how we got to where we are today.

Potato Blitz and More from Intern Leanne

February is a big fundraising month at House of Friendship! 2019 will mark the 25th year of their Potato Blitz fundraiser! The equivalent of 300,000 pounds of potatoes are fundraised in both cash and potato donations throughout the month of February. Your cash donations are greatly appreciated to this worthwhile cause of feeding the homeless and less fortunate in the KW Region! Thanks to Ladona Riegert



for organizing the Mount Zion Potato Blitz campaign!

Speaking of House of Friendship, I thought that I would take this opportunity to explain my role as Pastoral Care Intern in Supportive Housing at House of Friendship. Much of my time is spent meeting one-on-one with tenants to discuss their faith, their sorrows and joys, their families, and their goals. I also get the chance to participate in weekly coffee hours, seasonal BBQ's, and dinners which assists in building relationships of trust and acceptance. Exercise is important in implementing and maintaining a healthy lifestyle and community, so I join the tenants to go for walks and other community outings such as bowling and community fundraisers. During the Christmas season I prepared and lead a Longest Night Service and I also plan and lead monthly discussions of scripture and faith. Debriefing is an integral part of my pastoral learning and I am thankful for my biweekly meetings with both the Supportive Housing Manager and Michael Hackbush the Director of Spiritual Services. The mission of House of Friendship is shaped by the values of compassion, inclusion, justice, dignity and hope. The staff "walk with" the community, building trust and a sense of belonging. I am grateful and blessed to be able to experience and live out the message of the gospel with the tenants and staff in Supportive Housing at House of Friendship!

The Church's Role in Health Care Advocacy

Rev. Dr. Peter Kuhnert MD MDiv FCFP

Why should the church care about what happens to human bodies? Isn't it enough to care for the eternal souls of our loved ones and neighbours? Of course, we have just come thru the annual church celebration of



Christmas- our celebration of "God with us" as the Christ-child. It is the great mystery of our faith that God cared enough about us to become fully human- to

live and laugh and hope and suffer and die just as human beings do. The Gospels are full of stories of Jesus healing the sick and blind and leprous and inviting back into community those who had previously been cast out. Jesus fed the hungry and consoled those who grieved. The early church, as documented in the book of Acts, worked communally to care for the needs of all its members.

Historically, churches have been actively involved in creating social support networks and building hospitals. What then should be the role for churches in Canada today, in the area of Health Care Advocacy?

More specifically- what can the people of Mount Zion do in terms of health care advocacy? As it turns out- there is quite a lot that could be done.

What follows is a list of opportunities divided by context: congregational, local, provincial, national, and international health care advocacy opportunities.

Congregational

At a congregational level, Mount Zion is blessed with a highly educated and talented membership. Mount Zion has an active and experienced Health Council and an excellent parish nurse. In an age of dwindling pastoral hours, we need to inspire and organize lay

members to provide trained visitors, long-term care visitors, palliative care visitors, and volunteers who will support families coming to terms with the medically assisted death of their loved ones. In creating such a program for Mount Zion's own use, the program could be shared across the Eastern Synod as well as ecumenically. As a congregation with an interest in interfaith dialogue, Mount Zion could also partner with our local interfaith communities (Temple Shalom, the Erb St. Masjid) to learn about and support our neighbours with their specific health care concerns. The congregation could explore dialogue with the Red Maple Senior's Club that meets weekly at Mount Zion. What are the health care related concerns of this active community of new Canadians?

Local

At a local level, Mount Zion could create a template for partnerships with the Delton Glebe Counselling Centre, to provide space and support to bring trained counsellors to support both the people of Mount Zion

as well as the surrounding community. Again, once a model has been created, share the model with the congregations of the Eastern Synod as well as with our local ecumenical faith communities.

Advocate for improved local addictions treatment. This could be as simple as sharing information around the safer use of marijuana (now that its legal in Canada), discussing and making available naloxone nasal spray kits, or continuing to support the work of ROOF or SHOW. Risk holding a debate on the merits of a safe injection site in Waterloo and share the insights of that debate with our synodical staff. Support our Trinity LTC board to partner with Grand River Hospital to provide enhanced housing options for individuals

***What then should be the role for churches in Canada today, in the area of Health Care Advocacy?
More specifically- what can the people of Mount Zion do in terms of health care advocacy?***

living with advanced dementia and who struggle with responsive behaviours. Finally, advocate with local funders and philanthropists and government funders to help Grand River Hospital and St. Mary's Hospital update their ancient electronic health records. This is scheduled to take place in June of 2019 but still requires significant financing. Why advocate for this? Because a modern, safe, efficient, and accessible electronic health record saves lives and improves health care- health care needed by us- the people of the Tri-Cities and our families and our neighbours.

Provincial

At a provincial level, remember that health care advocacy is not just about medications, nurses, doctors, hospitals and wait times. From a social determinants of health perspective, a healthy community requires adequate housing options, opportunities for education, income support and poverty eradication, and access to good jobs with benefits. Arrange for annual visits of our local MPP to meet with the congregation of Mount Zion to discuss the needs of our neighbourhood and learn how these needs are being addressed. Invite the whole community to these events.

National

At a national level, Mount Zion has already been active in reviewing the study guide provided by the ELCIC Task Force on Decisions at the End of Life. This task force has now produced its final report as well as a provisional resolution to be discussed and voted on at this year's national convention ("Proposed ELCIC Resolution- The Call to Faithfully Journey with those who are Dying"). Create a forum to review the final report of the task force and its proposed resolution. Invite the whole Two Rivers Ministry Area to join in the process. After the forum, instruct our delegates to the national convention on how the congregations would like to use their votes in convention. Empower your delegates to speak publicly at the microphone during the convention, ahead of the vote. Learn about the Cambie trial, currently underway in BC, where the Cambie surgical clinic in Vancouver is arguing for the right to create a two-tiered health care system in

Canada. Learn about organizations committed to upholding the principles of universality and public accountability of the Canada Health Act (organizations like the Canadian Doctors for Medicare and the Canadian Health Coalition). Finally, partner with an organization like CLWR or MCRS to learn about the health care needs of refugees while they await status in Canada and have access to a provincial health care plan. Write letters to the Federal Government advocating for improving health care access for refugees. As a Truth and Reconciliation Initiative, learn about First Nations healing practices and how these can complement western medical approaches to care.

International

Finally, on an international level, consider supporting the work of CLWR and the Lutheran World Federation in partnership with August Victoria Hospital in Jerusalem. This hospital provides the only radiation therapy services for Palestinians in the West Bank and also provides the only pediatric dialysis service. The hospital is building a new elder care and palliative care wing (dubbed the "Canada wing") which will be a 144-bed addition to the hospital. Learn about this important health care service. Consider writing letters in support of this work to the Canadian government or consider supporting this work either financially or with a visit.

Mount Zion is an articulate, talented congregation with an historic interest in health care advocacy. Mount Zion can be a leader in this advocacy- both in the Two Rivers Ministry Area as well as amongst our ecumenical and interfaith communities. Advocacy can be targeted at congregational, local, provincial, national, and international levels, depending on the time and energy and inspiration available. May God bless you during this time of discernment and inspire you to continue to be a blessing to our whole community. Soli Deo Gloria.



February 24 service will be held in St. Jacobs

Mount Zion is on the move to St. James, St. Jacobs for joint service celebrating Black History Month

Karen Gastmeier, President, Church Council

During the month of February Mount Zion will celebrate Black History Month with two services. The first of these will be held on February 10 at Mount Zion when Arlene Knight will preach and we will be treated to special music.

The second, a joint service with St James, St. Jacobs will be held at St James on **February 24 at 1:00 pm**. For this special occasion Mount Zion's regular 10 am service will be moved to St Jacobs. Similar to what we do for Worship in the Park, there will be no service at Mount Zion that day.

Many of us may not have taken much notice of Black History Month in the past. Certainly, as a congregation, Mount Zion has not previously recognized this celebration of the contributions of Caribbean, African and African-Canadian members of our society. Given our newest members, and the importance of learning their story and celebrating our growing diversity, council felt compelled to really invest ourselves in marking the month and hearing from some new voices in our church community.

The decision to move the service on the 24th, came after long discussions at Council and the Worship and Music committee. We observed that this is a joint service and Mount Zion's leadership and membership is an integral part of the celebration. Were we to maintain our 10:00 am service that day, the short time between the services would have left little time for rehearsals, travel, lunch and organizing.

Realizing that some might not want to take on the drive to St. Jacobs, Ginny Ehrlich, on behalf of council is organizing carpooling. Please sign up to either drive or be driven in the Narthex.

The journey will be worthwhile. A Caribbean Choir will sing Oscar Peterson's Hymn for Freedom setting the tone for the balance of the service. Rev. Dr. Peter Kuhnert, a long-time friend to the Caribbean community, will preach. Pastor Philip, Deacon Scott and Mount Zion's choir will be a part of the celebration. Next up, Hospitality with flavours of the Caribbean from the Caribbean Kitchen. Following the lunch, there will be speakers from the community.

We are blessed that so many of the Maranatha Community have made Mount Zion home and Mount Zion will become the host for this celebration next year. Think of this as a training session.

This joint service organized by the former Maranatha Church and the Caribbean Canadian Association of Waterloo Region is part of the Black History Month celebrations taking place all across the county. Every February, Canadians are invited to participate festivities and events that honour the legacy of Black Canadians, past and present.

Hymn to Freedom

*When every heart joins every heart and
together yearns for liberty,
That's when we'll be free.
When every hand joins every hand and
together molds our destiny,
That's when we'll be free.
Any hour any day, the time soon will come
when men will live in dignity,
That's when we'll be free, we will be
When every man joins in our song and
together singing harmony,
That's when we'll be free.*

Oscar Peterson

Love and Loss

By Christine Ramseyer, Parish Nurse

“Blessed are those who mourn, for they will be comforted.” Matthew 5:4



I have loved and lost. You have too. Many special people in my life passed away long before I was ready to see them go. These losses still bring a tear to my eye and a feeling of love in my heart.

Losing loved ones is a common thread among us. The difference, however, lies in our individual journeys through grief; no one's journey looks the same as another's.

Grief is defined as a deep sorrow or sadness. There are stages of grief and many books and counsellors to give guidance about them. They may outline strategies that are helpful for some of us. They can provide reassurance that we are not alone with our feelings and that time can bring healing.

Wouldn't it be wonderful if there was a "perfect" book to help us through our grief? Something like... "A Step by Step Guide to Getting through your Loss in just 12 Weeks" It would be a best seller! Unfortunately it's never that simple. Each loss brings with it a different set of grief feelings. A significant loss can profoundly change you. Maybe you see things differently now. Perhaps you love more deeply or have a greater

appreciation for friends and family. Maybe your loss sparked a career change or even a decision to retire. Or maybe you started volunteering. Change happens differently for everyone.

And sometimes things get worse before they get better. Many years back I learned an important lesson from a much-loved family member. I have shared parts of his story with friends, family and Mount Zion members, as it has lightened dark days for many people. My relative experienced the sudden and unexpected passing of his son, the suffocating kind of loss that brings you to your knees, making you wonder if you will even survive. In the prime of his young adult life, he suffered a fatal accident. It was the kind of loss in which you remember exactly where you were when you heard the devastating news. We offered support through food, assistance with tasks, and frequent check-ins to share memories.

But it wasn't until years later that we learned things had worsened for the bereaved family. The father reflected that the four or five months after his son's passing were more difficult and excruciating than those days immediately after the tragedy. I was surprised and asked myself, "How did I not know they were struggling more at this time?"

He shared with me his belief that when a great loss happens, one goes into a sort of shock, when the many tasks of dealing with the funeral, phone calls, visitors etc., are performed on emotional auto-pilot. But as the weeks and months passed, the family had to find a new normal. Celebrations like weddings, birthdays, or graduations, all happened without their son's presence. A few months later, the fog started to lift and the permanence of their loss hit hard. It was then that the pain seemed so much greater; they realized things would be this way for the rest of their lives. Everything seemed so much more difficult.

This conversation taught me an important lesson about grief – one that I took to heart. I have since had many conversations with people who struggle months after a loss and wonder why. They imagine something is wrong with them and feel they should be further along in their journey.

A Year in Review



Property committee oversee the installation of new air conditioner



The Evolution Working Group at work



In December we welcomed 22 new members.



Anne Lowe, member of the Guitar Choir at Worship in the Park.



Mountaineer members attend a Communications Workshop at Synod office



Derek Miller, Hanne Kuhnert and Steve Johnson at Music for the Spirit



Intern Leanne started at Mount Zion in September



Men's Breakfast group's Christmas gathering



Choral Scholar Alysse Sailor at Mount on the Move.



Mount Zion's leadership listening to Evolution Report at Open Council in September.

Meet New Member

Cynthia Simpson

By Pastor Judi Harris

One Sunday a short time ago many new members were welcomed into our congregational family.

Some had been worshipping with us for some months and others for a shorter time. They came from different places and different experiences but all expressed a desire to join us in a shared ministry of caring for each other and the world around us.

One of these new members is Cynthia Simpson, born in Jamaica in 1950 but living in Kitchener since December of 1977. She arrived in the midst of a blizzard, joining her husband who had come a year earlier, and leaving her son Jason with grandparents in Jamaica for another year until she had found work and felt more comfortable in her new environment.



Cynthia, now divorced after many years of marriage, is one of six siblings – one brother now living in Markham, and four sisters, one in each of Mississauga and Courtice, Ontario, one in Jamaica and one in England. Cynthia currently shares her home with her two

sons. Jason, the oldest son, attended both the University of Waterloo and Carleton in Ottawa studying Math and Computer and now teaches computer science at a high school in Stratford. Omar, the youngest son, attended Conestoga College where he trained to be an electrical engineering technician and now works in Orangeville.

Living in Jamaica for the first 27 years of her life, Cynthia attended the primary school connected with the Moravian church to which she belonged. She went on to high school and teacher's college and for 3 years taught arts and crafts in a high school.

Cynthia's first job in Canada was at the Forsyth shirt factory where she sewed collars on shirts and learned the pressure and challenges of "piece work". She went on to attend the University of Waterloo and graduated with a BA in Fine Arts in 1986. Because of her wish to spend more time with her two boys, the youngest born in 1987, Cynthia did not follow up on an interview at the Schneider House museum in Kitchener. In 1991 Cynthia took on part-time employment as a by-law enforcement officer with the City of Kitchener. This turned into full-time work four years later, a job which she held until her retirement in September of 2015 despite numerous pleas to stay on part-time.

In her retirement Cynthia is enjoying lots of exercise - "sometimes 5 times a week" - with groups that meet here at Mount Zion, at a near-by Presbyterian church and at the *Victoria Hills Community Center*. She also devotes some time and energy to the *Congress of Black Women*, an association which does fund-raising



Mount Zion Café

Come and bring a friend to the Mount Zion Cafe

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.

**Feb 13 & 27, Mar 13 & 27 Apr 10 & 24
May 8 & 22, June 12 & 26
10 am - 1 pm**

to provide scholarships for black students to further their education.

Cynthia's first church home in K-W was Maranatha Lutheran church, recently established at the time, to which a friend had invited her. In this congregation Cynthia found "warmth" and welcome, a liturgy and hymns similar to what she experienced in the Moravian congregation to which she belonged in



Cynthia with her brother Frank Marshall

Jamaica. When the Maranatha congregation disbanded, Cynthia and a number of others began to worship at Mt. Zion. Cynthia's thought was to "try some other Lutheran churches" but she never got beyond Mt. Zion. Here she found the same "warmth" and welcome that attracted her to Maranatha.

In her words, at Mt. Zion "I felt right at home and settled in. The congregation is friendly and most welcoming." She is happy that worship "starts on time"!

In terms of involvement at Mount Zion Cynthia plans to "go with the flow". She has read the lessons at worship, talked with someone about joining the altar guild and may consider helping as a communion assistant.

How good it is to welcome Cynthia to our church family! We look forward to getting more acquainted and writing new chapters to our common story. Please introduce yourself to Cynthia so that she may learn more about people at Mount Zion!"

Signs, Signs, Everywhere a Sign ...

but please, no tape!



In your travels around the church building, you will notice some changes. Look for the new room signs, and the many info signs that have been remade and laminated. As an added benefit, the info signs are attached using sticky tac. It does not leave any residue on the display surface and can be removed/reattached by simply re-squishing the sticky tac (acts like play doh). Best of all are the suction cups available for hanging a temporary information sign, particularly for use on the entrance doors. Please make use of these new **tape free** strategies!

Also Cork strips will be added to the auditorium walls in the near future for your pinning pleasure. These additions have all been made in the attempt to make our paint jobs last longer.



Open Sesame receives Technology Grant from Region of Waterloo

Carol Ziegler

A Big Thank You to all of you who supported Open Sesame during 2018. We also thank those who have purchased grocery cards from Ann Crossman on Sunday mornings. Last year we raised \$2,342,50 with this fund raiser. We hope more of our members will help us increase that number in 2019.

Open Sesame had a very successful Christmas Party on Dec. 19th. Santa (Jim Millar) handed out gifts to the children and the cost of these gifts was covered by a donation from the Kiwanis Club of Waterloo North. Jana Kelly and Carol Ziegler will formally thank this group at their breakfast meeting on Feb. 26th, here at Mount Zion.

On Dec. 3rd, Open Sesame received a One Time Technology Grant from the Region of Waterloo. A Chrome Book was purchased for use by our teachers. The Crossmans will host the Open Sesame Pot Luck Supper on Monday Feb. 25th, at 6 p.m.

Adopt-a-Cause for February to mid-April: Sanctuary Refugee Health Centre

By Mary Thompson

Each year, our region welcomes refugees from around the world, sponsored in a variety of ways. What these individuals and families have in common is that they have fled from their home countries, to which they cannot return safely because of war or persecution. Many have lived for years in conditions of hardship while waiting to be accepted as refugee claimants. They are scarred by upheaval, violence, even torture.



Refugees and other vulnerable immigrants face formidable challenges when they arrive in Canada. Many speak no English and have little education in how to live and get by in our Canadian society. Yet they come, hoping to be able to earn a livelihood, attain citizenship and make better lives for their families, especially their young people. Some of them will achieve their dreams, and others, with situational factors against them, will not. Whether they succeed or not may well depend on matters of health, both physical and mental.

According to Dr. Michael Stephenson, Director and chief physician of the Sanctuary Refugee Health Centre, the traumatic experiences that refugees have undergone in coming here have put virtually all of them at risk, and in need of some form of medical care, if only assessment. Some have pre-existing conditions that have gone untreated, e.g. diabetes or nutritional deficiencies and recurring bouts of malaria; a large number require mental health and trauma

counselling. Patient issues can include jet lag, culture shock, mood disorders, anxiety and pain from the torture some have experienced.

Indeed, he says, newly arrived refugees suffer illnesses that most GPs are not familiar with. Their health care administration is overwhelmingly complicated and they have limited understanding of the Canadian health care system when they arrive. In some cases, people may have travelled to Canada straight from refugee camps where their health needs were not met at all.

Dr. Stephenson began with a vision “to create a welcoming environment where, with the expertise of staff, refugees can heal and fulfill the potential within them”, and to help them become established through providing timely medical care and other kinds of support in a culturally sensitive setting. Moving to Waterloo Region in 2013, he started a clinic in the library of St. Mark’s Church, beginning with six patients. The clinic has grown into the Sanctuary Refugee Health Centre, now at 310 King Street East next to the Kitchener Market, and has a list of over 3,000 patients, with about 300 on a wait list. They come from upwards of 60 countries such as Syria (the largest group), Iraq, Afghanistan, Somalia, Ethiopia, Myanmar, the Congo and Venezuela. For timely delivery of care, communication is vital, and the clinic has translators available for over 20 languages.

In addition, the clinic has a few paid (mostly part-time) staff members, including an administrator, a social worker, a dietician, and two nurses -- and a large number of volunteer health professionals, including psychiatrists, an obstetrician, family physicians, nurse practitioners, medical students and researchers. Services include psychological and mental health assessment, trauma counselling, dietary advice, and advice on many other matters such as benefits, parenting, and respect for diversity. “Our goal is to

make refugees healthy ... but also to help them become active members of Canadian society,” says Dr. Stephenson. Patients are never required to pay for any services at the clinic.

In January 2017, Dr. Stephenson was presented with a City Builder Award by Kitchener Mayor Berry Vrbanovic for his work setting up and expanding the clinic. Later that year, he received a Council Award from the College of Physicians and Surgeons of Ontario for outstanding qualities and service to the profession.

The clinic is funded primarily through billing of OHIP and IFHP (Interim Federal Health Program). Small amounts of funding to pay professional workers are contributed by the CMHA and the Waterloo-Wellington LHIN. Sanctuary is in partnership with the KW Multi-Cultural Centre to secure translation services – which must be paid – and settlement help. More funding is needed for overhead and staffing. Last June, the clinic launched a fundraising campaign with a \$100,000 target, for renovations, medical equipment, computers, and expansion of space.



How can we help to support Sanctuary? Mainly through monetary donations, which can be included with our offerings as usual. (Sanctuary is an Ontario Not-for-Profit Corporation approved as a charity by the Public Guardian and Trustee in March 2015.) Besides monetary donations, their listed needs include in-kind donations of office supplies and medical equipment. According to the website: “We welcome support in many different forms – financial contributions, in-kind donations, volunteering, or just a kind word.”



PASTOR CLAUDINE NEEDS

YOU....

.... to participate in a focus group to help complete preparation of a 4-6-week workshop on supporting people in times of crisis, especially when a loved one is seriously ill. I’m looking for people who have weathered such times themselves and know something of how *frustrating and unhelpful certain comments and actions can be, even when delivered by well-meaning family and friends*. Perhaps you’ve suffered the pain and isolation caused by ill-chosen, badly-timed words and deeds. If so, your input is particularly welcome.

Bishop Michael fully endorses the idea of offering these “I want to help....” workshops to interested congregations or area groups across the synod. Practically oriented, the workshops will draw on scriptural wisdom along with the *collective wisdom of participants* as we learn together. That’s why I’d like *your feedback* before getting started!

I’m offering a post-worship *information session and light brunch on Sunday, March 3*. If you’re at all interested, grab your coffee downstairs and meet me upstairs where muffins, croissants, cheese, fruit, juices, and tea will be available. I’ll fill you in on the “why’s and what’s” of this fledgling project and provide time for your questions. **N.B. Attending the information session does not obligate you to join the focus group.**

Please notify me by *February 17* if you’re planning to attend. Phone: 519-501-3759 or email: carlsonclaudine@gmail.com. Thanking you in advance for your help, I wish you every blessing in this new year.



There’s lots more reading and photos on Mount Zion Facebook page.....just click this Facebook logo or use the address

<https://www.facebook.com/groups/165042693557044/>
lots of interesting reading and pictures....

Financial Update – December 2018

A note from Finance – Thank You!! – Excellent Finish!

1. Our final results for the year 2018 ended on a very positive note. We ended with a **SMALL DEFICIT OF \$2,380** in the “**Ministry & Mission (current) Account**”. This was better than plan by \$19,331 as noted below.

	<u>Actual</u>	<u>Budget</u>	<u>Better/(Worse)</u>
Total receipts	\$298,238	\$276,020	\$ 22,218
Rentals Reserved to capital	<u>(8,850)</u>	<u>(8,145)</u>	<u>(705)</u>
Net Receipts	\$289,388	\$267,875	\$ 21,513
Total Disbursements	<u>291,768</u>	<u>289,586</u>	<u>(2,182)</u>
Deficit	\$(2,380)	\$(21,711)	\$ 19,331

Comments:

- Member regular contributions of \$222,732 were **\$15,082** higher.
- Facility and parking net income of \$50,098 was **\$3,943** higher.
- Other income was **\$2,488** higher.
- Disbursements of \$291,768 were **\$2,182** worse than plan.

We began 2018 with a small accumulated deficit and when combined with the deficit of \$2,380 this year totalled \$4,346. A transfer has been made from our Contingency fund to cover this to enable entry into 2019 with a clean slate.

2. Your support of **Benevolence** to the Synod and other designated needs including our Adopt A Causes was \$113,471 which compares to \$127,329 in the prior year. Included in this are grants of \$61,651 in support of The Six-Nations/Two Rivers Partnership (\$42,959), Open Sesame (\$9,000) and Seminary Internship (\$9,692). Regular benevolence of \$26,878 was remitted to Synod, and donations to other causes totalled \$24,942.
3. Our **Special Fund Accounts** which are designated for specific purposes increased by \$5,691 and now total \$178,961 as noted below.

• Mission endowment fund	\$110,643
• Contingency Fund	\$ 25,654
• Memorial Fund	\$ 25,660
• Music on the Mount Fund	\$ 12,311
• Youth Fund	\$ 4,440
• Spiritual Retreat fund	\$ 252

Further details will be provided in our annual report to be presented at the AGM February 10, 2019. Thank you for your continued financial support in 2018.

Richard Brubacher – Treasurer and Chair Finance



The Mountaineer is a publication of Mount Zion Lutheran Church, 29 Westmount Road, Waterloo. Editorial Committee: Dennis Eaton, Pauline Finch, Tim Ehrlich, Nancy Kelly, Pastor Phillip Mathai, Karen Gastmeier. The Mountaineer is published nine times per year, **The Mountaineer is not published in January, July or Aug.** email articles and announcements to Karen@gastmeier.ca. Back issues of The Mountaineer can be found at www.mzlc.ca. **The Mountaineer is available either by print or by email. Please email the office if you wish to change your**

Financial Update = 12 Months ending December 31, 2018

By Richard Brubacher – Treasurer & Chair, Finance Committee

The summaries below reflect the actual cash flows for the twelve month period ending December 31, 2018, 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

	12 Months - 2018		Comments re: Differences to plan	12 Months
	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members	222,732	207,650	- better than plan \$15,082	219,003
Receipts from Facility Rentals & Parking	58,948	54,300	- better by \$3,943	45,707
Rental income reserved to Capital	(8,850)	(8,145)		(8,000)
Other Receipts - (Plate, Endow. Int., grant)	16,558	14,070	- Incl Endow. Int.\$8,579, Café \$4,913, plate	12,771
Total inflow	289,388	267,875		269,481
Cash Outflow				
Disbursements - Staff & operating costs	291,768	289,586		268,689
Total outflow	291,768	289,586		268,689
Net Cash (Outflow)/inflow	(2,380)	(21,711)	- better by \$19,331	792
Cash balance (overdraft)	9,650	(26,625)		24,759

Benevolence Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members - General Benev.	27,378	26,500		29,087
Receipts for designated appeals	86,093	-	- Incl. Grants \$61,651	98,242
Total inflow	113,471	26,500		127,329
Cash Outflow				
Payments to Synod	26,878	22,500		25,503
Payments to other designated appeals	86,593	4,000	incl. \$42,959 (Six nations), Intern \$9,681	101,826
Total outflow	113,471	26,500		127,329

Capital Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Receipts from Members	12,917	9,200		13,767
Transfers from Ministry & Mission acct	8,850	8,145	- Rental income reserved from MIM acct.	8,000
Total inflow	21,767	17,345		21,767
Cash Outflow				
Capital Expenditures	32,153	25,000	- HVAC & Lighting replacements, servery	7,626
Total outflow	32,153	25,000		7,626
Net Cash (Outflow)/Inflow	(10,387)	(7,655)		14,141
Cash Balances	37,860	40,593		48,248

Rental Property Account - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Rental Income from Tenants	33,544	28,220	Budget assumed tenant turnover	33,611
Transfers from Capital Account	-	-		-
Total inflow	33,544	28,220		33,611
Cash Outflow				
Current Expenditures - Properties	14,246	16,570		13,680
Capital Improvements to Properties	-	10,325	Improvements deferred	-
Total outflow	14,246	26,895		13,680
Net Cash (Outflow)/Inflow	19,298	1,325		19,931
Cash Balances (overdraft)	14,163	(3,809)		(5,134)



Annual Black History Month Celebration

1:00 Worship Service—Pastor Peter Kuhnert Preaching 2:00 Maranatha Lunch
with *The Caribbean Kitchen* 3:00 Community Speakers and Guests

Sunday, February 24, 2019

hosted at St. James Lutheran Church in St. Jacobs 1407 King Street North, St.
Jacobs, ON

Offerings will be collected to offset costs, the
remaining funds to CCAWR Student Scholarships

Contact Mrs. Bell at *The Caribbean Kitchen* or Mt. Zion Waterloo or
Pastor Karen Kuhnert via prkarenstjacobs@gmail.com

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