

"Zion ~ Where Friends become Family"



ZION'S HERALD

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ZION LUTHERAN CHURCH

March 2024

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Issue No. 3



Bible People Changed By the Cross

On the Wednesdays in Lent, we are hearing from 5 different Bible People who were changed by the cross. Each has a unique encounter with Jesus that started with changing their perspective, and then it changed their lives. In March we'll hear from our remaining Bible people: Mary Magdalene, Lazarus, and Martha.

Wednesday, March 6: *Mary Magdalene* – Jill Veverka

Wednesday, March 13: *Lazarus* - Jason Elms

Wednesday, March 20: *Martha* – Margaret Burtness

Wednesday Soup Suppers

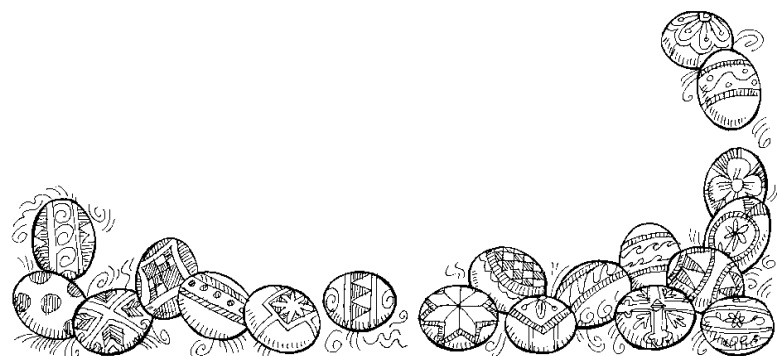
Join us on these Wednesdays in Lent, for a **Soup Supper at 6:15 p.m. and the Lenten Service at 7:00 p.m.!** A sign-up is in the Fellowship Hall if you would like to bring soup or bread to share for the suppers.



Created for Significance: The Parables of Jesus in Luke 14-16

Sunday Lenten Sermon Series

Most people want to believe that their lives will have purpose and significance and



significance, and they will leave a legacy for

meaningful change. Through the remaining weeks in Lent, we'll continue to journey through the parables of Jesus in Luke 14-16 to see how God created each of us to live – with eternal meaning and lasting significance.



March 3:

How Do You Measure Up in God's Eyes?

March 10:

How Should I Invest My Life?

March 17:

What Does the Life To Come Look Like?

Treasurer's Report for January 2024

In January we are **\$7,594** below our budgeted income goal. The General Fund balance is **\$104,585**. General giving for category 1 was **\$13,494** and category 2 was **\$9,829**, for an income total of **\$23,323**. Our general expenses YTD are **\$26,135** compared to **\$20,678** in 2023.

Connie Hensley-Jones, treasurer



– March Adult
Forums –

**“Don’t Give the Enemy
a Seat at Your Table”**

In our adult forums in March we'll be viewing a video teaching from Louis Giglio about the 23rd Psalm. Remember the line, *“Thou preparest a table before me in the presence of mine enemies.”* Well, it's important not to give the enemy a seat at your table! You were meant to feast with the King, and not let anything

distract you from that. Join us for this informative and inspirational presentation and discussion!

Adult Forums

Dodoma Tanzania

Health Development:

Bringing Health and Hope to
Central Tanzania

Zion's Lenten offering is designated toward the Dental Clinic at Dodoma Christian Medical Center (DCMC) in Tanzania. The Dental Clinic serves more than 560 patients each month, many who've never seen a dentist in their entire life. Because so few people in the country brush their teeth or have ever been educated on the importance of keeping teeth clean, the most common services provided at the Dental Clinic are extractions and fillings.

With an eye toward a future of improved dental health for children and families, clinic staff have conducted oral health outreach programs in Dodoma-area elementary schools to teach students about oral hygiene, show them how to brush their teeth, and screen them for dental problems. Children needing urgent follow-up care are brought to the DCMC Dental Clinic for treatment – at no cost.

Thank you for bringing health and hope to the people of Tanzania.



Easter Clean-up Day
Scheduled for

Saturday, March 16

An all-church work day is scheduled for **Saturday, March 16, beginning at 9:00 a.m.** We'd like to have Zion bright and shining for Easter. Bring whatever you think you might need to shine up a corner that's been missed



or to help outside with the yard. **Make a commitment to help! Sign-up in the Fellowship Hall and mark your calendar.**

God's promise of wholeness and peace, and God's love embodied in the community of faith. Please come and join us for this very special service.

God's Healing touch

Easter Lilies for the Sanctuary

Join us for a Healing Service
Thursday, March 7, at 3 PM

Are you in physical, spiritual, or emotional pain? Have you been grieving a loss, experiencing depression or have an illness or chronic disease? Perhaps you have a friend in those circumstances who could benefit from healing prayers.

On Thursday, March 7, at 3:00 p.m. our Health Ministry Team and Pastor Eric are offering a Healing Service. We hope to offer this service on a regular basis following this time in February. All are welcome to this quiet service where prayers, singing, silence, anointing with oil and Holy Communion combine to provide healing touches for those in need.

At this service, all who sense the need for God's healing in any aspect of their lives, may join in prayer for others and themselves. Each person may come to receive a word of blessing and prayer, and also receive a physical gesture of healing through the laying on of hands and anointing with oil. You may also light a candle in memory or remembrance of a loved one or friend who may be in need of healing. We will lift up and celebrate God's presence with strength and comfort in the time of suffering,

We will once again be adorning Zion's sanctuary with **Easter Lilies on Easter Sunday. You may order a plant through Zion for \$10, or bring your own plant.** You may present the lily in honor or memory of someone special, forms are on the sanctuary table to fill out and return in the offering plate or office, or give Doris a call at the office, 541-923-7466, **by Wednesday, March 20**, so your dedication may be included in the Easter bulletins.



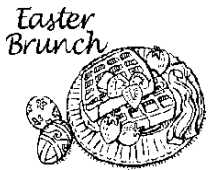
EASTER SUNDAY,
March 31st

Join us for Easter Brunch!

It's time for our delicious Easter Brunch between services! Volunteers are definitely needed to make this a festive time!

We will be serving:

Traditional 'spiral baked ham'
Breakfast casseroles (variety)
Fruit, Pastries, and refreshments!



We'll need helpers for set up and clean-up! Sign-up sheets are in Fellowship Hall! Everyone is welcome!

Plus, don't miss the Easter Egg hunt for our kids at 10:00 a.m.!



From our
Parish Coordinator,
Brittany

Recently PSALM 23 was shared in worship and that really resonated with me, particularly this section:

...You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love



will follow me all the days of my life, and I will dwell in the house of the LORD forever.

In Psalm 23:5,
David says to the Lord, "You prepare

a table before me in the presence of my enemies," portraying his close relationship to God as an honored dinner guest of a generous and capable host. As a gracious host, the Lord attends to David's every need, showering him with personal care, abundant goodness, protection from his enemies, and eternal blessings.

We as a congregation have so much to look forward to leading up to Easter! Easter is about new beginnings. The hope of the future. We are empowered to live beyond ourselves. Our weaknesses become our strengths and our talents are multiplied. Despite difficulty we can have peace that passes our own understanding. As we make ready for Palm Sunday and Easter (special table with our Lord), our church building and outdoor areas could use a good sprucing up. Please consider joining in on the Zion beautification day March 16th from 9am-noon. Projects will include dusting, cleaning chairs, vacuuming, making repairs list, light weeding and pruning, painting fence, and beginning garden prep if you are interested! Together we can make ready for our celebration that Christ has risen!

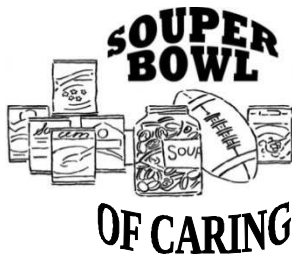
As Spring warms up we can anticipate more recreational groups and gatherings. I would love to hear any ideas you have or hobbies.

Blessings,
Brittany Ury
Parish Coordinator

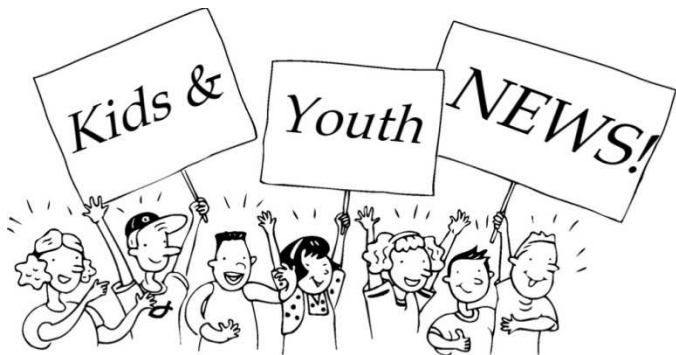
Come join us for Breakfast!

We had a great time at breakfast last month! We meet on the **FIRST Tuesday** of the month

at the Redmond Pancake House for a time of good food and fellowship. **Our next breakfast will be held at the Redmond Pancake House on Tuesday, March 5, at 9:30 a.m.** Sign up in the Fellowship Hall to save a seat.



A big Thank You to everyone who participated in this year's Souper Bowl! We gathered a record \$187.75 for the Jericho Outreach Food Pantry. Thank You for making a difference in our community!



Youth and Education News!

Sunday School continues to be on Sunday mornings at 9:45 a.m. for the Elementary age kids and Middle School/High School as well.

Don't forget about our Annual Easter Egg hunt on Sunday, March 31st! We will have Easter breakfast between the morning services and the Easter Egg Hunt at 10:00 a.m.! There are plenty of eggs and bags will be provided!

June 17-24

VBS is scheduled for June 17th-24th this year (we hope Redmond Schools will not have to

have makeup dates at the end of school). Our theme is *"Hometown Nazareth: Where Jesus Was A Kid"*. We had to cap registration last year and we hope to be able to expand that, but it takes many, many volunteers to put VBS on. We hope you will volunteer to help either all week or several days. We also need **about 4 canopies** for our Nazareth Marketplace. Do you have one that we can borrow that week? Please contact Deb Lewis, 503-358-3496, or Gloria McLeod, 541-604-1543, if you have a canopy we can borrow or if you want to help with that week of VBS, please let us know.

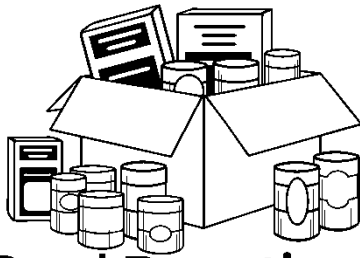


Thank You from the Bell Choir!



We would like to give a big thank you to **Stephanie Fahlgren** for donating over twenty different songs (5 to 8 copies each) to the bell choir! She also donated some bell folder/stands. We appreciate this music and you will probably hear some of it next year.

Thank you **Zion Congregation** for approving additional money for the Bells in this year's budget. We will be sending the bells off to South Carolina to get cleaned and refurbished. This needs to be done every 5 to 10 years to keep them in good shape (we have had the bells 8 years and do not know how many years they were used before we purchased them). The bells will be taken apart, parts replaced as needed: washers, springs, clappers, handles; and then they will go through the polishing machine to shine them all up. The company will return them to us to factory specified settings. We will be sending them off towards the end of April.



Food Donations

MARCH 2024 JERICHO ROAD OUTREACH

Canned Spam Dry Cereal

During the month of March, we continue to focus on food donations of Canned Spam and Dry Cereal for our community neighbors in the homeless camps through Jericho Road Outreach. Of course, you may always bring items from the list below.

Following is a shopping list of the most popular foods:

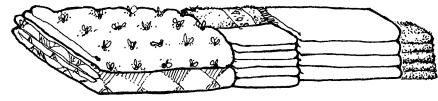
Canned Items:

Spam, Salmon, Chicken Chunks, Pork
Beef Stew, Chili, Vegetable Beef Soup
Canned Fruit (peaches, pears and mixed)
Dry Cereal (Cheerios, Wheaties)
Snack/Protein bars
Peanut Butter
Boxed Milk

Please Note:

A sufficient inventory is on hand for canned vegetables, dried beans (lentils), pork & beans, baked beans, dried noodles, rice, top ramen, tomato soup, tomato sauce, and dog food. No more is needed at this time. No perishable, frozen or foods that require cooking/baking.

Cash donations given to Zion must be designated on the check or envelope with cash as "Jericho Road Outreach", in order for it to be used for food or essential items given to our neighbors in the homeless camps.



Quilting: March 7 & 14

You are invited to join Zion's Quilting Group, Thursdays, March 7 & 14, at 8:30 a.m., as we continue to work on this year's quilting projects. We meet the first two Thursdays of each month. If any changes to the schedule must be made, a phone call will be made, so be sure Barbara Jones has your phone number! **All are welcome, no previous experience is needed.** Come give us a hand and join us for service and fellowship!



Intercessory Prayer Group

Zion's Intercessory Prayer Group is on a short break. We'll let you know when we're back on the Thursday, 3 PM schedule. In the meantime you are encouraged to study scripture and pray at home for those concerns in your heart.



Remember to keep in your prayers:

This is a reminder that our Sunday morning prayers are mostly for those with acute prayer concerns, but please keep in your daily prayers those who live in long term care homes:

Brookside Assisted Living – Junemarie
Brookdale Assisted Living – Patti
Chinook Assisted Living – Lois R.
Juniper Springs – John & Alice M.

And those in need of ongoing prayer:
Pastor Chet, Judy H., and Gerry R.



WOMEN OF ZION NEWS

March 2024

*“Encouraged in our hearts
and United in Love”*

Shalom, dear sisters in Christ!

An exciting new Bible Study was introduced at the February meeting, led by Nancy Keeton. The study/meeting was blessed with 34 women in attendance! Barb Cook prepared delicious breads and lemon bars for our enjoyment. Thank you, Barb!

The introduction to this new Bible Study, *“When You Pray”*, included prayer, short devotional readings, a video, discussion groups, sharing and acronyms. Our next Bible Study, session 2, entitled *“Your Kingdom Come”*, will be held **March 20, 1:00 p.m.**, and will be led by Melanie McNinch. We will be looking at the Lord's Prayer as a way to strengthen our prayer life. We are encouraged to bring our Bibles and do the lessons in our books - However, neither is required to come and participate! We look forward to seeing you!

Here are some dates to remember....

March 5 - Breakfast at the Pancake House @ 9:30. In February, 24 people enjoyed a hearty breakfast and great fellowship! Come join the fun!

March 20 - WELCA Bible Study, session 2, *“Your Kingdom Come”*, more books have been ordered.

May 15 - Ladies Luncheon, *“The Language of Flowers”*. More details to follow.

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Thank you again, Barb for the delicious refreshments!

Thank you, Dennis for helping set up the video!

Thank you, Nancy Cheney and Tina McCarthy for re-doing the WELCA information board! It looks great!

Shalom! May God's Peace and Health embrace you in His completeness! To Him be all Honor and Glory!

Nancy Keeton, *Interim Coordinator*

P praise	A adoration	A always
R repent	C confession	S stop
A ask.	T thanksgiving	A and
Y yield	S supplication	P pray

Notes from: the WELCA Planning meeting, February 23

We discussed the following:

- *Rearranging the tables for the meetings at an angle and more towards the south wall.
- *Setting up separate tables for group discussions.
- *Have 2 mics and give instructions on how to hold them when speaking.
- *Use clipboards.
- *Groups pray specifically for each other if requested by someone in that group.
- *Use the sanctuary to watch the Bible Study videos.
- *Begin at 12:45 pm with refreshments and fellowship, so the Bible Study can begin as close to 1:00 pm as possible.
- *Ladies Luncheon - build your own salad, salad bar -WELCA will provide the lettuce and dressings. Sign-up sheets will be available for additional toppings, rolls and desserts.

We will implement some of these ideas at the next Bible Study/meeting on March 20. **We welcome any other suggestions you might have that may facilitate our larger gatherings!**

In His Service,
WELCA planning team



Health Ministry Highlights: **Brain Health**

*Notes on Multi-Tasking from
Beverly Beuermann-King*

Have you ever had your computer lock up when you have opened too many files or programs at once? Sometimes when we try to multi-task we may also actually freeze up, lock up, or quit performing. Although the term multi-tasking originated in the computer industry, researchers studying human multi-tasking have found that the brain cannot fully focus when trying to multi-task. We take longer to complete tasks, and are predisposed to error. Other studies determined that it is difficult to learn new information while engaging in multi-tasking. We can become frustrated and feel overly taxed and worn out. Developing the ability to focus completely on a single task can help in our energy management.

Single Tasking should be our main way of operating when needing to accomplish important tasks. Let go of the idea that the more you tackle at any given time the more productive you are. Set priorities for the day or time frame you have and don't let other distractions take you off course. We have become like junkies, in many ways to our devices. Turn off device notifications and set aside specific time for checking emails, texts, FB; not letting them interrupt and take you off course. Pay attention, practice mindfulness while doing single tasks. You and your brain will perform more efficiently.

Sources: woeksmartlivesmart.com verywellmind.com
neuroscience.stanford.edu



Donated Medical Equipment Available

Lifesource Blood Pressure Monitor

**If you could use this contact
Priscilla Bigler, 541-923-0956.**

Thank You From:



Dear Friends,

Thank you for your recent gift of \$713 to Lutheran World Relief given through the Oregon Synod of the ELCA. I'd like to share a story with you about how your support makes a real difference.

Deysi Miagros Canales Machuca was in elementary school when Lutheran World Relief staff met her, and she was scrawny and hungry. Her village in Peru was experiencing famine and a two-year drought, and her family was surviving on the one variety of potato they could get to grow.

But you changed everything. Your kind generosity delivered seeds, tools and mentorship for Deysi's village. They learned how to grow a variety of foods that are well-suited to their unique mountain climate, and they were able to expand their livestock herds. Because of you, Deysi is now a thriving, healthy adult with a baby of her own, and she is studying to be a nurse so she can take care of her community. Today, Deysi has hope.

Thank you for your generosity! When you love your neighbors, it transforms their lives. We are proud to be your hands and feet in the world . . . until your love reaches every neighbor.

Warm Regards,

Daniel V. Speckhard

LWR Ambassador, President and CEO