



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



## Summer Sounds and Spices

*A three day festival of live  
arts, music and food*

*Tuesday July 16  
Wednesday July 17  
Thursday July 18*

*Rain or Shine  
5:00 pm.*

*Music, Food, Bands,  
Dancers, Puppets and more*

*Green area & parking lot  
near the community garden.*

## Confirmation 101

Intern Leanne Darlington

If I were to ask many of you what you remembered most about your confirmation years, I am sure I would get tons of answers; perhaps it would be reciting the small catechism or your favourite Bible verse, or maybe it would be a memory of the friendships made. But just where did confirmation start and how did it come to be a rite in the church?

### Early History of Confirmation

In early Christianity (the pre-Nicene church in the first and second century), the bishop was not able to attend each infant baptism due to the growing popularity of the church and the change from baptizing at Easter to baptizing at birth. The bishop would arrive later to anoint and lay their hands on the participant. Originally this was done in infancy, but gradually the time progressed to several years later. Could this have been an early confirmation rite?

In the sixteenth century, Martin Luther had few kind words to say about confirmation; in fact, he called it "monkey business," as he was concerned that it was being called a sacrament. In early Lutheranism, confirmation was regarded as receiving instructions in the catechism and was parent-led. The pastor would then examine the confirmands to make sure that the parents had done a commendable job in raising and instructing the children in faith and understanding.

### Confirmation in the Twentieth Century

Confirmation in our modern age still honours education and instruction in the catechism, but it also can be described as a journey in faith through teaching, worship, personal growth, social justice, and relationship building. In baptism, God pours out the Holy Spirit which is present throughout our lives. The rite of confirmation publicly renews and recognizes one's commitment to Jesus Christ and it stirs in the confirmand the gift of the Holy Spirit. In publicly professing one's faith, the congregation also plays a role in the affirmation of faith. They are called to pray, support, and welcome the confirmand into the life of Christ.

### Confirmation at Mount Zion

The confirmands at Mount Zion gather together for 2 years. During this time, they attend monthly confirmation classes here at the church with Pastor Philip leading. This year they learned about Martin Luther, the Apostles Creed (based on the small catechism), along with a discussion of

the monthly KW area confirmation activity and a pizza lunch. The monthly confirmation activity day was organized with other Lutheran churches in the KW area. This year our monthly Saturday gatherings focused on social justice issues such as welcoming refugees, meeting our Jewish neighbours, homelessness, LGBTQ discussions, and a year-end trip to Six Nations. There was also a Liturgy day where the youth were able to learn more about how and why we worship.

Five youth will also attend Confirmation Camp at Camp Kintail (near Goderich) in late August of this year with Peace being the main theme. This is the same camp that was established by Rev. Norman Lange in 1966 which was held at Camp Edgewood until it closed a couple of years ago. Many parents in the congregation still talk about the transformational impact that confirmation camp had on their children during their formative years! Confirmation camp has not only helped to nurture the camper's faith, but it also gave the youth an opportunity to build trusting relationships with both new and old friends and mentors. The camp is open to area Lutheran churches but has seen dwindling numbers over the years. There is discussion to open it up to more Lutheran churches both near and far so that this valuable opportunity for learning, faith, fellowship, sport, and fun can continue.

### **Confirmation Trends**

Confirmation is facing the same struggles as church membership and attendance... numbers are declining, and in many cases, youth have little interest in being confirmed. Confirmation is part of the life-long process of growing in faith from the cradle to the grave. How do we build relationships with our youth? How do we continue to educate and instruct both a Christian and Lutheran identity that is relevant to our youth? What role does social justice play in the faith formation of our youth? How does the church capture the passion of our youth? There are many questions and no easy answers!

<sup>1</sup> Dennis Bushokofsky and Craig Satterlee, *The Christian Life: Baptism and Life Passages*, Volume 2, (Minneapolis, MN: Augsburg Fortress, 2008 ), 100.



## 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.

**See you in September**  
10 am - 1 pm

Remember to return your baby Bottles  
on Father's Day



A Mount Zion Service Committee  
project on behalf of

MARILLAC  
PLACE

# LITURGY Bites

## Why we do the things we do

By Tim Ehrlich

### Psalm

The Psalms are the beginning of the third section of what we refer to as the Hebrew Scriptures or Old Testament. They are a collection of 150 songs or poems which are traditionally intended to be sung. In fact, you could think of it as an ancient hymnal. This collection in many ways define the relationship of the Hebrew people to God. It can be argued that if you had to pick one book of the Old Testament to read Psalms would be top of the list.

Tradition has it that they were composed by King David but many of the poems reference events generations after the reign of David so that is not probable. Some of the first psalms discovered were called the songs of David and that is most likely how David came to be associated with the entirety. They are divided into three main categories: laments, thanksgiving and praise which is the most common. The 150<sup>th</sup> and final is sometimes referred to as the doxology of the Psalms.

When we use the Psalm in our liturgy it is usually a response to the first reading which is usually from the Hebrew Scriptures. We don't consider them lessons because they are like most songs an expression of the heart made in the spirit of worship. This is why we sometimes replace the Psalm with a relevant hymn or anthem. There are many beloved Psalms and passages within them, and several are on worshippers' favourite verse list.

If you find the Old Testament stodgy and confusing, try turning to the Psalms for some inspiration and genuinely beautiful poetry.

# Pastoral Acts

The Celebration of Life of **Alfred Durichen** was held at Mount Zion on Saturday, June 1 at 10 am. Let us continue to uphold Pauline in our prayers

## In Our Prayers

Let us continue to remember the sick among us who have asked for prayers. **Dave Hollinger, Don, James Reigert, Sandra Millar, Jim Millar and Charlie Ernst.** Also remember in prayers **Anne Lowe** and her family after the celebration of the life of their mother, **Marie Wepler**, on Saturday, May 25.

## Introducing Zackary Evans-Whitley, Mount Zion's New Community Outreach

### Liaison

Zackary Evans-Whitley



Zackary Evans-Whitley began as Mount Zion's Community Outreach Liaison on May 21. This position is funded by the *Canada Summer Jobs* program of the Government of Canada. Mount Zion is thrilled to be able to offer extra support to the Mount Zion Community Cafe and the Open Sesame Headstart Preschool.

Zack will also take the lead in organizing **Summer Sounds & Spices**, a festival of live arts, music and food which takes place July 16-18

Zack has a wealth of musical and organizational skills and we are excited to be able to see him in action in our community this summer!



# It's cold, it's raining, it's sunny, it's snowing, it's cold, it's raining ....repeat



Our Community Garden group received a grant this year from the City of Waterloo



Neighbourhood Matching Fund to allow them to extend the Alfred Brunger Community Garden by four spaces. Because of the wet weather, they got a late start, James Herrle of Herrle's Country Farm Market came in and tilled just days fore the Seeds and Soil Service.



**Seeds and Soil 2019** Assisting Pastor Philip are Ethan, and Tessa Connor and Evelyn Jyrkama.

## Under Construction



The property Committee is taking on the reconstruction of the posts in auditorium area.



# At least the welcome was warm

*Spring continued to be elusive as Mount Zion met for its annual Service in the Park on its regularly scheduled Sunday, the first Sunday in June. We have been rained out but never before has it been so chilly. Mittens, coats and earmuffs were the order of the day. At least the welcome was warm*



## Tastes of Ramadan

Six of us from Mount Zion accepted the invitation of the local Coalition of Muslim Women to enjoy the *Tastes of Ramadan Iftar Dinner* at RIM Park on the evening of May 18, 2019. Two young couples from



Iran hosted our table and treated us to an evening of faith, culture, food and laughter. At sundown, a young boy chanted the traditional call to prayer. Then, with our new friends, we broke the daily Ramadan fast with dates, samosas and water before sharing an international buffet. On that memorable night, Najiba offered us words of wisdom that inspire hope for people of all faiths: "During Ramadan, we try not to do anything that would break another person's heart."

*Our table included (left to right): Back Row: Sadjad, Ali, Najiba, Arefeh, and Intern Leanne. Front Row: Pastor Philip, Jana Kelly, Nancy Kelly, Tim Darlington and Joy Philip.*



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

Editorial Committee: Dennis Eaton, Pauline Finch, Tim Ehrlich, Nancy Kelly, Pastor Phillip Mathai, Karen Gastmeier

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**The Mountaineer is available either by print or by email. Please email the office if you wish to change your delivery method. email to: [mtzion@mzlc.ca](mailto:mtzion@mzlc.ca)**



### Music for the Spirit Summer Music Camp July 2-6, 2019

All are invited to attend the final concert  
Saturday, July 6, 2019  
at 12:00 pm  
Six Nations Community Hall  
1738 4th Line, Ohsweken

Donations to help support honoraria for youth leaders are most welcome.



## Open Sesame Plans for their 50th Anniversary

Carol Ziegler

It is hard to believe that on Friday

June 14th, Open Sesame Headstart Preschool will have completed 49 years of helping families with children who have various special needs in our community. Many changes have taken place over these many years, but we know that our headstart preschool is more important than ever in preparing the children referred to us for Junior Kindergarten. At this time we receive letters or e-mails of appreciation from parents showing their appreciation for the progress their child has made since coming to us. Work began on our Natural Playground on Monday



May 27th. There is still time to make a donation towards the cost of this exciting new addition to our program.

We thank all of you who continue to support Open Sesame, either financially or through hours of volunteering.

The Open Sesame Committee will meet on Monday, May 27th at 12:15 p.m. and will be talking about plans for next year.....our 50th!



## Pastor Philip's Magnificent Mango Pie

One of the outcomes of our Friday Night Family Suppers is that we all get to try recipes from Joy & Philip's kitchen. This was so popular, we thought it should be shared.

### Ingredients

- 8 oz. cream cheese
- 8 oz. cool whip
- 8 oz. sugar (1 cup)
- 8 fl. oz. water
- 16 fl. oz mango pulp or 16 oz. mango chunks
- 2 pre-made pie crust
- 2 packets no flavor gelatin

### Steps

1. Puree the mango chunks, if no pulp is available.
2. Pour the mango pulp in a mixing bowl.
3. Add softened cream cheese and cool whip.
4. Stir in sugar.
5. Dissolve 2 packets of gelatin in 8 fl oz. tepid water.
6. Add the dissolved gelatin water into the mixing bowl and gradually fold it in.
7. Use a hand blender to make a smooth and consistent mixture.
8. Pour the mixture into 2 pre-made pie crusts
9. Refrigerate for at least 4 hours before serving.
10. Enjoy a light and fluffy no-hassle dessert!

### Tips

- Do not keep the pie in the deep-freezer for setting. Once it becomes hard, it will lose its flavor and consistency.
- The recipe above makes 2 pies
- The recipe can be made entirely with a non-fat version of cream cheese and cool whip and it will still be equally delicious!
- Sugar can be replaced with equal portion of Splenda.

## Mount Zion Women's Retreat



Twenty-three retreaters from 8 congregations have returned home after another "Mountain Top" experience. Our leader Pastor Annette Smith had us focus on the Treasures within the Earthen Vessel, referred to in 2<sup>nd</sup> Corinthians, chapter 4, verse 7. Although we are broken human beings, full of cracks, we need to remember that we are still important and loved by God. She introduced us to Japanese art form called Kintsugi which creates something beautiful and gives new life to broken pieces.

The Retreat Committee members work together in making this a memorable weekend for all of us. Anne Woolner helps keep our bodies fit by loading us up in an exercise routine on Saturday morning. Pam Buchan and Sandy Dotzert do a superb job of organizing our food into delicious meals. Pat Edwards was away this year. Wilma Marie Bindernagel assists our leader in planning very meaningful worship. Helen Weber leads us in creating a craft related to our theme.

There were 10 women from Mt. Zion who attended this year. They were Arlene Knight, Leanne Darlington, Pam Buchan, Anne Woolner, Margaret Tupling, Jean Stewart, Marilyn Grant, Joan & Jacquelyn Schweitzer and Carol Ziegler.

We are booked for these dates next year April 24-26<sup>th</sup> so mark your 2020 calendar now as it seems a year goes by quickly.

Carol Ziegler – Den Mother

***Do some summer reading in preparation for the Fall Book Study***



***The Home for Unwanted Girls* by Joanna Goodman**  
**Wednesday, October 30, 2019, 1 pm**  
**Glebe Fellowship Hall**  
**All are welcome**

This is the story of a young unwed mother who is forcibly separated from her daughter at birth and the lengths to which they go to find each other. The child is raised in Quebec's impoverished orphanage system in the 1950s. It's a precarious enough existence that takes a tragic turn, when along with thousands of other orphans in Quebec, she is declared mentally ill as the result of a new law that provides more funding to psychiatric hospitals than to orphanages. Learn about these Duplessis Orphans, who were a part of one of the worst instances of state abuse of civil liberties.



## Meet Coralee, Mikko, Evelyn and Matias Jyrkama



Meet the Jurkamas at play: Back row: Coralee, Isaac, Mikko, Front row: Evelyn, Matias

It wasn't the first time Finland and Canada have met on the hockey rink, but for Coralee and Mikko Jyrkama some recreational ice-time led to a lasting partnership and an active young family.

Coralee is a native of New Brunswick, born in St. John to an Anglican family but raised in a rural area. She attended the University of New Brunswick and then in 1997 continued her education at the University of Waterloo.

It was at UW that she met Mikko Jyrkama through playing campus recreational hockey. The magic of mutual attraction happened; they soon fell in love and were married in 2000.

After university, Coralee worked in the high-tech industry for Agfa Healthcare. A few years later in 2003 she and Mikko welcomed the arrival of Isaac, then Matias in 2005, and daughter Evelyn in 2008.

Coralee worked as a stay-at-home mom for seven years after Evelyn's birth and then enrolled in the Bachelor of Education program at Wilfrid Laurier University to realize her dream of a teaching

career. Now in her fourth year, she teaches French immersion at John Mahood Public School in Elmira.

Mikko was born in Heinola, Finland. As a youngster, much of his family life revolved around the children's home where his father was both director and pastor. His mother also worked there caring for the children, so Mikko and his siblings never lacked playmates!

In 1988, the family moved to Sault-Ste. Marie, Ontario, where Mikko's father was called to pastor a Finnish Lutheran congregation there, a post he held for the next eight years. In 1992, Mikko moved to Waterloo to attend UW. By 2003 he had earned

not just one, but three degrees; since then, he's remained on campus working as a Research Associate in Civil Engineering.

Coralee and Mikko began attending Mount Zion in 2000 and became members shortly after. They were drawn in by Pastor Mark Harris's compelling sermons. During the next four years, while still a stay-at-home mom, Coralee volunteered at Mount Zion in multiple capacities, including Council, Property committee liaison, teaching Sunday School, and was on the Call Committee that invited Pastor Philip to serve at Mount Zion.

After returning to university and then taking on full-time teaching, she had to withdraw from some activities, but continues to teach Sunday School when needed. Along with Mikko she participates in youth fundraisers, such as making pancakes on Shrove Tuesday.

Mikko regularly helps out as an usher, while Isaac and Matias are involved with youth programs and services, including confirmation

classes and camp, as well as volunteering at fundraisers. Matias has learned how to operate the projection system and occasionally runs the slides during worship services. Evelyn attends Sunday School and also participates in youth services.

Both Coralee and Mikko appreciate how the traditions of Lutheran liturgy are interwoven with a diverse and meaningful choral and instrumental music program. They often connect with friends who are choir members and are grateful for their support to the family.

The Jyrkamas' vision for Mount Zion is to see our congregation continue creating opportunities for events or programs that draw multiple congregations together, such as confirmation days at Martin Luther University College and the Ecumenical Welcoming Group that combined many congregational and community resources to welcome a family from Congo to Waterloo. They also hope that we will continue to offer a welcoming environment for new members.



The Mountaineer is going on vacation for a few months. We will be back in September.

## Financial Update – May, 2019

### A note from Finance

Results for the first five months of 2019 reflect an operating deficit of \$26,445 in the “Ministry & Mission (current) Account”. This compares to a budgeted deficit of \$33,305. The difference of \$6,859 was due to expenses below plan by \$6,259 and higher income accounting for \$600.

	<u>Actual</u>	<u>Budget</u>	<u>Better/ (Worse)</u>
Receipts	\$106,911	\$106,511	\$ 400
Rentals Reserved to capital	( 3,800)	( 4,000)	200
Net Receipts	\$ 86,260	\$ 85,614	\$ 600
Disbursements	129,556	135,816	6,259
Deficit	\$(26,445)	\$(33,305)	\$ 6,859

#### Comments:

- Member regular contributions of \$77,307 were **\$882 higher**.
- Facility and parking net income of \$22,575 was **\$96 lower**.
- Other income of \$3,229 was **\$186 lower**.
- Disbursements of \$129,556 were **\$6,259 better** than plan.

Your support of **Benevolence** to the Synod and other designated needs including our Adopt A Causes was \$47,909 which compares to \$51,110 in the prior year. Included in this are grants of \$27,339 in support of The Six-Nations/Two Rivers Partnership (\$18,339), Open Sesame (\$9,000). Regular benevolence of \$9,820 was remitted to Synod, and donations to other causes totalled \$10,750.

#### Total Fund balances at May month end

Ministry & Mission (Current Operating) Account	\$( 24,069)
Capital Account	39,817
Rental Property (Reserves)	22,571
Music on the Mount Fund	9,157
Memorial Fund	28,246
Contingency Fund	25,654
Youth Fund	5,007
Mission Endowment Fund	113,127

Richard Brubacher – Treasurer and Chair Finance



# Financial Update Five Months ending May 31, 2019

By Richard Brubacher – Treasurer & Chair, Finance Committee

*The summaries below reflect the actual cash flows for the five month period ending May 31, 2019, and the position of our bank accounts. Comparative data is displayed for our budget commitment and the prior year.*

## **Ministry & Mission (Current) Account - Cash Flow Basis**

	5 Months - 2019		Comments re: Differences to plan	5 Months
	Actual	Budget		Last Year
<b>Cash Inflow</b>				
Receipts from Members	77,307	76,425	- better by \$882	73,945
Receipts from Facility Rentals & Parking	26,375	26,671	-	27,361
Rental income reserved to Capital	(3,800)	(4,000)		(4,100)
Other Receipts - (Plate, Endow. Int., grant)	3,229	3,415	- Diff vs prior year= Endowment interest	12,730
<b>Total inflow</b>	<b>103,111</b>	<b>102,511</b>		<b>109,936</b>
<b>Cash Outflow</b>				
Disbursements - Staff & operating costs	129,556	135,816		125,456
<b>Total outflow</b>	<b>129,556</b>	<b>135,816</b>		<b>125,456</b>
<b>Net Cash (Outflow)/inflow</b>	<b>(26,445)</b>	<b>(33,305)</b>		<b>(15,520)</b>
Cash balance (overdraft)	(24,069)	(26,751)		6,975

## **Benevolence Accounts - Cash Flow Basis**

	Actual	Budget		Last Year
<b>Cash Inflow</b>				
Receipts from Members - General Benev.	9,820	11,150		10,483
Receipts for designated appeals	38,089	33,775	- Incl. Grants \$27,339	40,627
<b>Total inflow</b>	<b>47,909</b>	<b>44,925</b>		<b>51,110</b>
<b>Cash Outflow</b>				
Payments to Synod	9,820	10,900		10,483
Payments to other designated appeals	38,089	34,025		40,627
<b>Total outflow</b>	<b>47,909</b>	<b>44,925</b>		<b>51,110</b>

## **Capital Accounts - Cash Flow Basis**

	Actual	Budget		Last Year
<b>Cash Inflow:</b>				
Receipts from Members	2,522	3,850		5,741
Transfers from Ministry & Mission acct	3,800	4,000		4,100
<b>Total inflow</b>	<b>6,322</b>	<b>7,850</b>		<b>9,841</b>
<b>Cash Outflow</b>				
Capital Expenditures	4,366	7,000	- Hearing assists \$351, Kitchen \$4,014	31,390
<b>Total outflow</b>	<b>4,366</b>	<b>7,000</b>		<b>31,390</b>
<b>Net Cash (Outflow)/Inflow</b>	<b>1,956</b>	<b>850</b>		<b>(21,549)</b>
Cash Balances	39,817	38,710		26,698

## **Rental Property Account - Cash Flow Basis**

	Actual	Budget		Last Year
<b>Cash Inflow:</b>				
Rental Income from Tenants	13,806	14,150		15,081
Transfers from Capital Account	-	-		-
<b>Total inflow</b>	<b>13,806</b>	<b>14,150</b>		<b>15,081</b>
<b>Cash Outflow</b>				
Current Expenditures - Properties	5,405	6,562		6,064
Capital Improvements to Properties	-	-		-
<b>Total outflow</b>	<b>5,405</b>	<b>6,562</b>		<b>6,064</b>
<b>Net Cash (Outflow)/Inflow</b>	<b>8,401</b>	<b>7,588</b>		<b>9,017</b>
Cash Balances (overdraft)	22,571	21,751		3,882