

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

October 2022
Volume 10, Issue 9

Inside this Issue

- 1 Pastor's Message
- 2 Liminal Space
- 3 Update from John & Kay
LCW
- 4 Worship
- 5 Community Connections
- 6 God in Our Lives
- 7 This Fall's Events
- 8 A Glimpse of 2022

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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 #2 Newsletter

Endings & Beginnings

PASTOR'S PEN
A word from the heart
Pastor Marlys

We are nearing the end of another church year which is celebrated with Christ the King Sunday on November 20. Over the years Mount Zion has observed Christ the King Sunday with a worship service that takes us on a journey through the whole church year: Advent, Christmas, Epiphany, Lent, Easter, Pentecost, Season after Pentecost.

Through the church year we recall, proclaim and participate in the mystery of Christ's life, death and resurrection.

The following Sunday is the First Sunday of Advent, the beginning of a new church year. The season of Advent, the four weeks before Christmas, is a time of preparation for Christ's coming to earth, first as a babe in Bethlehem and his second coming when Christ returns to judge the living and the dead. As in past years we will gather for a joint celebration with YoungNak Community Church, beginning with worship at **11:00am** followed by an amazing potluck lunch.

That Sunday, November 27, is also my final Sunday at Mount Zion. Following the month of December for holidays (and packing up my office!) I do not have any specific plans for my retirement which begins on January 1, 2023. So I begin a new church year with an ending - and a beginning into uncharted territory.

Endings and Beginnings...As we enter into this liminal space let us pray this prayer from the *Evangelical Lutheran Worship* hymnal:

"O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen."

-Pastor Marlys

JOURNEY.TOGETHER: LIMINAL SPACE



Discerning the Way Forward

“Most congregations rely on rational decision making to guide their leadership choices. Liminal seasons invite us to shift out of rational decision-making mode and into a more discerning mindset. Discernment is an attentiveness to God that, over time, develops into a shared sense of God’s intention for us and our community now.” Rev. Susan Beaumont

Sometimes having structure as found in strategic planning and using the decision-making mode provides a sense of security. As Rev. Susan Beaumont points out in her book, *How to Lead When You Don’t Know Where You’re Going*, we so badly want the structure that oftentimes we miss the opportunity to wait on what God might have in store for us, to see a different picture emerging. It is one of the hard parts of change, our need to feel in control and in doing so, fall back into old patterns when God might be calling us to be open, to think differently.

Journey. Together: Liminal Space is the BC Synod focus as many congregations find themselves in a new place in time. A place that can be scary at times, with the loss of how things were. At the same time, it can be a place of hope for what God might be calling us to be into God’s future.

There is no doubt that after November 27 things will be different. Pastor Marlys will no longer be here to lead and guide us. However, we

trust, with God’s guidance, all shall be well. It is interesting, too, that November 27 is the beginning of Advent...a time in the church season of waiting. Waiting for God’s promises to unfold. So, once again, we will listen for God’s Spirit in Word and through each other. And we will continue to try new things as we wait on God to see what emerges.

Twenty-one years ago we found ourselves in the same place. A place of transition. Back then we adopted a **‘going not knowing’** philosophy. We came together during ‘table talks’ to determine who we were as God’s people, and what God might be calling us to be. We did not know what we wanted other than knowing we wanted to move Mount Zion’s ministry from ‘Maintenance to Mission’. After many months of listening for God, and to each other, being open to whatever God had in store for us, thanks be to God, the Holy Spirit did the rest...And here we are today!

As we move, once again, into that **‘going not knowing’** space, opportunities will be provided for all of us to share our thoughts and ideas about who we think God might be calling the people of Mount Zion to be into God’s hopeful future.

We step out confidently hearing God say to us through God’s word, **“For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future.”** Jeremiah 29:11

Scent-Free Zone



Some people have severe allergies to perfumes and scented items. To enable all to breathe freely Mount Zion is a **scent-free zone. Please do not wear perfume, cologne or use scented toiletries. Thank you for caring for one another!**

Don’t forget!
Time change

Next change:

NOV

6

1 hour Back

An Update from John & Kay

To all:

This is to advise you that we (John and Kay Ekstedt) have realized that we must cease our project activities for the sake of our health and wellbeing. It is time for us to concentrate on taking care of each other.

To this end, all three of our interactive websites have been shut down and, where necessary, other persons have assumed responsibility for any further decisions necessary in transition.

We will continue to maintain our profile page on LinkedIn where links exist to all our project publications and videos. Some writing is still under way for the Journeys of Change series. This should be finished by spring 2023 and will be posted on LinkedIn.

We wish to highlight two active projects: The Malawi Hope mission project and the Murujuga Aboriginal Corporation project.

Malawi Hope Mission

This has been a successful initiative against extreme odds: floods, famine, cyclones, cholera, malaria and other diseases have ravaged the Hope Mission community almost constantly. We have spent years (literally) trying to find a secure and efficient means of providing financial support to this project. Our agreement with the CLC Malawi Synod has resulted in a secure method for sending funds and an efficient management program for their dissemination and use. The link for donations is: <https://iqfn.us/form/cM4GmQ>.

Murujuga Aboriginal Corporation

This note is mostly for the Australian folks that have created such a beautiful and effective initiative for aboriginal self-determination in southwest Australia. More on this will appear in LinkedIn posts over the next several months.

To all of you that have been so faithful in support of these projects, please know that we cannot thank you enough. You have made a difference.

-John and Kay Ekstedt



Sunday School

Look for Tigisti Glaiighi during coffee time ☺

Lutheran Church Women (LCW)

The LCW has now met twice in September and October. Our next Bible study, meeting and social time will be at 1:00pm on Wednesday, November 9 and Wednesday, December 14 in the Lower Hall. The Bible study is found in the *Gather* magazine but we share if you have not yet received the pertinent issue.

It was decided at the October meeting to start quilting early this year after such a long break. The first session began Thursday, October 19 in the Lower Hall from 9 to 12. We will quilt each Thursday after that until Christmas.

We also discussed what to do with the quilts, baby layettes, school kits and knapsacks. Options are still being explored. However, it was decided to remove the 75 toothpaste, toothbrushes, and ivory soap from the school knapsacks and donate them to the food bank operating out of Mount Zion. I understand they were quickly gone.

Please join us for either the LCW meetings or quilting as you are very welcome.

- Elizabeth Sauve, LCW



Property Repairs Update

Landscaping is now complete with 4 new cedar trees planted and grass re-seeded. Now we need to pray for rain so they will take root and grow!

Important Financial Information

The following chart indicates our financial position to the end of September. Please note: we had a surplus of \$3,497. Once again, thanks be to God!

Non Designated	ACTUALS 2022		BUDGET 2022		
	SEP	JAN to SEP	ANNUAL	BALANCE	
Donation	\$ 8,783	\$ 82,745	\$ 102,290	\$ 19,545	19%
Rent	\$ 5,775	\$ 46,669	\$ 34,754	\$ (11,915)	-34%
Subsidy/Grant	\$ -	\$ 10,000	\$ -	\$ (10,000)	
Other Income	\$ -	\$ 2,123	\$ 9,000	\$ 6,877	76%
Expenses	\$ (11,061)	\$ (138,065)	\$ (207,878)	\$ (69,813)	34%
SURPLUS/ (DEFICIT)	\$ 3,497	\$ 3,472	\$ (61,834)	\$ (65,306)	106%

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

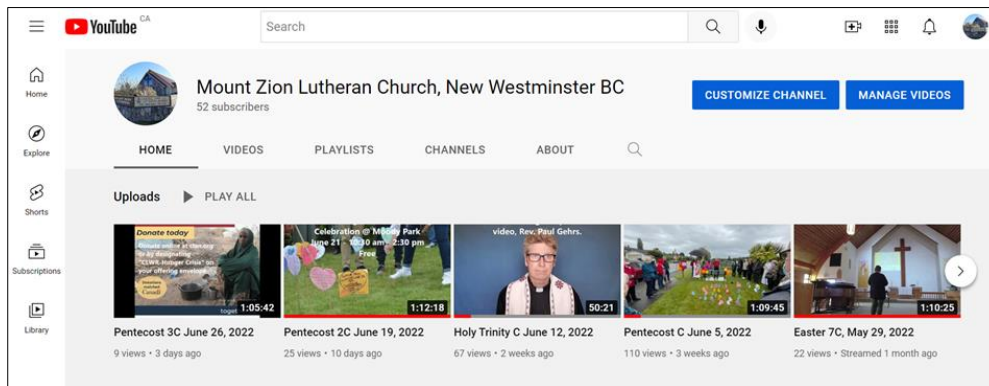
Mount Zion's Online Presence

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.



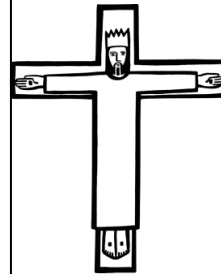
Upcoming Special Services



**Sunday,
October 30**
Affirmation of
Baptism
(Confirmation)
Jenny Biar
Abeel Chobang
Arop Chol
Chigai Deng
Please remember
these young people in
your prayers.



**Sunday,
November 6**
All Saints
Sunday
We remember
those who have
died and those
have been
baptized in the
past year.



**Sunday,
November 20**
Christ the King
Sunday
A celebration of
the whole
Church Year as
we look forward
to a New
Church Year.

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Annual Budget Meeting

Sunday, November 20 following the service. Official Notice to follow. Please
remember this meeting in your prayers as we prepare for a new fiscal year. Another beginning!





So what's new with Community Connections?

We met after our Honouring Memories Planting Dreams (HMPD) event to reflect on our learnings. What a wonderful, hopeful conversation that was for all of us on the team! Reflection is such a vital part of learning.

Honouring Memories Planting Dreams was a pretty big undertaking as an experiment. What we learned is how important giving ourselves adequate time was. We started our initial conversations on HMPD just prior to March 15 this year. That allowed us lots of time for planning which made such a big difference.

Aside from all the details, the exciting parts for us were the neighbourhood connections that were made. Our commitment to working with the Qayqayt First Nations people was vitally important to us. Having them participate was a gift. Now we look toward 2023 and the plans for the next 'annual' HMPD's event.

As part of our HMPD's reflections, we will share our learning on October 20 with the BC Synod Missions Committee over Zoom. These interviews are recorded to share the learning and to encourage others across the BC Synod to risk

Connections

trying new things: things that might help them explore what God is up to in their neighbourhood and communities.

As far as what is next there has been some conversation about a memorial garden tucked in an area in our front lawn/garden. Before we do this we will look for ideas and input from others like our faithful garden gnomes and others who volunteer their time in our gardens. Our thought is to find ways to offer space to our neighbours and the congregation: a space to sit and reflect on a loved one. A space to possibly find a home for a dear one's ashes. This is only at the idea stage so we



will need lots of research and idea generation. But that has been our practice. Take an idea and see what is possible.

If you have an interest, talk to Vivienne Welters. Our next meeting will be in early November.

-Vivienne Welters, on behalf of Community Connections Team

More Community Connections

Monica Deng is a member of New Westminster's Community Action Network (CAN), which is a vital link to our local community. The CAN leaders are collecting items which will be distributed through Lookout Society and possibly Union Gospel Mission (UGM) from **December 4 to 11**. Both Lookout Society and UGM provide assistance to people who are homeless or are in precarious housing situations.

Lookout Society has created the following wish

list of items for those who are vulnerable, of which there are about 20% women and 80% men. Please make sure all used clothing and shoes/boots are clean and boots/shoes also sprayed with disinfectant (e.g. Lysol.)

Everything received is put to use and very much appreciated. Please bring your donations by the end of November. Thank you in advance for your help for the people in our community!



Wish List

- blankets
- sweaters (M-XXL)
- coats
- Medium and Large boxer shorts
- long underwear for legs
- footwear (size 10 & up) "could include a few smaller sizes"
- hand warmers

God In Our Lives

I have been reflecting on how God is active in our lives (Bev and I), especially over these past almost 2 years since Bev's diagnosis of Lewy Body Disease. This is a neurodegenerative disease affecting many nerve functions in the mind and body and progressing relentlessly to dementia and demise.

A month after her diagnosis when she was sleeping 18-20 hours a day in a low bed which the twice-daily Fraser Health care aides complained bitterly about, I happened to meet a retired doctor couple on one of my Mundy Park walks who offered us an adjustable hospital bed to keep as long as we needed it. This felt to me like **God at work**, because we were not able to obtain one from the Red Cross at that point.

Bev has been bedridden for a year and 3/4, but our children's families come out at least every Saturday to cheer up Bev. The grand children often take turns climbing into bed with her and reading or playing games on their Switch platform beside her. This elates Bev and I feel **God is at work** here also.

The sons-in-law take turns cooking a wonderful dinner for us all each week. **God at work**.

Bev seemed to wake up after two nervous system medications were discontinued and is quite alert now, though forgetful often and terribly frustrated at being trapped in her bed. But still, having her be more aware and able to enjoy some girl friends' weekly visits and grandchildren's presence feels like **God at work** in our lives.

In March of this year a portable lift system and



Bruce & Bev first shared these reflections in a video for the July 31, 2022 worship service.

a tilted-back wheelchair were provided by Fraser Health, so now I can get Bev up almost every day for an hour or more as tolerated without her fainting on us. **God at work** in our lives.

Our 2-year-old grandson Teddy watches Grammy get into the wheelchair by sling lift and he exclaims "Grammy flying".

We feel very blessed that Bev is able to remain at home and not in a facility. **God at work**.

We watch Mount Zion church services on YouTube every week and I Zoom the Reflections Bible Study session every Wednesday evening.

Lots of prayers, encouragement and support from people at Mount Zion have been strongly evident over the 43 years we have attended there, and these past two challenging years especially.

So how could we ever say that God has not been with us in our lives the whole way? God certainly has, and remains so faithfully.

Thank you.

- Bruce Cornish

*O God,
Our help in ages past*



Our hope for years to come

A Note from Pastor Marlys:

For many years I created a Year-in-Review slide show which depicted the many ways in which God is present in the life and ministry of the people of Mount Zion Lutheran Church. In March we were thrilled to be able to return to worship in the building. However, we also learned how valuable it had been to learn how to gather online for worship, prayer and Bible study, so some things have continued to be available both online as well as in-person in the building. I may not be able to create a slide show for 2022, but you are invited (challenged?!!!) to watch all the worship videos which include announcements and photos of events at Mount Zion. **If you can binge-watch Netflix, how about binge-watching Mount Zion on YouTube?** More importantly, these videos also capture how God has continued, continues and will continue to be our help and hope. Thanks be to God!

Youth Group Sleepover Thursday, November 10 9:00pm

Calling all youth and youthful ones! Bring your sleeping bag, pillow, tent (if you wish), pyjamas and toiletries. Come prepared to eat, have some fun, pray, sleep, and spend one last overnight with Pastor Marlys.



Notice of Annual General Meeting 2022 of the British Columbia Synod

Tuesday, November 29, 2022 at 7:30pm
on the Zoom online platform.

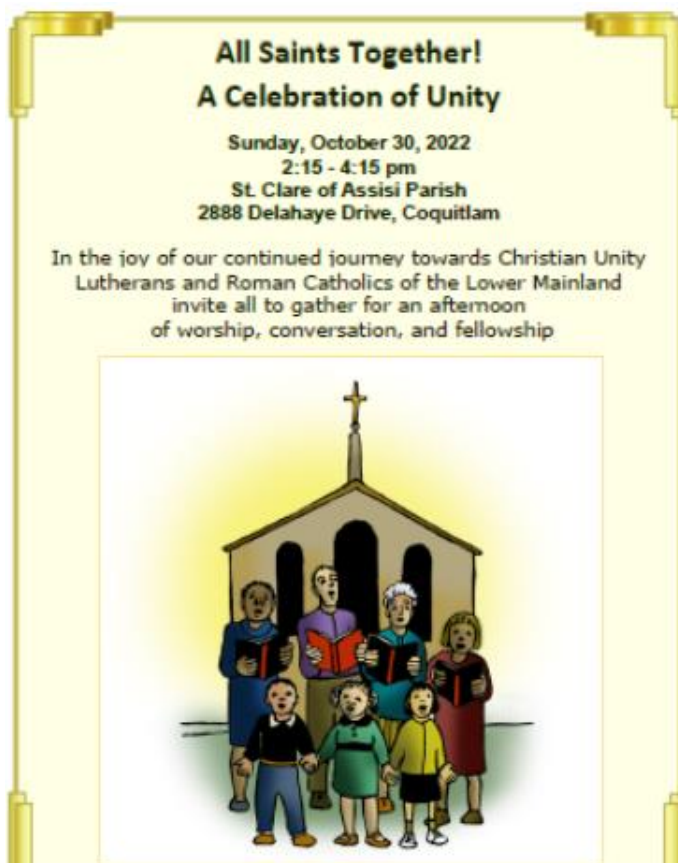
Anyone who holds membership in a congregation of the BC Synod may vote.



One More Time...

I thought I was done with Confirmation Camp, and then came the chance

to join BC Synod youth for a mini-Confirmation Camp in Kamloops as we engaged in Hearts for Reconciliation: Orange Shirt Day. As we heard from some of our youth it was an intense experience and it had a deeper impact with actually hearing the stories from survivors, rather than just reading them. My final weeks of ministry here are now jammed with baptism, confirmation, new members class, joint Catholic-Lutheran worship gathering, youth group sleepover, annual budget meeting, and joint worship with YoungNak. One more time...!



Bishop Kathy Martin and Archbishop Michael Miller will be present, with leadership provided by Pastor Eric Krushel, Pastor Marlys Moen, Deacon Richard Chau and Maureen Boyd. What a wonderful way to continue to celebrate what we started in 2017!

This Fall's Events

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

Thursdays
9:00a.m., Lower Hall
Quilting

Sundays
10:00 a.m., Sanctuary
Worship with Communion
11:30 a.m., Lower Hall
Coffee Time

+++

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

Sunday November 6
TIME CHANGE!!!
10:00 a.m., Sanctuary
Worship with All Saints Remembrance & Communion
11:30 a.m., Lower Hall
Coffee Time

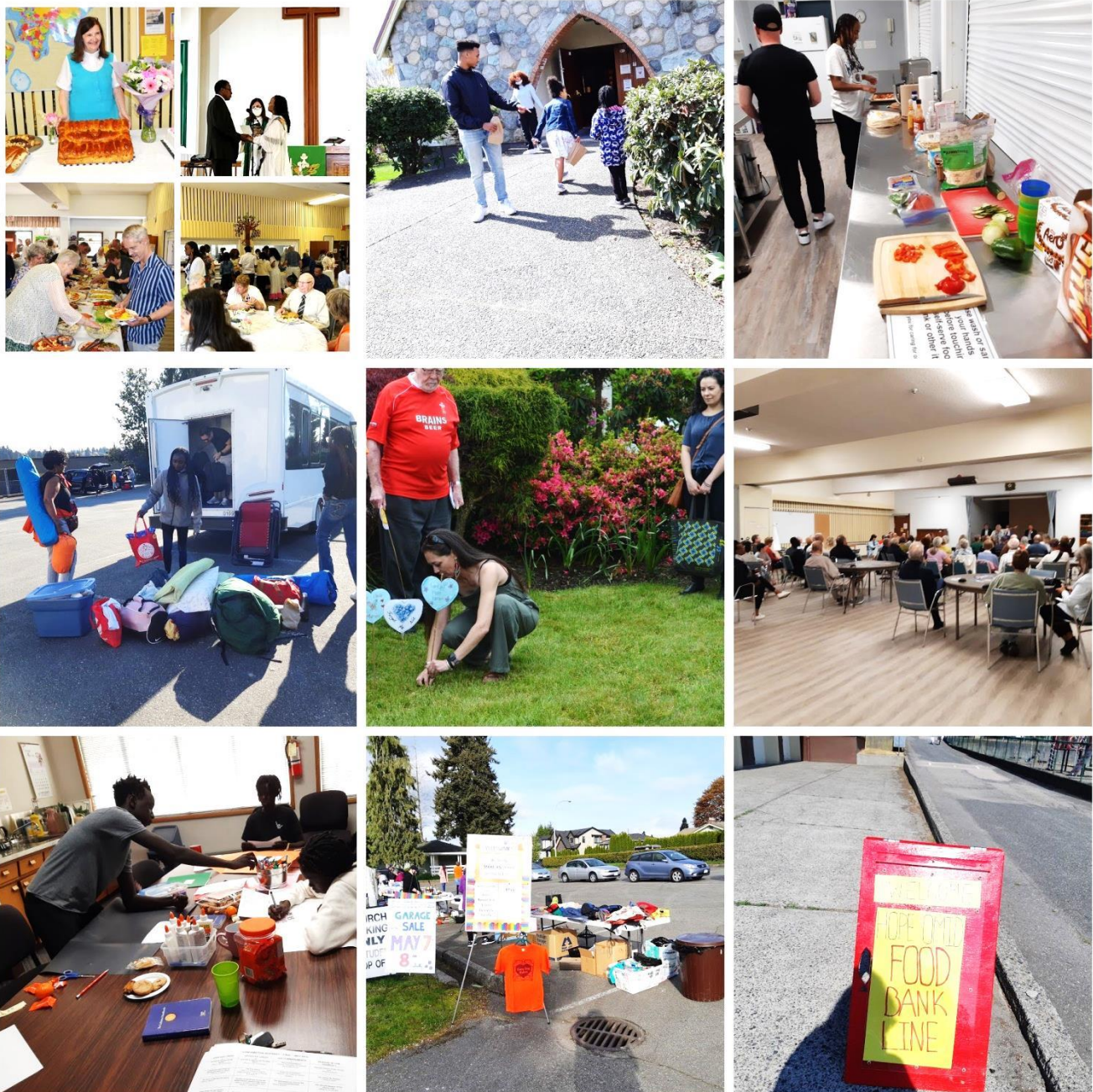
Thursday November 10
9:00p.m., Lower Hall
Youth Group Sleepover

Sunday November 13
10:00 a.m., Sanctuary
Worship with Communion
11:30 a.m., Lower Hall
Coffee Time
1:00p.m., via Zoom
Church Council Meeting

Sunday November 20
10:00 a.m., Sanctuary
Worship with Communion
11:30 a.m., Lower Hall
Coffee Time
Annual Budget Meeting
Time & Location TBA

Sunday November 27
11:00 a.m., Sanctuary
Celebration Worship with YoungNak Community Church (Pastor Marlys' final Sunday at Mount Zion)
12:30 p.m., Lower Hall
Potluck Lunch

A Glimpse of 2022 Events at Mount Zion



After two years of pandemic restrictions we are so grateful for the opportunities to gather for worship and many other events. Here's a glimpse of some of the events held at Mount Zion in 2022.

Top Row (left to right): Pastor Marlys' 20th anniversary of ordination & Yohannes and Tigisti's 25th wedding anniversary, Easter Egg Hunt, Young Adult Pizza Night

Middle Row (left to right): BC Synod Youth Event – Orange Shirt Day in Kamloops (unloading the bus after the journey), Heart Garden, Massey-Victory Heights Residents Association meeting

Bottom Row (left to right): Confirmation Class, Neighbourhood Garage Sale, Hope Omid Food Bank

You can check out all of this year's worship services in the video archive on the Mount Zion YouTube channel: <https://www.youtube.com/channel/UCxctwh0wAVAJqBzV3B3eApw>