

# ZION LIFE NEWSLETTER

Volume 3, Issue 2  
March 2014

## Special Points of Interest:

- **Cabin Fever Party @ St. Matt's**, Saturday, March 1, 6:00 pm
- **Family Worship**, Sunday, March 2, 4:30 followed by dinner
- **Ash Wed. Services Wednesday, Mar. 5**  
Zion: 7:00 am & 12:10 pm  
St. Matthew's: 5:00 pm & 6:00 pm
- **W.E.L.C.A.**, Saturday, March 8, 10:30 am
- **Parson's Closet**, Tuesday, March 11 & 25th, 10—1 pm
- **Lenten Services, beginning Mar. 12**  
Wednesday evenings, Dinner & Study @ 6:00, Worship @ 7:00
- **Food Pantry & Parson's Closet**, Saturday, March 22, 9—12
- **Community Dinner**, Friday, March 28, 5—7

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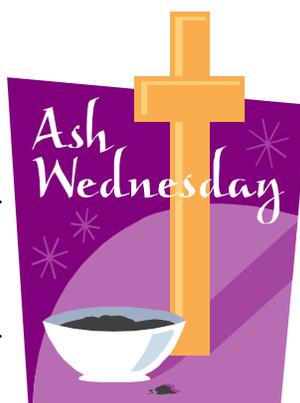
## From the Pastor's Desk

Soon the Lenten season will begin. Lent is a wonderful time of the Church year that is devoted to discipleship and what it means to be a Christian. It is a time of year when the church focuses on preparation of baptismal candidates and the continual process of conversion for everyone. It is a solemn and penitential period. We will discontinue singing Alleluias for the duration of the season as we mark Jesus' journey to the cross until resurrection. Lent is grounded in and modeled after the forty days Jesus spent in the desert, tempted by the devil. As people of faith, we lay aside those practices and material goods that lead us into temptation, and we take up the full armor of God, especially scripture, prayer, almsgiving, and fasting. Our goal is not to enamor ourselves of our own sanctity, but rather to gather with the whole Christian community as it practices in the death of Christ—that we might know the alleluia of the resurrection with Christ.

Lutherans have many practices with traditions to help us walk the Lenten Journey to the cross. We will kick off the Lenten season with the practice of Ash Wednesday, March 5th. This year we will do Ashes to Go. At Zion, we will begin distributing ashes on Ash Wednesday at 7:00 am. At 12:10 pm we will have a brief Ash Wednesday service in the sanctuary. Ashes to Go will begin at 5:00 pm at St. Matthew's Chapel. At 6:00 pm we again have a brief service for the imposition of ashes.

Throughout the season of Lent, we will continue our discipleship journey. We will continue our practice of Lenten services during the mid-week. To help us

focus on the practice of discipleship we will be walking through a book called, "The Economy of Love." Books for the study are \$10.00 or can be ordered on Amazon. If you would like a book ordered for you, please inform Debbie in the Church office (518 234-3381 or email at [zcoby@verizon.net](mailto:zcoby@verizon.net)). We will gather for soup supper and book study on Wednesdays at 6:00 pm. After dinner, we will gather for the Pray around the Cross service. We have done this service in the past and many have requested to do it again, because of the reflective nature of the service. I hope you will consider being a part of our Lenten program this Lenten season.



*6Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? 7Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? 8Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. 9Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, 10if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.*



## ATTENTION.....ATTENTION.....ATTENTION

**Change**, The Lutheran Church was founded on change beginning with Martin Luther and the Reformation. Our 2014 Church Council has done just that, we will now meet on the second Sunday of each month at 2:00. This is a public meeting and open to anyone. This time meets the needs of all on Council at this time.



We also re-structured our committees, mainly to cut down on meeting nights for everyone. Worship and Music has been combined with Education, Events, Evangelism and Mission will be one committee, Food Pantry, Parson's Closet and WELCA another and Finance and Endowment will also be combined. Both the Property and St. Matthew's Ministry stands alone.

Finance/Endowment will be the second Monday of the month and the Worship/Music/Education committee will meet before the Events/Evangelism/Mission Committee on the 2nd Tuesday of each month. Please note the change on the Worship/Music committee meeting.

Judith L. Warner  
Council President



### Food Pantry

On Saturday, January 25, 2014 our Pantry served 52 households (141 individuals), 8 of the households there for the first time. Thank you to the ten volunteers who helped on that day. The Pantry will open again on February 22, 2014. The Regional Food Bank notified us that a grant of \$600 had been added to our account. This has reduced the cost of our orders for February to \$134.14. Thanks to André Nadeau for helping with the delivery from the Regional Food Bank on February 12 when it was -16 degrees.

We also received a donation from Howe Caverns and food items from Cobleskill Regional Hospital.

Volunteers are always needed to shelve and serve on Pantry Day. The Pantry will be open March 22, 2014 with pick-up from the Regional Food Bank on March 12, 2014. The time of the pick-up is usually between 8 am and 9 am in Price Chopper parking lot.

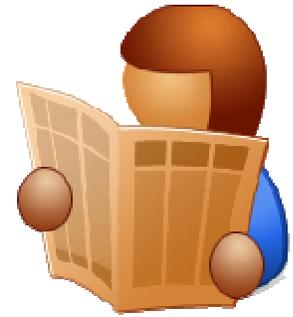
Thanks be to God that there is food enough to go around!

Sandy Deems,  
Food Pantry Coordinator

Thank you for your recent gift of \$395 to ELCA World Hunger. Your gift is greatly appreciated. The vision of ELCA World Hunger is to end hunger in our world. One community at a time, one program at a time, that vision is coming ever closer to reality, thanks to gifts like yours. To neighbors near and far, gifts like yours bring not only help, but hope. Thank you!

### Did You Know?

Do you enjoy reading your copy of the Zion Life newsletter online? If so, you may opt out of receiving paper copies by contacting the office at 234-3381 or by e-mailing us at [zcoby@verizon.net](mailto:zcoby@verizon.net).



### St. Matthew's Ministry

The Ministry Board at St. Matthew's Chapel, hereafter referred to as the "MB," started its monthly meeting at 7:05 pm on Tuesday, February 4. We discussed the March 1 Cabin Fever party.

Tom Collins suggested that anyone who does not want a hard copy of *Zion Life* should notify the church office. He noted that many people prefer reading the church newsletter online, so we can save paper and postage by not sending hard copies of the newsletter to people who read it online.

John Jarvis reported that St. Matthew's collected \$30 for the Food Pantry on Super Bowl Sunday. He also explained that he would resign as Christian education deacon on the day that Karl Graulich is confirmed.

Speaking for our sexton, John pointed that on the previous Friday Lindsay came to the Chapel to clean only to find two meat platters sitting on a table. Neither the Zion secretary, John, nor Pastor Sara knew why they were there. We decided we need to have better communication about building use. The MB agreed to strive for better communication in the days and months ahead. Again the MB discussed how to get new people here on

Sunday morning. Perhaps an outreach event like the Cabin Fever party can bring new people into the Chapel. Pastor Sara told the MB about a February 25 meeting with Sharon Springs community leaders about the needs of local residents. She also mentioned the Four Chaplains service on February 16 at Zion. The MB discussed the Ash Wednesday service. We will do Ashes to Go at 5:00 pm with a brief service at 6:00.

Tom Collins announced that he is done with his deacon training. He'll most likely be commissioned on the traditional last Saturday in April.

The meeting was adjourned around 8:30 pm.

There is much to be thankful for at St. Matthew's Chapel besides Cabin Fever parties, *Zion Life* online, completed deacon training and Ash Wednesday services. Thanks be to God!!!

In service to Christ and his Church,

John Jarvis,  
MB secretary

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## W.E.L.C.A. Circle

Three ladies met on February 8 to tie off a large quilt. We have two more quilts to tie off for the Lutheran World Relief (see the related article about quilts).

The in-gathering of items for baby care kits will go on March through April—the collection boxes are located at the back of the sanctuary and in the Assembly Hall at Zion. Items to include in each baby care kit are:

- |  |                   |
|--|-------------------|
| 2 lightweight cotton t-shirts  | 1 dark hand towel |
| 2 long or short-sleeved gowns or sleepers without feet   | 2 pairs of socks  |
| 2 receiving blankets up to 52" square  | 4 cloth diapers   |
| 1 jacket, sweater, or sweatshirt with hood or cap  | 2 diaper pins     |
| 2 bath-size bars of gentle soap in original wrapping (see guidelines for kits and tips article). |                   |

Our next W.E.L.C.A. meeting will be March 8, 2014 from 10 am to Noon in Zion's Assembly Hall.

Sandy Deems  
W.E.L.C.A. Leader

## Salamat by Lauren Bauer

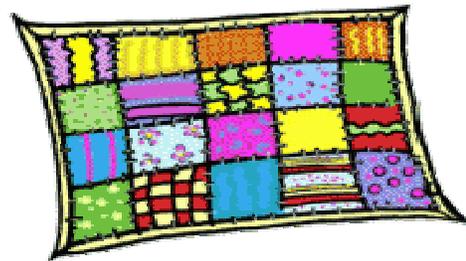
"Salamat," she said again and again with a soft smile. Having spent a few days in the Philippines, by now I knew that she was saying, "thank you."

Andrea Salid, a 74-year-old mother of seven, had just received two LWR Quilts and a Personal Care Kit at the distribution near her home in the municipality of Monkayo in the southern Philippines. I had the incredible opportunity to experience and assist with the distribution earlier this year for families affected by Typhoon Bopha.

Andrea's home was severely damaged when the powerful typhoon swept through her barangay (village) in December 2012. She told me how the fierce wind blew the roof completely off of her house and destroyed most of her belongings. She said she felt blessed to have survived.

There were more than 800 people gathered at the distribution at a local elementary school and many of their stories were like Andrea's. Typhoon Bopha had either destroyed or badly damaged their homes and they had lost basic necessities like towels and bedding.

Most families arrived at the distribution early that morning. The elderly and disabled were served first, followed by the pregnant and breastfeeding mothers and families that had lost their homes in the typhoon. Each recipient was given a light-weight sack, large enough for two Quilts.



Throughout the day, I met many more mothers, fathers, and families as they waited in line and after they received their Quilts and Kits. Each encounter left me feeling more humbled. The entire distribution took less than two hours, but what I saw will stay with me for a lifetime.

I'll never forget Andrea in particular, whose only dissatisfaction that day was the language barrier that prevented her from fully expressing her gratitude.

As she admired her Quilts, she said "thank you" again. I touched her arm and smiled. Her face brightened and she gently touched my face as she once again said "thank you." She told me she would use her Quilts to cover herself at night.

I pass these thanks on to you, because it is through your generosity that Andrea and her neighbors can find comfort in their time of suffering. Please know that the gifts of your hearts and hands send powerful messages of love to them.

On behalf of Andrea, the people of the Philippines, our partners and especially from me, I'd like to say Salamat! Thank you! Your support makes a difference!

*Lauren Bauer is LWR's Creative Services Project Manager*

## Baby Care Kits

Why Baby Care Kits? A Baby Care Kit from LWR is like a promise. It says to that baby, *Your needs will not be neglected in this world. You matter to us.* When you send Baby Care Kits, you provide encouragement by welcoming these little ones into an international community that cares.

Baby Care Kits are distributed as part of emergency and relief efforts, to be sure, but they are also given out as part of LWR health initiatives to encourage women to seek prenatal care. One such initiative in Mali provided training for local prenatal health care workers, who were given Baby Care Kits to distribute when they assisted with births. These kinds of programs help more babies in rural, poor areas receive a healthy start in life. We hope you will join us in this effort!

In 2012, most baby care kits were sent to Africa and the Middle East with some going to South America, Serbia, Thailand, Burma, Cambodia, and the Philippines.

### GUIDELINES FOR KITS

- **Please give new items only, except where otherwise noted.** Sending top quality items shows the greatest care and respect for the dignity of the recipient. Quality items also withstand the harsh conditions that many people who receive these supplies are facing.
- **Please do not donate items with any religious symbols, messages, or your congregation's name.** LWR provides Quilts and Kits based on need, regardless of religious creed. Religious reference may be misinter-

preted by the governments of the receiving countries, jeopardizing the delivery to the people who need the items the most.

- **Please do not donate any items decorated with a U.S. flag, patriotic or military symbols, or reference to the armed forces, including camouflage.** LWR and our overseas partners have access to areas of the world others do not because we are impartial humanitarian organizations. If our intentions are misinterpreted as being politically motivated, our work, our partners and the people we assist could be endangered.

### TIPS

- Sizes 6 to 24 months may be used. Varying the sizes of the clothing items included will make the Baby Care Kits useful as the baby grows.
- Sweaters may be knitted or crocheted from leftover yarn, or made from heavy double knits or fleece. Select a pattern that suits your skill level. Preferred styles have buttons or ties down the front.
- If knitting or crocheting receiving blankets, including one knitted/crocheted blanket and one flannel blanket will provide maximum versatility.
- Onesies can be cut and hemmed or serged to make a simple t-shirt. Gowns, rompers or top/pants sets can be substituted for sleepers.

**All this information and more is available on the LWR website—<http://lwr.org/getinvolved/babycarekits>**

## Events Committee

The monthly fundraisers that we have been putting on will be changing. We will now be having a Community Dinner to support our mission's vision. The dinners will be free of charge and open to the community. We will be seeking donations both food-wise and monetary, but other churches are willing to step in and volunteer with their time and donations as well. Join us and get to know your neighbors and other members of the community. The first dinner will be on March 28th.

Free Community Dinner



**Community Dinner**  
Sit down with a stranger and leave with a friend

## Monthly Serving Schedule for March 2014

Date	03/02	03/09	03/16	03/23	03/30
<b>St. Matthew's Chapel</b>					
<b>Acolyte</b>	Allen Graulich	Karl Graulich	John Jarvis	Allen Graulich	Karl Graulich
<b>Reader</b>	Suzanne Graulich	Tom Collins	Joan Jozifek	Omer Cousineau	Pam Kostbar-Jarvis
<b>Greeter</b>	Pam Kostbar-Jarvis	John Jarvis	Jean Bakkom	Barb Cousineau	Omer Cousineau
<b>Ushers</b>	Omer & Barb Cousineau	Pam Kostbar-Jarvis & John Jarvis	Tom & Suzanne Collins	Jean Bakkom & Janet Lynk	Suzanne & Allen Graulich
<b>Communion Assistant</b>	Pam Kostbar-Jarvis	Allen Graulich	Barb Cousineau	John Jarvis	Allen Graulich
<b>Bell Ringer</b>	Allen Graulich	Karl Graulich	John Jarvis	Allen Graulich	Karl Graulich
<b>Zion Lutheran Church</b>					
<b>Acolyte</b>	Rose Keller	Isabella Philipp	Judith Warner	Rich Churchill	Rose Keller
<b>Reader</b>	Sandy Deems	Rich Churchill	Rose Swanhall	Eilene Fisher	Rose Swanhall
<b>Greeter</b>	Eilene Fisher	Teddy Beaver	Brian Swanhall	Teddy Beaver	Judith Warner
<b>Usher</b>	Rose Swanhall	Deb Nadeau	André Nadeau	Judith Warner	Brian Swanhall
<b>Communion Assistant</b>	André Nadeau	Henry Mau	Eilene Fisher	Henry Mau	Eilene Fisher
<b>Elevator</b>	Ed Eldredge	Eilene Fisher	Henry Mau	Ed Eldredge	Eilene Fisher
<b>Altar Guild</b>	Karen Wilson & Frieda Thorington				



**Zion Evangelical Lutheran Church  
with St. Matthew's Chapel  
615 E. Main St.  
Cobleskill, NY 12043**

## **Save the Dates....**

### **Ash Wednesday**

7:00 am Ashes to Go at Zion  
12:10 pm Brief Ashes to Go Service at Zion  
5:00 pm Ashes to Go at St. Matthew's  
6:00 pm Brief Ashes to Go Service at St. Matthew's

### **Easter Vigil**

Saturday, April 19th  
7:00 pm at Zion

### **Easter Morning Worship**

St. Matthew's at 9:00 am  
Zion at 11:00 am

### **Lenten Bible Study & Dinner**

Each Wednesday during Lent  
6:00 pm  
Economy of Love

### **Lenten Services**

Each Wednesday during Lent  
7:00 pm  
Pray Around the Cross

### **Community Dinner**

Neighbors Sharing Needs  
March 28th from 5—7 pm  
Everyone is Welcome!