



Mount Zion celebrates 60th anniversary by revisiting 1957



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



The 60th Anniversary organizing committee shows off their 1950's inspired duds. From left to right, Mary Slethaug, Joyce Brown, Karen Gastmeier, Susan Brubacher, Chair and Brenda Wynosky. Many, many hands went into a fun night of food, fun and music. Thanks to everyone who helped out and thanks to everyone who participated. Lots more pictures sprinkled throughout the issue.



The Annual Meeting of

**Mount Zion
Evangelical Lutheran
Church**

will be held
on

February 12, 2017

Following the 10 a.m. service at
approximately
11:15 a.m.

Tutti frutti, oh rutti

Tutti frutti, oh rutti

Wop bop a loo bop a lop ba ba! boom

Camp Edgewood – A Tribute

Joyce Brown

As we age there is a tendency to reminisce about ‘the good old days’! Having been asked to share Camp Edgewood memories is a bit like that.

In the summer of 1961, 1962 and 1963 I was a counsellor at the camp – a young girl of 15, 16 and 17



years of age. It was the glory days in church camping. Junior counsellors were paid a weekly stipend of \$10 plus room and board – a senior \$20 – for the joy and challenge of working from sun up to sundown with a group of rambunctious kids from various cities, towns and rural communities most of whom were the offspring of Lutheran families. Into this mix were children from less fortunate circumstances and some with social challenges. Because of this varied groups of energetic kids, the camp staff needed to be young, have physical stamina and be able to function with little sleep. Foremost we needed to love children, enjoy the great outdoors and have a faith we were willing to live and share in order to enable the kids to have a great camping experience.

After a brief period for training and the outlining of our daily schedule and duties we were prepared for 8 weeks of non-stop living and activity. Camp counsellors were given nicknames; Choppy, Whitey, Knobby, Ducky, Taffy, Brownie, Nursie, Cook, Chaplain – I’m sure you get the picture. We were Lutheran young people and theology students mixed together building lasting friendships- some leading to marriage.

The daily routine consisted of rising early to salute the flag, engage in physical exercise and partaking in morning prayer, all before breakfast. Each group of

about 12 built a home in the woods – a place to talk, share our faith, study scripture and work as a team. We swam in the pool, created crafts, participated in team sports, enjoyed outdoor sleep-outs, hiked until we dropped, laughed, cried and ended our day beside a campfire singing songs we will never forget. The day was dying in the west, the birds had found their evening rest and the sky above was a myriad of stars, bright jewels in God’s crown. Where else but in the great outdoors could one experience the glory and majesty of the universe and our God, the great I Am- who was the creator of it all.

At the close of each camping week before the kids went home and a new group arrived, we held a beautiful chapel service in the woods under a cloak of night time darkness. It was the highlight of for a job well done as each person gathered for worship and then with a lit candle in hand we would troop down the woodland path to the river edge, singing simple hymns in glow of the candlelight procession. We would then



place our candle on a large wooden cross that was floated down the river while we watched as the cross drifted from our sight. These moments, so individual, so poignant, so far reaching often happening only once in a lifetime. For many we have the ministry of church camps like Camp Edgewood, (Camp Lutherlyn, Camp Mush-A-Mush) to thank and those dedicated individuals who gave so much of themselves, their financial support and their vision of building and reinforcing the Christian faith in hundreds possibly thousands of children over the

years. What a gift, a great blessing. Lives forever changed, enhanced and equipped to walk down other paths in life, knowing the love of God and his presence just a prayer away.



Bill and I met and fell in love at Camp Edgewood. For 54 years we have shared with each other, our four children and nine grandchildren, our extended family and friends our love of the great outdoors and the joy of our faith. This abundance of God's blessings because the Holy Spirit led us to Camp Edgewood the summer of 1963. And so I say, thanks for the memories, thanks to the good and faithful ministry of Camp Edgewood and the church camp experience.



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News from Mount Zion Café

A place for Seniors and Friends



Next Mount Zion Cafes: February 8 and 22
from 10 AM, with lunch starting at
11:30 AM.

Our Mount Zion Café started again for 2017 with a great turnout on January 11th. It was very exciting and encouraging to see that about 30 people came for a morning of social enjoyment and stayed for a wonderful soup and bread lunch.

Some folks dropped in around lunch time and this provided another group of people and added to the general buzz of people enjoying themselves over good food.

Mount Zion is presenting the café as an opportunity to further our goal of being a senior-friendly community. It is another opportunity for people to come together for enjoyment, and for some, to find time for light exercise in the form of walking in the auditorium. For some, it might mean getting an informative piece of health information and for others, a chance to talk to the Parish Nurse or to share their interests with others. Many simply enjoy coffee, goodies and a chat!

We have begun to explore what is possible. There is more to do. We want to encourage the mingling of different age groups. So, if you don't feel as if you are at the "senior" age level, we would like to encourage you to think about dropping in at the cafe for a light lunch and some good conversation with some folks who have good stories to tell and interesting lives to share. We usually see the Pastor, and sometimes Deacon Scott, Muriel from the office and occasionally those who might be down in the office working on a project.

We are able to provide transportation to the Café now. So, if you can think of anyone who might like to come but needs transportation, why not suggest to them that a call to the office could result in the needed transportation?

Some churches have used the café setting to provide a variety of opportunities for seniors. We can think about a space to play board games or having shuffleboard in the auditorium. Lots of unexplored possibilities!

We hope you will join the senior and other friends at Mount Zion for the café date. We are waiting for you!

Financial Update – December 2016

A note from Finance – Good Finish!

Our financial status for the year ended December 31, 2016 ended on a positive note. Despite closing with a deficit of \$7,435 in the “Current Account”, major progress was made in the final month resulting in the year being \$4,880 better than budget.

	<u>Actual</u>	<u>Budget</u>	<u>Better/(Worse)</u>
Total Receipts	\$254,050	\$252,000	\$2,050
Total Disbursements	<u>261,485</u>	<u>264,315</u>	<u>2,830</u>
Deficit	(7,435)	(12,315)	4,880

Comments:

The \$4,880 improvement in results compared to plan is due to a combination of higher overall receipts, and lower expenses.

- Regular member contributions and deficit reduction response of \$221,034 was **\$4,966** below plan.
- Facility and parking income of \$29,002 was **\$5,002** better than plan.
- Other income of \$4,014 was **\$2,014** better than plan.
- Disbursements of \$261,486 were **\$2,829** below plan

We began 2016 with an accumulated surplus of \$4,178. When combined with the deficit of \$7,435 for 2016, our carry forward position into the New Year is a deficit of \$3,257.

Benevolence:

Your support of Synod Benevolence and other designated needs including our Adopt A Causes was \$90,960 which compares with \$63,267 in the prior year. Included in 2016 is \$34,374 in Refugee Support provided to the EWP (Ecumenical Welcoming Partnership) to sponsor a Refugee family. Of this amount, \$14,239 was donated by Mount Zion members and \$20,135 from other supporting churches and fund raising. Adjusting for this, total benevolence was \$70,725 representing an increase of 11.8% over the prior year.

Further details will be provided in our annual report to be presented at the AGM February 12, 2017.

Thank you for your continued financial support in 2016.

Richard Brubacher – Treasurer and Chair of Finance



Ecumenical Welcoming Partnership:

The Mutual Benefits of Refugee Sponsorship

Peggy Nickels

In conversations about refugee sponsorship the focus is often on benefits to the individuals and families we help to settle. References to how the sponsors benefit are usually vague comments such as, "It's been such a great experience!" But what does that actually mean? David and Wilma Peirson, who have spent many hours with the new Canadian family sponsored by our Ecumenical Welcoming Partnership, agreed to share how their volunteer involvement has been a gift for them. They write:

"Years (eons) ago, Wilma and I, both trained teachers, applied for mission work in Liberia sponsored by the Lutheran Church in America. We thought that our teaching skills would be put to good use and that we could make a difference in the lives of those with whom we would work. We were well into the approval process when a serious illness intervened. We were cautioned by doctors not to contemplate a project like this for at least five years and so, life went on. Our African plans were set aside. It seemed as if this adventure was not to be.

More recently, the plight of Syrian refugees became everyday news and members of our church (St. Stephen Lutheran) began making plans to get involved in sponsoring a family. We attended organizational meetings and learned that while the Syrian disaster was top of news, there were many other areas of the world where Canadian Lutheran World Relief was working to help refugees. We decided to put some of our energy and resources into the overall project and when Mount Zion Lutheran Church spearheaded a determined effort to bring a family to Canada it began to look like a co-operative venture would be possible.

Wilma and I were travelling in the early part of the summer and were surprised to discover on our return that a young family from the Democratic Republic of the Congo had been selected and that they were already here!

Since then we have spent many enjoyable afternoons/evenings getting to know Shinga, Esperance and their five delightful children. They have much to learn



about household life in Canada so we offer support as we are able and also help them with learning English. The improvement in communication since August has been excellent and they now tell us stories of life in the Congo and in their refugee camp in Burundi. Currently we are helping them adapt to winter in Canada (we are still trying to adapt ourselves!). We know now that a nice winter coat in Canada is worth at least the value of two cows in Congo!

The disappointment of not being able to go to Liberia all those years ago has now been transformed into joy and satisfaction. This wonderful new opportunity of assisting a family displaced by circumstances beyond their control, is bringing us blessing."

David and Wilma's story is only one example of how many of our volunteers' lives have been enriched by their connection with our new family. Other comments I've heard from people in the EWP group is that they welcome contact with a young family since their own grandchildren live very far away, or that they feel a renewed sense of purpose, being able to use their time and skills to help the family learn English or negotiate the many health appointments they have – and with seven in the family, there are *lots* of appointments! Being actively involved in the settlement of a former refugee family enables us to experience our lives in Canada through different lenses. We recognize the value of living in safety, of clean water to drink at the turn of a tap, of attending school on a daily basis. We re-experience the wonder of seeing the leaves change, the fun of learning to swim, the excitement of the first snowfall. We now know where the Democratic Republic of Congo is on the African continent; more about the political conditions that led Shinga, Esperance, and their children to flee; and about the continuing impact of ongoing conditions on family and friends still living there.

Their story also makes us to think about what else we can do – when we vote, shop, or make financial contributions – to address some of the global situations that cause families to become refugees in the first place.

Christmas 2016 at Mount Zion



We packed up and sent 91 We Care Bags this past December to Canadian Lutheran World Relief to be distributed around the world. We have been doing this project every fall since 2005.



Mount Zion's Choir were invited to be part of a Musical Service of Songs at Her Majesty's Royal Chapel of the Mohawks in Brantford on Dec 4.



Revisiting 1957



Pancake Supper



Tuesday, Feb. 28

5:30-6:30.

Enjoy pancakes, sausages and fruit salad.

Free-will donation with the proceeds going towards the National Youth Conference.

Please sign up on Bulletin Board.

Apple Tree Workshop



Sat. March 4

Mount Zion

9 a.m. to 3 p.m.

a day long workshop prepared by synod to help congregations understand their mission and assets.

Free and Lunch included

Sponsored by Two Rivers



Mount Zion
Cafe

Now Serving
Lunch

February 8 and 22 from 10 AM, with lunch starting at 11:30 AM.

Take part in any or all of the following activities:

- Short walk in the auditorium,
- coffee and goodies in the lounge,
- attend a very short educational presentation in the board room and
- stay for lunch, which will be available starting at 11:30.

We are excited about our enhanced activities and hope you will come to the cafe. 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.

The Cafe - it's what you need in the winter - a little physical activity, a little mental activity, some social activity and as always, some good food!

Time To Talk - Lunch and Learn



Tuesday February 28, 2017

at 2 PM

Mount Zion Upstairs

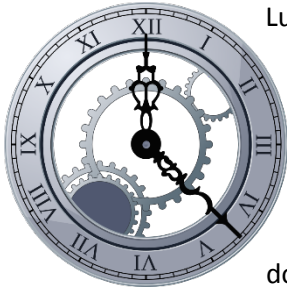
Learn how to make your final wishes known.

Time To Talk - Lunch and Learn

Tuesday February 28, 2017

at 2 PM

Mount Zion Upstairs



Lunch will be provided as we have a time to be together and learn more about End-of-Life care.

An Advance Care Plan is more than creating a document that outlines your

wishes for care at the end of your life. It is also about a conversation that you have with the person or people who will act for you if you cannot speak for yourself. None of us know when, or how suddenly, the time will come when we cannot speak for ourselves.

This is a conversation about what is important to you and about the things you value. We need to talk to the people who will potentially have to speak for us and let them know our values and wishes.

These conversations will make it so much easier for those who may act as our Substitute Decision Makers in the future. Difficult decisions are made much easier for the Substitute when they are confident that they know what your wishes are.

The choices made at the end of life are important. Be sure your voice is heard and respected.

Come out to the Lunch and Learn on Tuesday February 28th at 2 PM and participate in the conversations and learn how to make your wishes known.

The AfterLoss Credo

Christine Ramseyer, Parish Nurse

Grief is something that affects everyone. It's definition often describes it as "deep sorrow". Over the next few Mountaineer issues, I will discuss grief further. For this month, I will leave you with this ...

The AfterLoss Credo

by Barbara Hills LesStrang.

"I need to talk about my loss.

I may need to tell you what happened- or to ask you why it happened.

Each time I discuss my loss, I am helping myself face the reality of the death of my loved one.

I need to know that you care about me. I need to feel your touch, your hugs.

*I need you just to be with me.
(And I need to be with you.)*

I need to know you believe in me and in my ability to get through my grief in my own way. (and in my own time.)

Please don't judge me now- or think that I'm behaving strangely. Remember I'm grieving.

I may even be in shock.

I may feel afraid. I may feel deep rage.

I may even feel guilty. But above all, I hurt.

I'm experiencing pain unlike any I've ever felt before.

Don't worry if you think I'm getting better and then suddenly I seem to slip backward.

Grief makes me behave this way at times.

And please don't tell me you "know how I feel", or that it's time for me to get on with my life. (I am probably already saying this to myself.)

What I need now is time to grieve and to recover. Most of all, thank you for being my friend.

Thank you for your patience. Thank you for caring.

Thank you for helping, for understanding. Thank you for praying for me.

And remember, in the days or years ahead, after your loss - when you need me as I have needed you - I will understand.

And then I will come and be with you."

Meet Eapen and Omana John



Eapen and Omana were born and raised in the southern Indian state of Kerala where 19% of the population is Christian. Across the rest of India, however, Christians constitute only 3% of the population, which in 2016 reached more than 1.3 billion.

Both the Johns completed elementary, secondary and initial university education in their native India. Eapen earned an MA in English language and literature and Omana a medical degree from Kerala.

After graduating from university in India, Eapen was looking for further opportunities abroad and felt fortunate to be accepted as an immigrant to Canada in 1969. He and Omana were married in 1973 while Omana was still in medical school and she joined him here in 1975.

After coming to Canada, Omana did her residency in Psychiatry at Memorial University of Newfoundland, where she received an FRCP (Fellow of the Royal College of Physicians) distinction from the Royal College of Physicians and Surgeons of Canada.

Until retiring in 2005, Eapen worked as a Senior Immigration Officer for Canada Border Services. Omana was a Consultant Psychiatrist in Newfoundland and New Brunswick until 2014; her career included positions at both Memorial University and Dalhousie Medical School in Halifax, NS. She currently holds Emeritus status with the Ontario College of Physicians and Surgeons.

The Johns have been married for 43 years and have two daughters. Jennifer, the oldest, lives in Georgia, USA and is an endocrinologist; she is married and has three children. Hyacinth, their second daughter, is a psychiatrist. She is also married, with two children, and lives in Kitchener.

Now fully retired, the Johns still lead active lives; Eapen enjoys reading and fitness programs and Omana enjoys sports activities. Both greatly enjoy Chess and play it every day.

Eapen and Omana began attending Mount Zion in 2015, shortly after moving to K-W from New Brunswick. Although they were not previously Lutheran, they are now regular worshippers in our congregation.

Eapen says; "We are very comfortable at Mount Zion and find the members kind and friendly. We are also very happy with Rev. Philip Mathai and the rest of the staff..."

The Johns plan to continue as part of our congregational family and to take part in more congregational activities. Their shared vision for Mount Zion is that it will "continue to be an important part of the Christian community of the Kitchener-Waterloo area."



TRC Call to Action #1

Deacon Scott Knarr

The Truth and Reconciliation Commission's 382-page summary of its final report includes 94 compelling recommendations. The task now is their acceptance and implementation, and the reorientation of Canadians' strained attitude toward reconciliation. Deacon Scott will look at a few of these recommendations over the next few months.

We call upon the federal, provincial, territorial, and Aboriginal governments to commit to reducing the number of Aboriginal children in care by:

ii. Providing adequate resources to enable Aboriginal communities and child-welfare organizations to keep Aboriginal families together where it is safe to do so, and to keep children in culturally appropriate environments, regardless of where they reside.

v. Requiring that all child-welfare decision makers consider the impact of the residential school experience on children and their caregivers.

The very first Call to Action of Canada's Truth and Reconciliation Commission was to address the predicament of Indigenous children in government care. Few people realize that there are three times as many children in the care of child welfare

agencies **today**, as were attending the residential school system at its peak (Cindy Blackstock). People also minimize, underestimate or misunderstand the impacts on second, third and fourth generation survivors of residential school experiences. Broken families are handed down from generation to generation and whole communities feel the effects of unresolved grief, anxiety and desperation due to loss of land, loss of language and loss of culture.

With extremely limited resources it is challenging for First Nations communities to provide adequate care and support to children in difficulty. Removing them from their community compounds the problems of isolation, disorientation and disconnection. Our government agencies need to do more to understand and respond to the needs of these communities and find solutions to strengthen their existing resources and create local innovative community-based approaches. Keeping children in their home communities would be more effective emotionally, spiritually and mentally as well as cheaper for government assistance programs in the long run. The benefit to retaining connection to culture and community is immeasurable.

Financial Update – 12 months ended December 31, 2016

By Richard Brubacher – Treasurer & Chair, Finance Committee

The summaries below reflect the actual cash flows for the twelve months ended December 31, 2016, and the position of our bank accounts. Comparative data is displayed for our budget commitment and the prior year.

Current Account - Cash Flow Basis

	12 Months - 2016		Comments re: Differences to plan	12 Months
	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members	215,561	226,000	- worse than plan (\$10,439)	216,413
Receipts from Facility Rentals & Parking	29,002	24,000	-Parking & Facility Rentals higher	23,158
Other Receipts - (Plate, HST Refunds, Endow.)	4,014	2,000	- Incl. Consecration fund \$1,810	5,302
Deficit Reduction Response	5,473	-	- member response \$5,473 better	9,865
Total inflow	254,050	252,000		254,738
Cash Outflow				
Disbursements - Staff & operating costs	261,485	264,315	- spending lower	243,540
Total outflow	261,485	264,315		243,540
Net Cash (Outflow)/inflow	(7,435)	(12,315)	- \$5,454 better than plan	11,198
Cash balance (overdraft)	10,849	7,862		32,111

Benevolence Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow				
Receipts from Members - General Benev.	31,277	32,000		31,469
Receipts for designated appeals	59,583	-	Incl. \$5,000 grants to Open Sesame	31,798
Total inflow	90,860	32,000		63,267
Cash Outflow				
Payments to Synod	29,677	24,900		28,769
Payments to other designated appeals	61,183	7,100	Incl. \$34,374 to EWP for Refugee support	34,498
Total outflow	90,860	32,000		63,267

Capital Accounts - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Receipts from Members	11,494	9,400		6,101
Transfers from Memorial Funds	3,500	-		-
Total inflow	14,994	9,400		6,101
Cash Outflow				
Capital Expenditures	29,763	25,000		1,005
Funds lent to other accounts	-	-		-
Total outflow	29,763	25,000		1,005
Net Cash (Outflow)/Inflow	(14,769)	(15,600)		5,096
Cash Balances	34,107	33,276		48,876

Rental Property Account - Cash Flow Basis

	Actual	Budget		Last Year
Cash Inflow:				
Rental Income from Tenants	28,116	30,360	237 not rented till March 18 & 235 in Arrears	14,160
Transfers from Capital Account	-	-		-
Total inflow	28,116	30,360		14,160
Cash Outflow				
Current Expenditures - Properties	15,517	14,850		14,185
Capital Improvements to Properties	224	-		39,151
Total outflow	15,741	14,850		53,335
Net Cash (Outflow)/Inflow	12,376	15,510		(39,175)
Cash Balances (overdraft)	(26,791)	(23,411)		(37,441)