

We Worship, We Grow, We Serve,
We reach out in love sharing God's
message of hope through Jesus Christ.

September 2022
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With constant changes in public health protocols, check the church website for updates on in-building worship and gatherings.

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We recognize and acknowledge the Qayqayt First Nation, as well as all Coast Salish peoples, on whose traditional and unceded territories we gather.



Message

2022 Fall Newsletter

Season of Creation

PASTOR'S PEN
A word from the heart
Pastor Marlys

Here at Mount Zion we are joining with Christians from around the globe in the Season of Creation. In its introduction to the 2022 Season of Creation Guide, the authors note: "Each year from September 1 to October 4, the Christian family unites for this worldwide celebration of prayer and action to protect our common home.

As followers of Christ from around the globe, we share a common call to care for creation. We are co-creatures, and part of all that God has made. Our wellbeing is interwoven with the wellbeing of the Earth. We rejoice in this opportunity to safeguard our common home and all beings who share it. This year, the theme for the season is **Listen to the Voice of Creation.**"



The Lutheran World Federation is one of many ecumenical partners involved with the Season of Creation. In Canada the season is often lengthened to include the Sunday closest to Thanksgiving.

The following information about the Season of Creation was prepared by Rebekah Ludolph of the ELCC: "This year's theme for the Season of Creation, "Listen to the Voice of Creation," is a response to the Psalmist's cry, "The heavens are telling the glory of God; and the firmament proclaims God's handiwork. Day to day pours forth speech, and night to night declares knowledge ... *their voice is not heard*; yet their voice goes out through all the Earth, and their words to the end of the world" (19:1-4). This theme asks us to take a stance of conscious listening to the human and non-human beings with whom we share our home.

For many of us, this posture of listening necessitates a shift of heart and mind; it requires us to not only acknowledge the voices of other cultures and communities, but to acknowledge non-human beings as having subjectivity, dignity, and mutuality (sharing in action, feeling, and relationship). We are being asked to affirm what the dominant strains of Christianity have often denied: the goodness and vital contribution of each member of God's creation, human and non-human. The Psalmist makes this affirmation, Jesus makes this affirmation (remember 'consider the lilies'?), many of our saints and mystics make this affirmation, and Indigenous cultures today call on settler-colonial cultures to remember this affirmation. From such an

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affirmation, we can begin to see that we have much to learn from 'all creatures great and small' and from our human siblings who intimately bear witness to creation's groaning.

... Let us listen to creation, let us listen to the histories that got us here, let us prayerfully consider what science is saying about where we are, and let us listen to the hopes and dreams of our children. Each of these are gifts, and in response we both lament and give thanks in the hope of transformation."

Included in this newsletter are suggestions for how to listen to creation by taking a Sacred Pause. I hope you will join me in listening to creation and to our Creator.

-Pastor Marlys

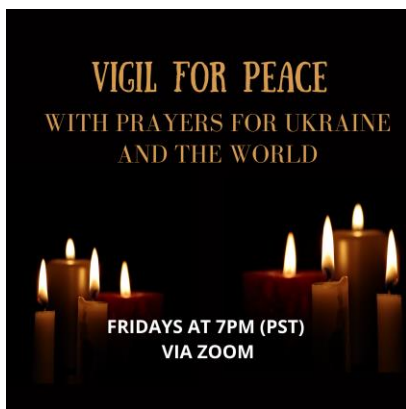
Scent-Free Zone

Did you know some people have severe allergies to perfumes and scented items? To enable all to breathe freely Mount Zion is a **scent-free zone.**



We appreciate your co-operation by not wearing perfume, cologne or using scented

toiletries. Thank you for caring for one another!



Lutheran Church Women (LCW)

Fall is here and after a two-year break due to COVID-19, the ladies have decided to restart the monthly LCW meetings. Our first one will be **Wednesday, September 14 at one o'clock** in the Lower Hall. We will start with our Bible study from the *Gather* magazine followed by a short general meeting and then coffee and refreshments. We welcome all ladies to join us for this gathering.

If you do not have a *Gather* subscription the September Bible study is available online at www.gathermagazine.org/jesus-and-nature-teachers-of-faith and also from the church office.. The study is by Reverend Sara Olson-Smith and over the next three months will focus on trees, soil and creatures in the Bible and Jesus. (What a timely study during this Season of Creation!) We hope you can join us as we plan our year's calendar together.

- Elizabeth Sauve, LCW

COVID-19 Task Force Update

The COVID-19 Task Force will meet at the end of September to review Mount Zion's COVID-19 safety protocols. The following practices continue to be in place:

- ☆ recommending the wearing of masks during worship and maintaining physical distance, especially when singing.
- ☆ using a drop-off box at the end of the service for offerings
- ☆ processional communion
- ☆ extra tables in the Lower Hall for refreshments after service

Property Repairs Update



Finally! The cement has been poured...new railings installed...access to the 10th Avenue office entrance restored. Now we await restoration of the landscaping!

A Message from the BC Synod's Leadership Team for the Vigil for Peace

As we bring to a close our Friday prayer vigils we want to honour our continued commitment to peace as we pray for Ukraine and the world. Please join us for a special time of prayer online at **7:30pm on Wednesday, September 21, the International Day for Peace.** A Zoom link will be shared on Tuesday. Please continue in your commitment to pray for all in need of prayers for peace including the people involved in the tragic violence in Saskatchewan, the wars in Ukraine, Afghanistan, Yemen, Syria, Ethiopia, and so many other places around the world. As you are able, we invite you to pray on Fridays at 7:00pm, or a time that suits you.

Sunday In-Person Worship Services with Holy Communion at 10:00am

Services are livestreamed and posted to Mount Zion's YouTube channel.

We recommend everyone wear a mask indoors, sanitize hands, and practise physical distancing.

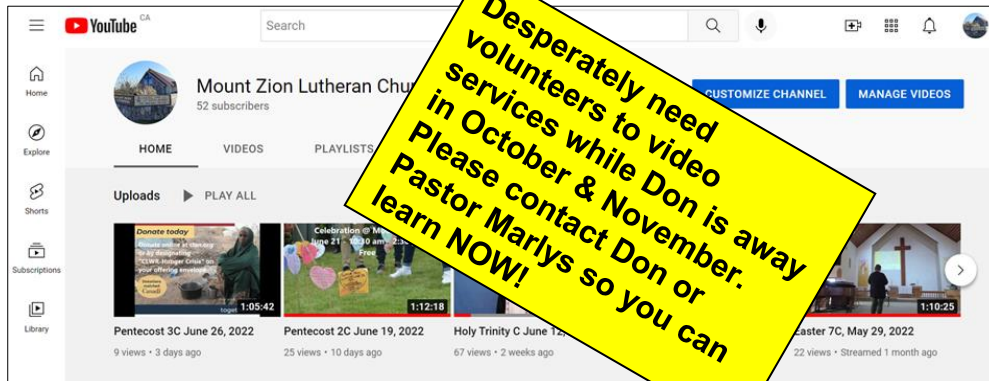
Help Prevent the Spread of COVID-19 and other illnesses. Please DO NOT COME if:

you have any of the following symptoms:

- ☆ Fever
- ☆ Chills
- ☆ New or worsening cough
- ☆ Shortness of breath
- ☆ New muscle aches or headaches
- ☆ You are a close contact of a person who tested positive for COVID-19

Mount Zion's Online Presence

Online Worship Services can be found on our YouTube channel,
Mount Zion Lutheran Church, New Westminster BC:
<https://www.youtube.com/channel/UCxctwh0wAVAJgBzV3B3eApw>



Bible Study &
Reflections continue on
Wednesdays at 7:00pm
via



Please contact
mountzion930@gmail.com
for the Zoom link.

Education Team

Sunday School

- pray for the children and youth in this congregation during this coming year
- pray for guidance as to how we can move forward and keep in contact with them
- pray for the parents or caregivers of the children and youth in this congregation.
- keep in mind they may not all be attending regularly but they are still the children and youth in this congregation

Reflections

- thank God for the opportunity to join with other Mount Zion members or friends on Wednesday nights at 7:00 pm to listen, share and hear what God is saying in regards to the Gospel for each coming Sunday.
- thank God for the opportunity to join in prayer together at this time.
- ALL ARE WELCOME whenever you are able to do so.

- Bernice Birzneck

**Confirmation Classes resume on Sunday, September 11 at 3:00p.m. in the Board Room.
Interest has been expressed for a New Members Class. Please contact Pastor Marlys.**

**All Saints Together: Lutherans and Roman Catholics
October 30 at 2:15 pm**

St. Clare's Church, 1320 Johnson Street, Coquitlam

Everyone is invited for worship, conversation & refreshments.

Did you know these community groups meet at Mount Zion? Girl Guides, Gamblers Anonymous, Massey Victory Heights Residents Association, Hope Omid Food Bank & Elections!



Connections

Welcome to Hope Omid Food Bank!

As I sit here on this fall morning I can see and hear the towering trees out front of our place, blowing in the wind. I am reminded of the scripture that likens God’s Holy Spirit to the wind blowing wherever it wills.

We have talked before about being in a liminal season. A time ‘in between’ what was, and what is to come. It is not a particularly comfortable place. As humans, most of us find it difficult to maneuver through change...and we have had more than our fair share in the last few years.

Some of you may remember the BC Synod Learning Session we had last year with Rev. Susan Beaumont. She led us through the day, helping us to understand what moving through a liminal season might look and feel like. In her most recent article “Hoping for a Robust Return” (September 7, 2022), she writes:

“There is good reason to be optimistic about the start of this program year. People are back from a summer of traveling and reconnecting with loved ones...We are coming out of pandemic mayhem. However, a more robust start up to the new program year is not a signal that we have arrived at “the” new normal. We are still in a liminal season...”

Liminal seasons have three distinct phases:

Separation: A period in which order is stripped away from organizational structures, practices, and identity. The old way stops working.

Liminal Period: A disorienting period of non-structure that opens new possibilities. New identities are explored, and new possibilities are considered.

Reorientation: A re-forming period, in which new structures and practices emerge that are better suited to an emerging identity.

“It is tempting to believe that we completed the entire liminal cycle during the pandemic, and that we are ready for reorientation now. Remember, this liminal season began well before the pandemic arrived and it is driven by other disorienting forces. We are amidst a climate crisis, a racial justice reckoning, political polarization and a host of other factors causing institutions to deconstruct and reorient. We are

living through a cultural transformation, the outcome of which is still unknowable”...

Rev. Susan goes on to say, Experiment and Learn. *“Ongoing innovation is always important—especially in a liminal season.”*

Some of you may be familiar with Hope Omid. It is a not-for-profit organization that distributes food to 70 -100 families in our neighbourhood. Due to rising space costs, they were unable to stay where they were. Through the connections Pastor Marlys has made over the years with members of the Ministerial Association, Hope Omid requested space in our Lower Hall. Due to an unforeseen delay, Council discussed, researched, and approved the request very quickly. A big thank-you to all who volunteered their time and expertise, to ensure everything was in place before the move-in date. And thank you too, to all of you who are volunteering your time now, during these first couple of months.

So, although we did not search out this neighbourhood opportunity, Hope Omid came to us: ‘the wind of the Spirit blows as its wills.’ Think of this as an experiment. It might work out well for both parties and, for whatever reason, it may not. Being open is our part.



Roqiya and Mohammad, organizers of Hope Omid Food Bank, standing in front of food received for distribution. Donations by e-transfer may be made to ahmadi Afgan@yahoo.com

Rev. Susan reminds us, *“Innovation calls for many low-risk experiments. Don’t take risks so large you can’t afford to fail but normalize failure*

as an inevitable part of discovering new pathways. Encourage people to take responsibility for what they love and give them permission to experiment. Stop trying to staff old volunteer positions that people are no longer interested in. Encourage people to pursue their passions and give them freedom to step outside the box.”

Mount Zion’s experiments began with the Neighbourhood Book Nook. Hoping to build on this we offered the congregation and neighbours the opportunity to learn more about the legacy left from Residential Schools. We learned and worked together on how we might commit to our own plans toward truth and reconciliation, through Honoring Memories Planting Dreams.



Flowers from *Honouring Memories, Planting Dreams* seed packet, planted on the day we created the Heart Garden at Mount Zion

Before Community Connections met again to look at possibilities for joining with what God

“Only God’s Spirit gives new life. The Spirit is like the wind that blows wherever it wants to. You can hear the wind, but you don’t know where it comes from or where it is going.” John 3:8

might be up to in the neighbourhood, along came Hope Omid Food Bank.

Rev Beaumont reminds us, *“At first, experiments will feel random and disconnected. You will wonder if you are accomplishing anything. Over time, as you learn from your failures, your actions will grow increasingly focused. Your experiments will become more purposeful and begin to coalesce into something meaningful. New learning will integrate into what is already known.*

As you notice new patterns arising, stop to clarify what is being birthed. Ask yourself and others, “What longs to emerge here?”...Most importantly, avoid drawing premature conclusions about new learning. Appreciate the mystery in all that is unfolding and encourage a culture of curiosity.”

Hold Steady

“Eventually, this liminal season will resolve itself—but not for a long time. You are running a marathon, not a sprint. Burnout is a real thing that threatens to devour us in seasons like this one. Take time for self-care and renewal. Engage in practices to sustain your spiritual center...”

Rest in the assurance that you and your congregation are right where you need to be—embracing the disorientation and engaging new discoveries. You are in liminal space.”

Back to the wind in the trees again. Let us rest in knowing it is God who guides our steps. It is for God to open us to God’s will, and for us to be open to God among us and in our neighbours’ lives.

Anniversary Celebrations

So much to celebrate this summer!

- ☆ 20th anniversary of ordination for Pastor Marlys
- ☆ 25th wedding anniversary for Tigisti & Yohannes
- ☆ 20th anniversary of ministry at Mount Zion with Pastor Marlys

So much joy, food, love & blessing. Thanks be to God!

More Celebrations to Come!

- September 18 Blessing of the Lift
- October 30 Confirmation
- November 27 Joint Worship with YoungNak Community Church & Pastor Marlys’ last Sunday



TAKE A **SACRED PAUSE**

for the Love of Creation

SENSE

APPRECIATE

CONNECT

RESPECT

EXPRESS

DELIGHT

Begin with a... PAUSE –
Stop what you are doing.

- Sense** – use as many senses as you can. Notice the sounds and smells. Look wide. Look soft. Choose something and look close. Feel with your skin, your bones, your muscles. Feel your breathing. Notice any reactions you might be sensing in yourself – alertness, curiosity, fear, restlessness, attraction, distraction....
- Appreciate** – focus your attention on something(s) near you. Take as long as you like. Notice all you can about it – its colours, shapes, textures. Appreciate what it is offering to you in this moment. Appreciate it for simply being itself. Acknowledge and give thanks for this gift of Creator/Creation. Speak your gratitude out loud.
- Connect** – Is there a story, teaching, or image that this brings to mind? Think about who or what depends on this element? On what or on whom does it depend? How does it give? How does it take or receive? Consider any threats to its safety. What will become of it in a day, a year, 10 years, 1000 years? How will threats such as climate change and severe weather patterns impact it?
- Respect** – think of how you relate to this element. How do your actions or inactions impact this part of Creation? How do you show care and respect for this element? Are there actions you will take to protect, to heal, to honour, or cherish?
- Express** – show your appreciation and respect by making an offering – you could do this with words, a prayer, a ritual, a song, a dance, for example. You might offer water, tobacco, or a lock of your hair. Take an intentional action in the moment to express your love and respect for this unique and precious part of Creation.
- Delight/Deepen** – As you leave, or return to your walk or swim or task, allow the feelings and sensations to deepen in you. Delight in the connections you noticed, or the concern you felt. You may want to take time later to reflect, using silence, arts, journaling, or other methods – perhaps in the context of your own spiritual tradition.

This Fall's Events

Wednesdays
7:00 p.m. via Zoom
Mount Zion Bible Study & Reflections

Sundays
10:00 a.m., Sanctuary
Worship with Communion
11:30 a.m., Lower Hall
Coffee Time
3:00p.m., Board Room
Confirmation Class

Wednesday September 14
1:00 p.m., Lower Hall
Lutheran Church Women (LCW)

Thursday September 22
7:00p.m., Lower Hall
Massey Victory Heights Residents Association Meeting

Wednesday October 12
1:00 p.m., Lower Hall
Lutheran Church Women (LCW)

Sunday October 30
10:00 a.m., Sanctuary
Worship with Confirmation & Communion
11:30 a.m., Lower Hall
Coffee Time

Sunday November 27
11:00 a.m., Sanctuary
Celebration Worship with YoungNak Community Church
12:30 p.m., Lower Hall
Potluck Lunch

Listen to the Voice of Creation!

Important Financial Information

In July we had a surplus of \$13,501, mainly due to a \$10,000 grant received from the BC Synod. Thanks be to God!

Non Designated	ACTUALS 2022		BUDGET 2022		
	JUL	JAN to JUL	ANNUAL	VARIANCE	
Donation	\$ 10,655	\$ 64,370	\$ 102,290	\$ 37,920	37%
Rent	\$ 2,965	\$ 34,502	\$ 34,754	\$ 252	1%
Subsidy/Grant	\$ 10,000	\$ 10,000	\$ -	\$ (10,000)	
Other Income	\$ -	\$ 2,123	\$ 9,000	\$ 6,877	76%
Expenses	\$ (10,119)	\$ (115,364)	\$ (207,878)	\$ (92,514)	45%
SURPLUS/ (DEFICIT)	\$ 13,501	\$ (4,369)	\$ (61,834)	\$ (57,465)	93%