



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



## **Soup'r Sunday** September 10<sup>th</sup>.

Join the Health Council for a bowl of soup following the service and take some time to reconnect after our busy summers travels.

# The Mountaineer

A Publication of Mount Zion Lutheran Church

## Called to Reconciliation!

By Pastor Philip Mathai

Last week a number of us from Mount Zion, attended the weeklong event *Stronger Together*, held at Six Nations, for a day. Sitting in the longhouse and listening to their stories of creation, their culture and way of life fascinated me. But it also brought forward the pains of a community who were stripped of their identity and culture and were striving to reclaim them. At the sharing circle there was an Indigenous woman who was adopted by a Caucasian couple but could not reclaim her root identity because of the laws of our land. The communities live on lands that are a fraction of what belonged to them or even what the treaties gave them.

Events of the past are behind us and there is nothing that we can do about that. As Dr. Sashi Taroor, an Indian parliamentarian and former deputy general secretary of the UN, said in reference to the Indian struggle for independence and the reconciliation between the British and Indians and also the attitude of the present generations, "It is so easy to forgive and forget; forgive we must, but to forget is unforgivable."

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Dr. Sashi Taroor,

For the past few months we have been reading the acknowledgement of territories before we begin our worship, in various forms. This is not something that we have been familiar with in the past. In the light of the Truth and Reconciliation process and the calls to action by the commission, the ELCIC at the National Convention of 2015 repudiated the Doctrine of Discovery, whereby we acknowledged that this land was not given by God to the settlers at the expense of the Indigenous people. So what purpose do the continued acknowledgements have? I believe that it keeps in our memory the past and allows us to live into that reconciliation that we are called to in our Baptism. Reconciliation with God is lived out in our being reconciled with one another, especially those who have been wronged.

Ephesians 2 talks of God in Christ breaking down the walls of hostility and in himself creating a new humanity. 2 Corinthians 5 reminds us that as people of faith we have been entrusted with the message of reconciliation, both with God and with one another. This is central to our faith and that is how I continued on page 2

would understand Matthew 5 where Jesus himself invites us to be reconcilers. What better place for a concrete acknowledgement in reconciliation than worship?

Reconciliation is not a one-time event, it is a process, it is a journey and it is difficult. This is reflected in the various ways we have verbalized the acknowledgement and in the conversations we have had in different groups. This struggle will continue. The how outcome should become clearer as we honestly share in our struggles. As Luther points out it is only God that can work out reconciliation between us and God and has indeed accomplished this. Our journey of reconciliation with the Indigenous communities is living into this reconciliation that we experience in God and being faithful to who we are.



**Mount Zion Café**  
*Now Serving Lunch*

**Sept 13 • Sept 27 • Oct 11**  
from 10 am,  
with lunch at 11:30 am – 12 noon.

Bring a friend or meet a new friend. Transportation will be available to those who need a ride. Please call the church office with a request for a ride. (519 886 5820)

# Fall Calendar

- Sept. 5 5-8 pm Food Truck Tuesday
- Sept. 10 11:30 am Soup'r Sunday
- Sept. 12 5-8 pm Food Truck Tuesday
- Sept. 12 7 pm Mindfulness Meditation
- Sept. 13 10 am-1 pm Mount Zion Café
- Sept. 19 5-8 pm Food Truck Tuesday
- Sept. 25 1:30-2:30 pm Exercise Class (every Mon & Thurs)
- Sept. 26 1:30 pm Mindfulness Meditation
- Sept. 26 5:30 -9 pm Charting Our Course 2017
- Sept. 27 10 am-1 pm: Mount Zion Café
- Oct. 10 7 pm Mindfulness Meditation
- Oct. 11 10 am-1 pm Mount Zion Café
- Oct. 17: 2 pm Book Study

## Charting our Course 2017

### Church Council's September Potluck and Discussion Night September 26

*Karen Bjerland, CEO of Faith Life will be our guest facilitator for an evening when committees and council meet to hear of each other's plans and spend some time imagining Mount Zion's future.*

*This year we hope to welcome everyone who is interested in Mount Zion to attend.*

*This is a part of our ongoing work, **Charting our Course.***

*Mark your calendars for **September 26.***

*Potluck Starts at 5:30 pm, Meeting at 7:00 p.m.*

*Please contact Anne Woolner at*

*annewoolner@hotmail.com to register and let her know what you are bringing to the potluck*



# Are You Certain? I Doubt It.

By Tim Ehrlich

Most of us are comfortable with certainty. Certainty gives us a feeling of stability, predictability and, to a degree, safety. But doubt? Doubt seems to make us uneasy. It has even taken on a pejorative aspect. The term “doubting Thomas” does not seem complimentary, does it? There are many examples to suggest that doubt is undesirable. Think of “beyond a shadow of a doubt,” or “to remove all doubt.”

Certainty enjoys a much more virtuous position. But I want to suggest that certainty and doubt are not opposites at all; rather, they’re companions and the tension between them is what leads us to understanding.

Let’s first examine certainty and whether it deserves the high status we have given it. Certainty is often portrayed as fact, but it’s actually an elusive state that can only exist when there is no contradictory evidence against whatever one claims to be certain of. Charles Darwin’s theory of evolution by natural selection is a good example. Even though it is almost universally acknowledged as valid, we refer to it as a *theory*, not a law. This is because we still have much more to learn about our vast universe and some new knowledge may emerge, causing us to re-evaluate that theory.

Certainty runs the risk of closing our minds to better options and our ears to the beliefs of others. If a person is absolutely certain about a fact, a situation, or a belief, and new information arises to undermine or contradict that position, what is that person to do? Often the response is to ignore or discredit the new information. Certainty is a comfortable position and we humans tend to avoid discomfort!

Doubt is that uncomfortable little voice hovering over your shoulder and whispering things like “but what if ...?” or “did you think about...?” Doubt, however, is not the same thing as skepticism. A skeptic says “prove it,” while a doubter says “I’m not sure, help me understand.” So doubt and curiosity are close cousins. The former makes us question things, while the latter drives us to seek answers, resulting in the growth of



knowledge and innovation.

For example, a desire to know people better can deepen relationships and develop new ones. To doubt something is to challenge the notion that everything there is to know about it has already been revealed. It goes beyond creativity and leads to refinement and improvement. The artist who imagines something and does a sketch doesn’t look at it and say, “I’ve got it exactly right” the first time. Just as lifting weights builds new and stronger muscle tissue, doubt strengthens our knowledge and beliefs.

But with the enormous amount of information available at our fingertips today, wouldn’t it be easier than ever to be sure about something? Not necessarily. More information means more conflicting facts and opinions. Which ones are right? How much is enough? All that information is there because of doubt and curiosity. It is up to each of us to decide what is right or enough and when to know that doubt is a healthy anxiety.

So, can you have faith without certainty? It could be argued that if you were certain, you would not need faith. Faith is a decision to believe, even when you don’t know all the answers. In fact, you could even argue – as St. Paul frequently does – that there is no faith without doubt. Doubt is necessary to make faith stronger, just as exercise and training strengthens our bodies and improves health. Faith and doubt can be companions, as long as we don’t equate one with certainty and the other with weakness. If certainty is the place where all our questions have answers, then doubt is what motivates us to undertake the journey. The only true certainty is that nothing is certain.

Finally, if you read this and find yourself doubting whether the writer knows what he is talking about, then know that I am perfectly fine with that.

# Exercise Classes Are Coming to Mount Zion This Fall

Marg Tupling



For the last several years, I have been attending exercise classes at several

community churches. I enjoy the classes, the leaders are encouraging and the folks I have met add to the experience. Also I have noticed an improvement in my endurance on walks and in my balance.

The classes are designed for seniors and are offered free of charge to the community by Community Support Connections, the same people that provide Meals on Wheels and other senior services. Now after being on their waiting list for some time, their senior friendly exercise classes are coming to Mount Zion's auditorium in September.

The classes, held twice a week, will include endurance (cardio), balance strength and flexibility training. You'll learn how to maintain your mobility and how to prevent falls.

The program they use is SMART (Seniors Maintaining Active Roles Together). It is a national, evidenced-based gentle exercise and falls prevention program developed by VON Canada in consultation with physiotherapists, kinesiologists, and older adults themselves.

The goal of the program is to assist older adults in maintaining or improving their functional fitness and independence. Functional fitness is about strength, endurance, balance and flexibility.

Evidence shows that regular gentle exercise contributes to:

- overall physical health and well being
- prevention of most lifestyle diseases
- improved management of chronic conditions
- prevention of or decreased severity of falls
- improved mental health
- enhanced emotional and social well-being

- increased independence through the maintenance of functional fitness and mobility

Community Support Connections supply the instructors and all you have to do is

- wear a good pair of cross-trainer shoes. They supply support for feet and ankles and cushioning for the feet and knees. (It is recommended that you replace your athletic shoes frequently to maintain proper shock-absorbency.)
- Wear lightweight, loose fitting and light coloured clothing so that the body can move freely and minimize overheating.
- Bring a water bottle to class and take sips of water before, during and after your fitness class. It is important to keep the body hydrated and prevent overheating. You will need to complete a health form prior to the first class. It is also recommended that you speak with your fitness leader about health concerns/conditions that may be affected by exercise.

Don't be afraid of not being able to keep up to other participants. Everyone exercises at their own pace. The classes I have attended have some participants who sit most of the time, some who are very fit and people like me. The classes benefit all of us. Best of all it is fun.

The sessions at Mount Zion will start with the Wellness Series "Stand Up to Falls". This means that the actual exercise sessions will be less than one hour for the first few weeks.

**Exercise classes at Mount Zion  
Monday and Thursday afternoons**

**1:30 – 2:30**

**Starting**

**Monday, September 25<sup>th</sup>**

Mark your calendars, invite your friends, and plan to attend.

## *Sudden cardiac arrest.*

# Would you know what to do?

By Christine Ramseyer, Parish Nurse

This month I thought I would draw your attention to sudden cardiac arrest and the possible use of an AED (Automated External Defibrillator) here at Mount Zion. A generous donation from a Mount Zion family has allowed us the opportunity to have an AED easily accessible to everyone. Would you know when the right time would be to use this? For many, they have heard of it and have seen it hanging on the wall, and in most cases, hope that they never have to use it! We are fortunate to have this for our use if needed.

The following was taken from the heart and stroke foundation of Canada's website. They are listed in the bullets below. There are some significant facts that you may find interesting.

- Cardiac refers to the heart. Arrest means stop. Sudden cardiac arrest is the sudden and unexpected loss of heart function in a person.
- Signs of cardiac arrest include: no breathing, no movement or response to initial rescue breaths, and no pulse.
- In Canada, 35,000 to 45,000 people die of sudden cardiac arrest each year.<sup>1</sup>
- An automated external defibrillator (AED) is a device containing sophisticated electronics used to identify cardiac rhythms, and to deliver a shock to correct abnormal electrical activity in the heart. An AED will only advise the individual using the device to deliver a shock if the heart is in a rhythm which can be corrected by defibrillation.
- AEDs are safe, easy to use, and can be used effectively by trained medical and non-medical individuals. Trained responders have effectively used AEDs in many public settings, including casinos, airport terminals, and airplanes.<sup>2-4</sup> Trained laypersons can use AEDs safely and effectively. <sup>5</sup>
- An AED is an efficient and effective means of achieving rapid defibrillation in both the out-of-hospital and in-hospital setting.

- Sudden cardiac arrest occurs with a frequency of roughly 1 per 1000 people 35 years of age or older per year.



Any location that has 1000 adults over the age of 35 present per day during the normal business hours (7.5 hours/day, five days per week, 250 days per year) can expect one incident of sudden cardiac arrest every five years.

For every one minute delay in defibrillation, the survival rate of a cardiac arrest victim decreases by seven to ten percent. After more than 12 minutes of ventricular fibrillation, the survival rate of adults is less than five percent.

Currently there is evidence to support the use of AEDs for children over the age of one.

CPR and AED are both lifesaving actions in the event of cardiac arrest. They are different but work towards the same goal of restoring an effective heart rhythm where there has been no rhythm or a very ineffective abnormal rhythm. The importance in a situation like this is identifying that the person is in cardiac arrest, calling 911 for help and then using the AED (or CPR if that is not available), as soon as possible.

AED's are located in most public places. Many private businesses, organizations and churches are choosing to have one available in their buildings as well.

This fall we will review our Mount Zion AED on Sunday, **October 1st**. You will have a chance to look closely at it and learn about it through a brief video. I encourage you to consider staying for it.

# Our New Canadian Family ... One Year Later

- by Judi Harris

Early in 2016 representatives from four congregations – Mount Zion and St. Stephen (Lutheran), Church of the Good Shepherd (Swedenborgian) and Our Lady of Lourdes (Roman Catholic) – began meeting as the *Ecumenical Welcoming Partnership (EWP)* and with guidance from Jenn Ardon of Canadian Lutheran World Relief, made plans to sponsor a refugee family.



On Wednesday, August 3, 2016 a small contingent of people representing the *EWP* gathered at Toronto's Pearson Airport to greet the arrival of Shinga, Espérance and their five children – Yves, Redard, Agape, Uwera and Blaise. Their homeland was the Democratic Republic of Congo but the family had spent the last 12 years in a refugee camp in Burundi. We were enthused, excited and filled with anticipation as we waited the hours it took for the family to clear immigration.

Having received no information in advance other than names, birthdates and a list of 5 languages that they were said to speak (one of which was French) our first "shock" was to discover that communication was going to be a BIG problem. Only Dad (Shinga) could understand and speak a little French, while the other family members spoke a form of Swahili.

Other "shocks" followed in a very short time. The family came from a culture where people ate from a common bowl with their fingers; they had no experience with electricity, indoor plumbing, gas stove,

washer, dryer, etc. Wearing clothes was optional for the youngest child, toileting outside was the norm, using a garbage can, and the need for parents to supervise their children, especially outside, were all challenges. For the first month we scrambled to find translators and to provide supervision and support during most of the daylight hours. Much to our surprise, the one "modern" thing with which they were familiar and requested early on was a cell phone!

In retrospect we are extremely grateful that a permanent home for the family was not available until early September. During that first month they lived on the third floor of a large house on Young Street in Waterloo, graciously offered by homeowners, Jeff and Marissa; along with many volunteers, they helped with a plethora of new learning. The home's proximity to Waterloo Park and the patience, kindness and generosity of several neighbours were great assets in those first hectic weeks.

In early September 2016, we helped the family move to their rented home on Roslin Ave. The oldest children started classes at Our Lady of Lourdes Catholic elementary school just up the street and parents Shinga and Espérance began English lessons at First United Church, where Blaise (the youngest) had a place in child care.

Numerous volunteers continued to provide support in homemaking, grocery shopping, medical and dental appointments, learning to use GRT buses, obtaining SIN numbers and Ontario health cards, setting up bank accounts, and so on. Some of these initiatives required hours of time, many repeat trips and considerable frustration with bureaucracy. A complicating factor in many of these initiatives is that each family member has a different surname – a common practice for safety reasons in their homeland.

It is hard to believe that a year has passed and we marvel at the great strides each family member has

made. As expected, the children are doing very well with English and the parents are speaking and understanding more with each passing day. Shinga, the father, has full time work at Rona and Espérance, the mother, is doing some volunteer work, as well as some household help with a senior member of Mount Zion. They both plan to continue English classes this fall. Yves, Redard and Uwera will continue classes at Our Lady of Lourdes and Blaise will begin Junior Kindergarten there. Yves, the oldest child, will be attending Eastwood Collegiate, which will provide him with the best supportive help; his summer school experience at Eastwood should help with adjustment to high school.

Several of us were greatly surprised that on the first Saturday after their arrival in Canada the family asked about going to church on Sunday. They described their faith background as “Methodist.” For a couple of months they visited a number of churches and denominations and are now regularly worshipping at Erb Street Mennonite Church, whose members have given them a warm welcome. They are looking forward to helping that congregation bring another Congolese family to Canada.

During the past couple of months, the EWP planning committee has had several discussions related to “Month 13”, that time when the family is expected to be self-sufficient and independent enough to manage their own affairs, when the sponsoring group’s official responsibilities have ended. In talking with the family, we know that they have greatly appreciated and valued all that we have provided and that they hope for us to continue as their friends. They will also continue to look to us for advice and support as needed. This change of relationship will be another challenge for the family and for many of us who have given so much time and energy during the past year.

The last formal meeting of the EWP planning committee will take place on September 12, at which time decisions will be made about the use of remaining funds and the possibility of a future sponsorship. Two suggestions for the monies remaining are; to pay off some of the \$10,000 travel loan for which the family is

responsible, or hold it for this next year in the event of some financial emergency that the family might encounter. As for sponsoring another family – with the new friendships formed between committee members and the great cooperation we have experienced in working together – some members suggest that we take a brief rest and then initiate another sponsorship. We take this opportunity to express our gratitude and appreciation to each and every person who has helped in any way with the resettlement of Shinga, Espérance and the children. Together, we have undertaken a challenging ministry and God has richly blessed our efforts. A big THANK YOU to all!

## **Water Ceremony**

**Honoring and Renewing our  
Relationship with Water**

**Please join us for an evening of  
Ceremony & Friendship**

Please bring a container of water, such as a ½ litre bottle, with your name on it. Bring a small serving of fresh fruit, cut into finger-food sized portions. We will begin at 6:15 p.m. with the Thanksgiving Address, followed by the teachings of the Water Ceremony, led by Renee Hill, music of the water drum by Jenelle and teaching on the gifts of water by Anne Anderson.

Followed by replenishment with fresh fruit, Strawberry juice, and time for socializing. Women are encouraged to wear long skirts or bring a sari/blanket to honor the ceremony. Blankets are also suggested for cool fall weather, as this will be an outdoor event.

**Saturday September 30, 2017,  
6:00 p.m**

**Five Oaks Education and Retreat Centre,  
Paris Ontario**

*Adopt A Cause for Sept. and Oct.*

## Open Sesame Headstart Preschool

**Open Sesame Headstart Preschool is a programme for 2 ½ to 4 year old special needs children.**

Our main objective is to help improve the lives of these children and their families through improving their language development and social skills. This will help them start their school at the same level of competence as other children. Society has learned that children with special needs require extra help to succeed in school. Open Sesame is the only Headstart Preschool in the KW area and is highly regarded by the Children Services Department of the Region of Waterloo. We work in collaboration with many social service partners. Our referrals come from KidsAbility, Kid's link, Healthy Babies Healthy Children, Family and Children's Services, and KW Habilitation.

Mount Zion's "Adopt A Cause" projects have always been Outreach Programs that have given the members of Mount Zion the opportunity to learn about and provide assistance to programs that help many people in the KW area. Open Sesame has been giving us the opportunity to serve our community in this way for 47 years. Open Sesame is truly an outreach program to the KW Community. In all these years only 2 children have attended Open Sesame from Mount Zion.

One of the unique services that Open Sesame provides is a parent program that meets one morning a week and helps the parents learn how to deal with their special needs children and also gives them the opportunity to meet other parents with the same problems. I would like to share parts of some thank you letters that were written by parents at the end of the school year in May.

*"Our son has a speech delay with oral motor planning problems and a bit of social anxiety. Over the course of 6 months that he has attended Open Sesame, he has been more willing to communicate and he seems more confident about his abilities and is proud of himself. Family and friends have noticed a huge difference in*



*the way he interacts with the environment and people around him. We are so grateful to have such a supportive program to go to and I am now confident that since attending this preschool, with the help of the staff, he will be ready for JK."*

*"When entering this program my son was very behind in his expressive communication with a very limited vocabulary. The growth my son has made in the past two years is remarkable. His vocabulary has grown and his social skills are emerging and he has made many improvements thanks to the encouragement and hands on approach Open Sesame offers. I am very thankful that Mount Zion church has been willing to run such an amazing program for local kids within our community."*

### **How can the members and friends of Mount Zion help with Open Sesame?**

**1. Volunteer Help.** We are looking for volunteers to help in the classroom one day a week or one day every second week. We need help on Monday, Thursday or Friday.

### **2. Financial help.**

Open Sesame is now costing about \$5000 a month for 9 months. Our expenses have increased for several reasons. On the recommendation of community agencies, we are now operating five days a week instead of three. We are now required to have two teachers instead of one because of new regulations required by the Ontario Board of Education. You can help financially in two ways.

**Buy grocery cards.** You can buy grocery cards from Ann Crossman every Sunday for Sobey's (Freshco) or Zehr's (all PC stores such as Value Mart, Superstore,



etc.) or Food Basics. Open Sesame receives 5% of all sales.

**Make contributions** to Open Sesame in your envelopes under Other.

We sincerely thank all the many people of Mount Zion that have supported Open Sesame for the past 47 years. It has been an amazing contribution to the families of KW but the needs are now greater than ever in our community.

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## Open Sesame Looks for Volunteers

Open Sesame Headstart Preschool will begin its 48th year on Monday, Sept. 11th. We have two very enthusiastic teachers - Cyndi Publuske and Samantha Beesley, plus a newly painted hall and classroom. This is thanks to our teacher Cyndi who arranged for paint to be donated by Sherwin-Williams on Weber St. and Lowes on Ira Needles. She also found a painter - Mike Kit who owns Fit Painting. Mike and his crew donated their time to do this big job. A huge thank you goes out to everyone involved.

The Open Sesame Committee met on Aug. 9th, at the home of Joan Brunger, as we had many items to discuss prior to Open Sesame beginning for another year. We are grateful that Joyce Brown and Anne Woolner have joined our committee. Thanks to Joan Brunger and Anne Woolner the sand area in our playground is now free of weeds and they also cleaned the shed.

On Monday Aug, 14th we met with our two teachers to review last year and have them sign their contracts for 2017/2018. We were informed that we have 10 children registered so far and we are licensed for 15. One of the requests brought forward by our teachers was the need for additional help in the classroom. We are now operating Monday - Friday from 9:30 - 12:00. We need a volunteer for Monday, Thursday and Friday. This year we have mainly little boys coming to Open Sesame and therefore it would be nice for them to have a male volunteer. Volunteers do not need to commit to coming every week but it could be on an every other week basis, or even once a month. If you would like to hear more about what is expected of a volunteer speak to Anne Woolner or Pat Edwards our Tues. and Wed. volunteers. You could

also speak to Carol Ziegler or Ann Crossman who have also volunteered in the classroom.

Our volunteer co-ordinator is Jana Kelly and she can be reached at 519-888-6837 or at [sesamevolunteer@gmail.com](mailto:sesamevolunteer@gmail.com) You are also welcome to drop in to Open Sesame for a visit to see our preschoolers have fun as they learn through play. Sept. is the time of year when many of us think about volunteering. We at Open Sesame hope you will consider helping our special needs preschoolers prepare for Jr. Kindergarten. **YOU WOULD BE MAKING A HUGE POSITIVE DIFFERENCE IN THE LIVES OF THESE CHILDREN.** Please take the time to read excerpts from parents thank you letters we received this year. You will find these in Ann Crossman's "Adopt a Cause" article about Open Sesame.

## Commemorating THE REFORMATION AND ALL SAINTS



*featuring the choirs of*  
Mount Zion Lutheran Church  
St. John's Lutheran Church  
Our Lady of Lourdes Roman Catholic Church

## THE REQUIEM

by Gabriel Faure

**Friday, Nov. 3, 2017** 8 pm  
Our Lady of Lourdes Roman Catholic Church  
Lourdes Street, Waterloo

**Sunday, Nov. 5, 2017** 3 pm  
St. John's Lutheran Church  
Willow Street, Waterloo

## Meet Dave Waechter: 44 years of taking his faith on-the-road

by Pauline Finch

Dave Waechter was born in Kitchener at K-W (now Grand River) Hospital, but grew up with his parents and three siblings in Erbsville, then a lively little village just outside Waterloo. Today it's been swallowed up by



urban sprawl.

The family attended St. Peter's Lutheran in nearby Heidelberg, another small town headed for assimilation, but which still shows up on the map.

Along with his two brothers

and sister he attended Erbsville Public School and then Margaret Avenue School in Kitchener for Grades 7 and 8. Dave went on to the former Laurel Vocational School in Waterloo (now a satellite campus of Conestoga College).

While never particularly keen on academics, he holds fond memories of working after school, and beyond, at the iconic Erbsville Go-Kart Track, then owned by Ed and Teresa Nafziger.

"If you grew up in Erbsville and wanted a part-time job, you just went to the Nafzigers," he recalls. "Pretty well all the kids in town worked there at one time or another; they were really great people." Among Dave's duties was helping to maintain and retrieve the karts, as well as administering stiff 50-cent fines (real money back then!) to anyone who broke the house rules by driving off the track.

After leaving school, Dave briefly explored a mechanic's apprenticeship, but found it wasn't quite

what he wanted as a career. His first full-time job was with Durham Metal Products Ltd. in Waterloo. Often, after finishing a full shift, he'd go and help out at the Erbsville kart track. "I couldn't stay away from there," he laughed.

One of Dave's tasks at Durham Metal was helping to unload transport trucks and that planted a seed of interest in driving them. So at age 19 he moved on to Metzger Produce of Elmira where drivers were needed and learned on the job. "I picked it up pretty fast and they liked the way I handled the truck."

He found he enjoyed working for Walter Metzger and spent the next 11 years transporting chickens and turkeys. Dave recalls that the Metzgers would host a big annual Christmas party for their entire staff and every year, "I'd ask one of the girls I'd hung around with to be my date." One of these eligible young women was Pam Buchan who would later become his wife.

Dave worked next for Wiersma Trucking, whose main cargo was cross-border lumber shipments; he was there barely three years before the first in an ongoing series of Canada-U.S. softwood lumber disputes erupted. "That just gutted the industry and brought a lot of smaller transport companies near bankruptcy," he said. "But the thing is, American builders and suppliers *want* Canadian lumber; it's better quality ... the politicians just don't get it."

The lumber industry setback led to his last career move, driving tankers for Safety Kleen, where he'll mark 30 years of employment this coming November. In all, he's been driving big rigs for 44 years and has no regrets, even though it's meant a lot of time on the road and away from home.

After "hanging around" together Dave and Pam were married in 1984. They have two single adult children; the oldest is son Grayson who works in finance in Listowel, but is now also studying business in Ottawa. Daughter Jessie is a dental assistant in Kitchener.

When he comes home on weekends or vacation, Dave is one of those rare males who really enjoys doing yard work and various around-home chores. His “bucket list” includes visiting the Grand Canyon and taking the famous mule ride to the bottom of this geological wonder of the world.

Dave has been a Mount Zion member for the past eight years, while Pam retains her Salvation Army membership and usually attends there. He credits Anne Woolner and Brenda Wynosky, whom “I’ve known for years and years since going to school with them in Erbsville” for introducing him to our congregation. Today Dave, Pat, Brenda and Anne are part of an informal group of eight couples and singles who regularly go camping and attend concerts and shows together.

Dave likes to help out whenever he can by setting up tables or cleaning up after church events, although his driving schedule makes it difficult to attend every Sunday or take part in much beyond worship. “But if I’m in town I always try to get to the service.”

Feeling like part of the Mount Zion family has always been a core part of Dave’s faith. “When I walk in the door I feel welcome here right away; a lot of their names I really don’t know well, but they all make me feel at home. When I can’t go because of work, I really miss it.”

What he misses most is the former early service. “I used to be able to go to church, then go out on the road and that felt very good. Now, if they send me on a long trip I have to leave before church ... but I understand that they had to make changes, I don’t hold that against anyone.”

Dave expects that “things will slow down a little” when he hits retirement age in 2018; perhaps far fewer long trips, less time spent with log-books and manifests, and more opportunities to become involved in activities closer to home.

“It’s kind of hard to say right now, but I’ll always be with Mount Zion ... I hope it keeps thriving as a congregation and that the people here can work through changes as they come.”



## BOOK STUDY

Health Council will sponsor a book discussion of *The Shack* by William P. Young on Tuesday, October 17, at 2:00 pm. There are copies at the library and various book stores. Marg Tupling has a copy to lend. Call her at 519-745-6355 to arrange to borrow the book.

A brief description from the cover of the book may help you with your decision to join us.

*In a world where religion seems to grow increasingly irrelevant THE SHACK wrestles with the timeless question: “Where is God in a world so filled with unspeakable pain?” The answers Mack gets will astound you and perhaps transform you as much as it did him.*

Please sign up on the sheet on the Narthex Bulletin board so we know how many to expect.

**10<sup>th</sup> Waterloo Scout Group** registration is here at Mount Zion Monday September 11<sup>th</sup> 6:30-8:00pm. Spring pre-registration numbers are 75 in total, 40 participants and 35 volunteers. There is space available in every section for fall registrants. Our scouting program is for youth from age 5 to 26 and includes Beaver Scouts, Cub Scouts, Scouts, Venturer Scouts, Medical Venturer Scouts, and Medical Rover Scouts. In July four of our Troop Scouts (ages 11-14) and two Leaders went to CJ’17 in Nova Scotia. One participant at the event wrote: “Nearly 6000 Scouts from across the country enjoyed a weeklong adventure in Halifax consisting of badge trading, fireworks, drones, fishing, and an amazing race. The first day was somewhat challenging when rain turned the ground to mud. Tents and shelters were set up, trenches were dug, bridges were built, and everyone was helping one another so that by nightfall what was once a barren muddy field was now a tent city.”

# Service: Committed, Caring and Effective

By Ginny Ehrlich, Service Committee Chairperson

Did you know that there is another type of **Service to Others** that is happening at Mt. Zion? A closer look at our financial reports, and material items we see on display in the narthex throughout the year, will show that donations to various organizations occur with and without any specific promotion. These charities may be an Adopt-A-Cause that was highlighted in an earlier year, an internally driven Church initiative or an ongoing Service relationship that exists with our church.

Targeted donations reflect the importance we at Mt. Zion place on supporting a variety of Service initiatives. You are encouraged to use your offering envelope or other envelope, labelled with the organization's name, to direct a donation to any charity, at any point in the year.

## ***A Mighty List indeed for 2017:***

Habitat for Humanity

Supportive Housing of Waterloo (S.H.O.W.)

Food Vouchers

Canadian Lutheran World Relief (C.L.W.R.)

House of Friendship (Potato Blitz)  
oneROOF (Youth Support Services)  
K-W Food Bank  
Reformation Scholarship Fund  
Music on the Mount (Mt. Zion)  
Refugee Support Fund  
Open Sesame  
Scouts  
Music for the Spirit Camp  
Music for the Spirit After School Program  
Mt. Zion Youth Fund  
We Care Bags  
Community Garden  
Mitten Tree  
Quilters  
Trinity Village  
Waterloo Lutheran Seminary General Appeal  
Campus Ministry – Lutheran  
W.L.S. Auxiliary

**Over the past 20 years, Mt. Zion members have been supportive of and involved with 100 different organizations and Service projects!**

## **Thanks to our**

### **Property Guys!**

Chances are good that you saw one or more members of the property committee working around the building this summer.

They managed to oversee the installation of two new stoves in the kitchen, painted and gave the upper washrooms a major facelift, installed new efficient outdoor lighting and planted nine Alberta Dwarf trees around the outdoor spot lights.

They also rescued valuable parking spots in the upper lot which were being overtaken by an out of control hedge.

They installed the new Alfred Brunger Memorial Bench on a cement pad.

## **REFORMATION SCHOLARSHIP FOLLOW-UP**

To date \$2,265.00 has been donated for Reformation Scholarships for youth to attend the Lutheran Schools in the Holy Land and Jordan. This amount will provide about one and a half annual scholarships. *A huge thank you to all who supported this Reformation Challenge.*

**The Mountaineer** is a publication of Mount Zion Lutheran Church, 29 Westmount Road, Waterloo.

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# Seeds and Soil

Following regular worship on Sunday May 28, we were given beautiful late spring weather for the annual outdoor “Blessing of Seeds and Soil,” followed by the dedication of Mount Zion’s garden plots as the Alfred Brunger Community Garden.

Congregation members were joined by guests from the Brunger family and friends, some of our community gardeners, friends from the Anglican Parish of the Six Nations, and Espérance, Shinga and their family.

A wrought iron garden bench was dedicated to the memory of Alfred Brunger, who contributed immeasurably to the establishment and maintenance of the garden and to numerous other facets of Mount Zion’s congregational and community life.

In honour of a day filled with fond but poignant memories, Scott Knarr composed “The Butterfly,” a gentle anthem for choir and flute based on a quotation from one of Alfred’s poems.

Words and Photos by Pauline Finch



# Vacation Bible School

More than 50 campers, 60 volunteers including 20 youth who volunteered for the entire week, filled every inch of Mount Zion for a week in July this summer.

Kids from seven different Lutheran congregations and eight other denominations spent the week celebrating and discovering our strength in God and had a blast doing it as you can see from this selection of photos.



## A note from Finance

- 1.) Our financial status for the first seven months in 2017 reflects a deficit of \$7,487 in the “Ministry & Mission (current) Account”. For this period of time, results are favourable to plan due to some unbudgeted one-time items. Overall, net receipts are \$11,604 better, and disbursements are \$5,631 below plan resulting in a favourable variance of \$17,236.

	<u>Actual</u>	<u>Budget</u>	<u>Better/(Worse)</u>
Total receipts	\$154,020	\$136,416	\$ 17,604
Rentals reserved to capital	<u>( 6,000) -</u>		<u>( 6,000)</u>
Net Receipts	\$148,020	\$136,416	\$ 11,604
Total Disbursements	<u>155,508</u>	<u>161,139</u>	<u>5,631</u>
Deficit	( 7,487)	( 24,723)	17,236

### Comments:

- Member regular envelope contributions were \$3,384 below plan
  - Deficit reduction response was \$1,060 higher
  - Facility and parking income was \$5,436 higher
  - Endowment fund income of \$4,815 was applied to Ministry & Mission account
  - Grants of \$2,500 from Synod in support of Mt Zion Café were received
  - Disbursements were below plan by \$5,631
  - Food Truck Tuesday profit sharing was \$740
- 2.) Your support of Synod Benevolence and other designated needs including our Adopt A Causes was \$42,735. Member support was \$31,235 which compares to \$40,114 in the prior year. The additional \$11,500 was contributed as grants of \$9,000 to Open Sesame, and \$2,500 to Refugee support.
- 3.) Our Mission Endowment Fund received a \$25,000 boost with the generous donation from the estate of long time member Edwin Buder. With this donation, our Endowment Fund now totals \$114,643.

## Council News

Karen Gastmeier

We were delighted to host Bridges Vacation Bible School this summer. This is a collaborative area-wide Vacation Bible School of ELCIC Lutheran churches from around Waterloo Region.

Real Programming 4 Kids (RP4K), a company which as their name suggests runs programs to teach kids coding, rented the auditorium for all the other summer weeks.

In the fall you can expect to see more of this rental activity as RP4K returns on Wednesday evenings and all day Saturday. They will be using the two classrooms beside the upper narthex and the Glebe room.

Because Waterloo Lutheran Seminary is currently undergoing a major renovation, they too have contracted the use the Committee Room and the small kitchen all day Mondays for the fall and winter terms. They also will be renting space for special events.

All this rental activity is helping our finances in a big way. Thanks to Richard Brubacher and Ginny Ehrlich for handling the needed contract work and the scheduling.

Council met Tuesday night for their first fall meeting. We are looking forward to our next meeting (Sept 26) when we will meet with committee members for a potluck and an evening of discussion.

New to Mount Zion this year was Tuesday Night Food Trucks. While not yet fully successful financially, those of us involved enjoyed socializing with members and newly made neighbourhood friends. Over the winter we will take time to think about next summer.

# Financial Update - 7 months ended July 31, 2017

By Richard Brubacher – Treasurer & Chair, Finance Committee

The summaries below reflect the actual cash flows for the seven months ending July 31, 2017, 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

	7 Months - 2017		Comments re: Differences to plan	7 Months
	Actual	Budget		Last Year
<b>Cash Inflow</b>				
Receipts from Members	112,451	115,835	- worse than plan (\$3,384)	111,910
Receipts from Facility Rentals & Parking	31,336	19,900		19,334
Rental income reserved to Capital	(6,000)	-		-
Other Receipts - (Plate, Endow. Int., grant)	9,173	681	- incl. \$4,815 Endow. Int., \$2,500 grant	2,509
Deficit Reduction Response	1,060	-		460
<b>Total inflow</b>	<b>148,020</b>	<b>136,416</b>		<b>134,213</b>
<b>Cash Outflow</b>				
Disbursements - Staff & operating costs	155,508	161,139		151,428
<b>Total outflow</b>	<b>155,508</b>	<b>161,139</b>		<b>151,428</b>
<b>Net Cash (Outflow)/inflow</b>	<b>(7,487)</b>	<b>(24,723)</b>		<b>(17,215)</b>
Cash balance (overdraft)	18,691	(15,335)		17,124

## Benevolence Accounts - Cash Flow Basis

	Actual	Budget		Last Year
<b>Cash Inflow</b>				
Receipts from Members - General Benev.	14,556	17,700		17,062
Receipts for designated appeals	28,179	-	- Incl. SynodGrants \$9,500	35,800
<b>Total inflow</b>	<b>42,735</b>	<b>17,700</b>		<b>52,862</b>
<b>Cash Outflow</b>				
Payments to Synod	13,056	16,525		17,062
Payments to other designated appeals	29,679	1,175		35,800
<b>Total outflow</b>	<b>42,735</b>	<b>17,700</b>		<b>52,862</b>

## Capital Accounts - Cash Flow Basis

	Actual	Budget		Last Year
<b>Cash Inflow:</b>				
Receipts from Members	8,353	5,460		7,797
Transfers from Ministry & Mission acct	6,000	-	- Rental income reserved from MM acct.	-
<b>Total inflow</b>	<b>14,353</b>	<b>5,460</b>		<b>7,797</b>
<b>Cash Outflow</b>				
Capital Expenditures	7,491	5,200		12,964
<b>Total outflow</b>	<b>7,491</b>	<b>5,200</b>		<b>12,964</b>
<b>Net Cash (Outflow)/Inflow</b>	<b>6,862</b>	<b>260</b>		<b>(5,167)</b>
Cash Balances	40,969	34,367		43,709

## Rental Property Account - Cash Flow Basis

	Actual	Budget		Last Year
<b>Cash Inflow:</b>				
Rental Income from Tenants	20,790	14,320	Increase due to delinquent rent paid & now up to date (budget assumed not)	11,856
Transfers from Capital Account	-	-		-
<b>Total inflow</b>	<b>20,790</b>	<b>14,320</b>		<b>11,856</b>
<b>Cash Outflow</b>				
Current Expenditures - Properties	8,012	10,175		8,848
Capital Improvements to Properties	-	10,645	upgrades deferred	224
<b>Total outflow</b>	<b>8,012</b>	<b>20,820</b>		<b>9,072</b>
<b>Net Cash (Outflow)/Inflow</b>	<b>12,778</b>	<b>(6,500)</b>		<b>2,784</b>
Cash Balances (overdraft)	(12,287)	(31,565)		(34,656)