



Zion noiz

The Newsletter of Zion Lutheran Church
Piedmont, California

March 2025



Pastor Paul writes...

Lent begins on Ash Wednesday, March 5th. This Lenten season we will focus on:

BE WELL

Biblical Disciplines to Greater Spiritual Health

A Six-week Wednesday Evening Lenten Series
Wednesdays, 7:00 p.m., beginning March 5th

On this year's Lenten journey we will endeavor together to experience greater spiritual health and wholeness by reviewing and practicing the disciplines of Scriptural discipleship by God's grace and power through faith in Jesus Christ.

Specifically, we will examine six spiritual disciplines and learn how to apply them more effectively in our daily walk of faith and life in Christ. These six disciplines are: Repentance, Service, Mercy, Prayer, Obedience, and Forgiveness. We will see that these disciplines were clearly taught by our Lord Jesus in His ministry and also clearly modeled through His suffering, death, and resurrection for us and for our salvation.

We pray that you will join us in Wednesday evening Lenten worship, either in-person or online, beginning on **Ash Wednesday, March 5th at 7:00 p.m.** Beginning March 12th and for five consecutive Wednesdays, our services will be preceded by a potluck soup and salad supper at 6:00 p.m. in the Garden Room. Everyone is welcome to join us.

St. John, in his Gospel account, wrote: *"When Jesus saw the man lying there and learned that he had been in this condition for a long time, he asked him, 'Do you want to get well?'"* (John 5:6) This Lenten season, may God help each of us to say: "Yes Lord, I want to get well. Have mercy on me and help me be well." (Jesus did indeed heal the lame man at the pool of Bethesda. And Jesus will also enable us to be well in Him.)

Traveling the Lenten journey with you this year to **BE WELL** in Christ Jesus,

Pastor Paul

Weekly Worship

Sundays: 9 am Traditional Worship In-person & On-line 11 am Contemporary Worship On-line

All Worship Services are Available 24/7 via the Zion App, Website, YouTube and Facebook.

Bible Class: Sundays at 8 am Wednesdays at 10 am

SEEK

DISCIPLE

MULTIPLY

Inside this issue...

Studying in Gods Word
Page 2

From the Parish Nurse
Page 5

Serving the Lord with Gladness
Page 4

Zion Lutheran Church

5201 Park Boulevard, Piedmont, CA 94611

My dear Zion family,

Grace, mercy, and peace to you in the name of Jesus Christ.

It is hard for me to believe, but this year marks my completion of forty years in pastoral ministry. Nearly half of those years in ministry have been right here at Zion. This month I am beginning my 19th year of service to the Lord among you, and it has truly been my joyous privilege to serve God's people here with His gifts of Word and Sacrament and to lead us in reaching out together with the good news of Jesus. You, the dearly loved people of God at Zion, are my dear family in faith and our connections over these many years have been deep, heartfelt, and life-changing.

The past year of my life has been a time of heartfelt reflection, fervent prayer, and humble seeking of the direction of the Holy Spirit for my life and my continued service to Christ. After much prayer and seeking the wise counsel of those who are veteran ministers of the Gospel, I have been led by the Holy Spirit to announce my upcoming retirement as your Pastor. This has been a difficult decision; however, it is one with which I am at peace, having arrived at this decision by God's clear and unmistakable leading. I want to give you sufficient notice so that proper preparation can be made for the transition into the future. Of course, I will remain committed to continuing my service as your Pastor and giving my best to the mission and ministry of Zion until my last day of official service, which will be May 31st of this year.

In the fall of 2006, when I accepted the call to serve as the Pastor of Zion, I committed myself to serve in the spirit of Saint Paul, who declared to the Ephesian elders: *"But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God."* (Acts 20:24) By God's grace and in God's power, I have labored to be faithful to His calling and to finish my course to His glory and praise. It has truly been my honor and joy to serve the Lord at Zion. Now I will be prayerfully seeking God's direction for the next chapter of my life, and I welcome your prayers on my behalf to that end.

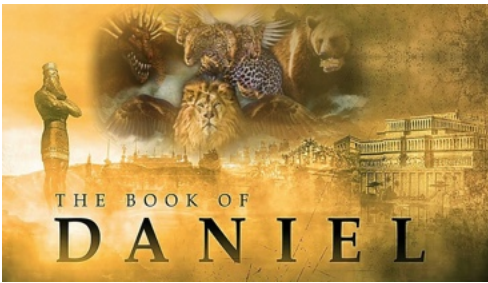
With this notice of my retirement, Zion will want to pursue guidance from the Holy Spirit in moving forward in mission and ministry with the counsel and support of our District. Our Circuit Visitor, Pastor Matthew Behrens of Calvary Lutheran Church in San Lorenzo, will be available to meet with our congregation and our leaders to assist in planning for the future of Zion.

In closing, my dear brothers and sisters in Christ, *"be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."* (1 Corinthians 15:58) God is still blessing Zion and we commend ourselves to Him, as it is written: *"No eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love Him."* (1 Corinthians 2:9) In God's gracious plan, the present is secure and the future is bright.

In Christ's love always, Pastor Paul

STUDYING GOD'S WORD

SUNDAY BIBLE CLASS I



We begin a new study of the book of Daniel. Three of the most famous stories in the Bible are recorded in the book of Daniel: the three men in the fiery furnace, the handwriting on the wall, and Daniel in the lion's den. Daniel is one of the few well-known Biblical characters about whom nothing negative is written. His life was characterized by faith, prayer, courage, consistency, and lack of compromise. Three times in the book, Daniel is described as a "greatly loved" man. We have much to learn from our study of Daniel that applies today.

Join us for in-depth study and lively discussion of God's Word. We meet at 8:00 a.m. on Sundays in Pastor's office.

WEDNESDAY MORNING BIBLE CLASS

We are working our way through the second half of 1 Kings. Upon King Solomon's death, the unified kingdom of God's people was split into the northern kingdom of Israel and the southern kingdom of Judah. Over a period of 90 years, many different kings reigned over each kingdom. During this period of time, the prophets Elijah and Elisha were active in bringing God's Word to God's rulers and God's people. There is much to learn from this section of God's Holy Word.

Join us as we read, discuss, and learn. We meet from 10:00-11:00 a.m. in the Garden Room. Join us in person or online for solid study and lively discussion!



Bible Class II Sunday at 8:00 a.m.

Bible Class II will start a new six-session video study on (The Power of the Holy Spirit's Names) by Dr. Tony Evans. We will dig deep into the Bible's incredible revelations about the Holy Spirit's unique role.

- Goal 1. Identify, explain, and illustrate the Holy Spirit and his work through those descriptions and names.
- Goal 2.; Show us how to relate to the person of the Holy Spirit in a more personal and intimate way.
- Goal 3. Help us learn how to take full advantage of all the Holy Spirit offers for our physical and most importantly our spiritual lives.

Please come join us on Sunday in the Conference Room for the start of this wonderful study that will benefit your life.



DAY ADVENTURERS TO TOUR THE JEREMIAH O'BRIEN



Join us on **Thursday, March 20th** as we meet at Zion at **9:30 a.m.** and drive together to Pier 35 to tour the Jeremiah O'Brien. This Liberty Ship made seven World War II voyages, ranging from England and Northern Ireland to South America, to India, to Australia. She also made eleven crossings of the English Channel carrying personnel and supplies to the Normandy beaches in support of the D-Day Invasion. After the war, she was "mothballed" and laid up in the Reserve Fleet at Suisun Bay. Many years and hundreds of volunteer hours later, the O'Brien headed for San Francisco as the only ship to steam out of the mothball fleet under her own power. The O'Brien is approved by the American Bureau of Shipping, certified by the U.S. Coast Guard, and fully seaworthy. And today virtually the entire ship from engine room to flying bridge can be seen by visitors. Don't miss out on this tour! Please sign up at the Welcome Desk at church.



Catechism Corner

The Second Petition

Thy kingdom come.

What does this mean? The kingdom of God certainly comes by itself without our prayer, but we pray in this petition that it may come to us also.

How does God's kingdom come? God's kingdom comes when our heavenly Father gives us His Holy Spirit, so that by His grace we believe His holy Word and lead godly lives here in time and there in eternity.



The Third Petition

Thy will be done on earth as it is in heaven.

What does this mean? The good and gracious will of God is done even without our prayer, but we pray in this petition that it may be done among us also.

How is God's will done? God's will is done when He breaks and hinders every evil plan and purpose of the devil, the world, and our sinful nature, which do not want us to hallow God's name or let His kingdom come; and when He strengthens and keeps us firm in His Word and faith until we die.

This is His good and gracious will.

Movie Night

Saturday, March 22 @ 7:00pm

The Forge



A year out of high school with no plans for his future, a boy is challenged by his single mom and a successful businessman to start charting a better course for his life. Through the prayers of his mother and biblical discipleship from his new mentor, he begins discovering God's purpose for his life is so much more than he could hope for or imagine.



Church Humor

The Heart Beat

A nurse on the pediatric ward, before listening to the little ones' chests would plug the stethoscope into their ears and let them listen to their own hearts. Their eyes would always light up with awe. But she never got a response to equal four-year-old David's. Gently he tucked the stethoscope in his ears and placed the disk over his heart.

"Listen," she said, "What do you suppose that is?" He drew his eyebrows together in a puzzled line and looked up as if lost in the mystery of the strange tap-tap-tapping deep in his chest. Then his face broke out in a wondrous grin. "Is that Jesus knocking?" he asked!

Optimist vs. Pessimist

A family had twin boys whose only resemblance to each other was their looks. If one felt it was too hot, the other thought it was too cold. If one said the TV was too loud, the other claimed the volume needed to be turned up. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist.

Just to see what would happen, on Christmas day their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse hay. That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked.

"Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken." answered the pessimist twin.

Passing the optimist twin's room, the father found him dancing for joy in the piles of hay. "What are you so happy about?" he asked.

To which his optimist twin replied, "There's got to be a pony in here somewhere!"

SERVING THE LORD WITH GLADNESS

Communion Assistant Schedule

March 2025

Sunday, March 2 nd	9:00 am	Brian Walsh
Sunday, March 9 th	9:00 am	Frank Cham
Sunday, March 16 th	9:00 am	Paul Grunow
Sunday, March 23 rd	9:00 am	Jonathan Schaff
Sunday, March 31 st	9:00 am	Dave Nemy

Usher Schedule

March 2025

Sunday, March 2 nd	9:00 am	Michael Grunow Oscar Castillo
Sunday, March 9 th	9:00 am	Peter Grunow Brendan O'Brien
Sunday, March 16 th	9:00 am	Michael Grunow Brendan O'Brien
Sunday, March 23 rd	9:00 am	Peter Grunow Llela Walsh
Sunday, March 31 st	9:00 am	Michael Grunow Llela Walsh

Lay Reader Schedule

March 2025

Sunday, March 2 nd	9:00 am	Carolyn Dal Ferro
Sunday, March 9 th	9:00 am	Hugh Bartlett
Sunday, March 16 th	9:00 am	Derek Koch
Sunday, March 23 rd	9:00 am	Judy Schaff
Sunday, March 31 st	9:00 am	Becky McFarland

Coffee Hour Hosts

March 2025

Sunday, March 2 nd	9:00 am	Allen
Sunday, March 9 th	9:00 am	Open
Sunday, March 16 th	9:00 am	LWML
Sunday, March 23 rd	9:00 am	Open
Sunday, March 31 st	9:00 am	Open

Altar Flowers

March 2025

Sunday, March 2 nd	9:00 am	Open
Sunday, March 9 th	9:00 am	LENT–No Flowers
Sunday, March 16 th	9:00 am	LENT–No Flowers
Sunday, March 23 rd	9:00 am	LENT–No Flowers
Sunday, March 31 st	9:00 am	LENT–No Flowers



Game Night

Get ready for an evening of fun and fellowship at **Game Night**, happening **Tuesday, March 18, at 6:30 PM** in the conference room. Bring your favorite board games or card games, and don't forget to invite your friends and family!

Feel free to bring a treat to share. This event is open to all ages, so whether you're a seasoned gamer or just looking for a fun way to connect, there's something for everyone.

We welcome new renters!

Ascension of Our Lord Romanian Orthodox Church will begin worshipping in the double classroom upstairs on Sunday, March 2, 2025! Their worship service is set to begin at 10:30am.

So you may see our new brothers and sisters in Christ passing through the narthex on their way upstairs. We also may hear some chanting for the small group of worshipers. Ascension worships about 12 people a week. Please welcome them to our wonderful Zion facility and help them to find their way upstairs.

Ascension was formerly renting space at Grace Lutheran in Hayward.



PARISH NURSE

I just read a very interesting study that shows the importance of social support. Empathy-oriented phone calls from laypersons helped patients with uncontrolled diabetes improve control of their blood sugars. Those who received phone calls from community hired laypeople significantly reduced their HbA1c over a 6 month period. (HbA1c measures the average level of blood sugar over the past 2-3 months) People that received phone support did better than people who got usual care. The impact was even greater for people who had symptoms of depression.



What was so fascinating about this study was that the phone calls were provided by people who had no healthcare background. They received eight hours of training on conversational practice and basic publicly available diabetes education. They talked about the patient's life with diabetes. They did not stick to a script but rather asked questions about whatever the patient raised themselves. The patients received an average of 20 calls over a 6-month period.

In addition to the calls, participants were also mailed two gifts, worth less than \$25 each, selected by callers that reflected their understanding of participants' preferences, such as a yoga mat or a cookbook.

After 6 months, 91.7% of participants who received phone calls said the program was "very" or "extremely beneficial."

What does this mean for us?

This study adds to the evidence that links social support with positive health outcomes. Perhaps the feeling that one is cared for and can get help from others can lead to healthier behaviors and better health.

You don't necessarily need a healthcare background to be helpful. Phone calls and support may have positive health benefits.

Perhaps there are people you know who have health concerns that could use a phone call.

Take care, be well and God bless,
Stephanie

Kahlon MK, Aksan NS, Aubrey R, et al. Glycemic Control With Layperson-Delivered Telephone Calls vs Usual Care for Patients With Diabetes: A Randomized Clinical Trial. *JAMA Netw Open*. 2024;7(12):e2448809. doi:10.1001/jamanetworkopen.2024.48809



Iron Men

Iron Men Join us on **Tuesday, March 11 at 6:30 pm**, as we watch together The Chosen Episode from season 3 Episode 8 "Sustenance".

The Chosen is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. The Chosen depicts some of the life around the Biblical accounts. More happens in the daily life of the people in the Gospels and The Chosen is an attempt to share what it may have been like at the time for the disciples and others. Join us for our "manly" meal, fellowship and faith building!



Remembering my Shepherd – Remembering to Shepherd

(Psalm 23 A Psalm of David)

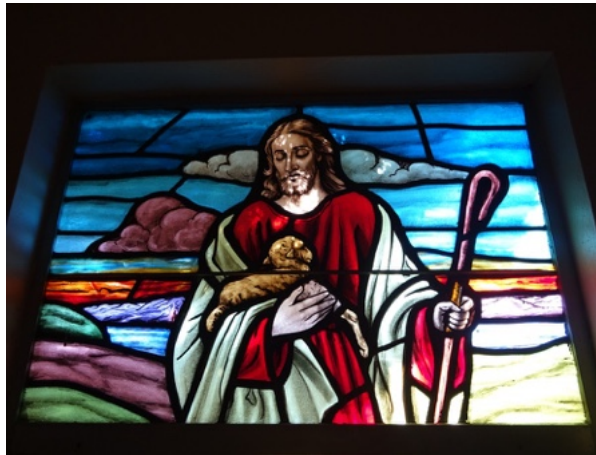
“The Lord is my shepherd; I shall not want.
He makes me to lie down in green pastures;
He leads me beside still waters.
He restores my soul;
He leads in paths of righteousness
For His name’s sake.

Yea, though I walk through the valley of the shadow of death,
I will fear no evil. For You are with me;
Your rod and staff, they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil; my cup runs over.
Surely goodness and mercy shall follow me all the days of my life;
And I will dwell in the house of the Lord forever.”

The lush green grass surrounds the man dressed in white robes. He’s holding a perfect white lamb. How many times have we seen that beautiful picture of the Perfect Shepherd? The good shepherd: Jesus.

In the animal kingdom, there are many highly intelligent animals that God made. However, when Jesus refers to us as “His sheep”, it isn’t much of a compliment. The shepherd needs to literally lead (or carry) the lamb to food and water. The shepherd needs to help the lamb stand up, because if it topples over, that’s it. The lamb will die on its back. The sheep needs help with everything. I think I know why we are referred to as sheep. We need help with everything! There is one thing the lamb can do and that is to recognize its shepherd’s voice and follow him. And we can do the same.

Jesus gave us the ultimate example of the perfect Shepherd. He provides every need of His flock. He protects them. Keeps them safe from dangers that might attack. And when we’re terrified, Jesus the Good Shepherd picks us up and holds us safely, firmly in His arms. Sometimes we need to be held. When things have gone wrong – or and unexpected change or loss – hold firmly to Jesus. A good shepherd knows each of his sheep. He calls them by name. When we are hiking, we see fuel reduction (grass cutting) on the hillsides. A shepherd has let his huge flock roam the hills to eat the grass. He sees each lamb individually. We see a mass of sheep. Our Shepherd sees each of us individually, not just a mass of sheep.



Jesus, the good Shepherd, gave His life for His sheep. Jesus became the ultimate sacrifice on the cross – the sacrificial lamb – to pay the price for our sins. We are no longer guilty of our sin. Christ’s sacrifice has paid the price. We can now go straight to the Father bearing Jesus’ robes of righteousness.

Like a good shepherd, Jesus is always with us. We are never alone. “I am with you always” (Matthew 28:20). He promises to be with us and guide us. Jesus, the Good Shepherd, stays with us and keeps us safe from evil. Isaiah tells us “See, I have inscribed you on the palms of my hands” (Isaiah 49:16). Just think, your names are on the hands of the Good Shepherd! He is right there with you, keeping you safe from harm.

Jesus offered safety, guidance, forgiveness of sin (the ultimate sacrifice) and finally to prepare a place for us and to come back to take us home to be with Him eternally. “In my Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you” (John 14:2). Jesus gave us the perfect example of a perfect Shepherd, while He lived on this earth.

Jesus also gives us examples of “shepherds” that love and guide us here on our earthly journey. As we go through life we are often given certain people: doctors, counselors, spouses and others to help us to be healthy and keep us safe. We have spiritual shepherds at our churches. Our pastor is our shepherd and guides us and exemplifies the love of Jesus. We have been blessed at Zion Lutheran with such a shepherd. When we look to Jesus as our example, we see how we are to be shepherds to others. To the lone person who joins us at worship service on Sunday morning – do we welcome him and show him where things are that he might need? Do we offer other assistance or tell him about our Lyft service if he needs a ride? Teachers are shepherds every day in the classroom: guiding, instructing, giving examples on how to treat each other, to say “I’m sorry.” No matter what your profession you can also be a shepherd to another. Be open to hearing what they say (and don’t say), be understanding (and not judging). There are many ways we can be a shepherd: with an encouraging word, a gift of help. Remember your perfect Shepherd: Jesus. And remember to shepherd and guide others to Jesus’ love.

Continued page 7

Super Bowl Party



Prayer Ministry Continued from page 6

*“The King of love my shepherd is,
Whose goodness faileth never;
I nothing lack if I am His
And He is mine forever.
Where streams of living water flow,
My ransomed soul He leadeth
And, where the verdant pastured grow,*

*With food celestial feedeth.
In death’s dark vale I fear no ill
With Thee dear Lord, beside me,
Thy rod and staff my comfort still,
Thy cross before to guide me.”*
 (“The King of Love My Shepherd Is”, LSB 709)

– Marlene Grunow
prayer ministry

CHRISTIAN CONCERNS



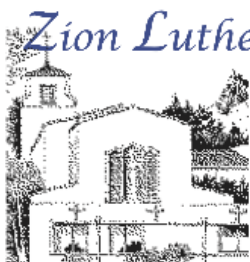
Happy St. Patrick's Day!!! Let's share our food good fortune with our Oakland neighbors in need. Please add extra non-perishable food items to your grocery cart. All groceries will be donated to City Team Ministries, Oakland, for their daily meal program and their 19 mobile Pantries, for those individuals who are not able to get downtown. The Christian Concerns Committee is aware of how expensive groceries are, and truly appreciates your donations. Please look for the bright yellow barrels in the Narthex for your donations. God Bless your support for our neighbors in need!!!!

Items needed---

Cereal (sugar free please)	Shelf stable milk
Complete pancake mix	Syrup
Soup and crackers	Pasta and Pasta sauce
Macaroni and Cheese	Beans and Rice (dry or canned)

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
23 <ul style="list-style-type: none"> 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & Live-stream 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club VB 	24 <ul style="list-style-type: none"> 7:30PM AA - GR 	25 <ul style="list-style-type: none"> 6:30PM Game Night - CR 	26 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:15PM Piedmont Rec Dept BBall 4:30PM Piedmont Rec Dept VBall 6:45PM Alena Sports Club VB 7:30PM Confirmation Class 	27	28	1	
2 <ul style="list-style-type: none"> President Lange to Preach 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & 10:30AM Board of Directors Meeting 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club 	3 <ul style="list-style-type: none"> 7:30PM AA - GR 	4	5 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:15PM Piedmont Rec Dept BBall 6:45PM Alena Sports Club VB 7:00PM Ash Wednesday Worship Service 	6	7 <ul style="list-style-type: none"> 7:00PM EBRS 	8	
9 <ul style="list-style-type: none"> Daylight Saving Time starts 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club VB 	10 <ul style="list-style-type: none"> 7:30PM AA - GR 	11 <ul style="list-style-type: none"> 6:30PM Iron Men 	12 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:30PM Piedmont Rec Dept VBall 6:00PM Lenten Potluck 6:45PM Alena Sports Club VB 7:00PM Lenten Worship 7:30PM Confirmation Class 	13	14	15 <ul style="list-style-type: none"> NEWSLETTER ARTICLES DUE 	
16 <ul style="list-style-type: none"> 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & Live-stream 9:00AM New Event 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club VB 	17 <ul style="list-style-type: none"> St. Patrick's Day 7:30PM AA - GR 	18 <ul style="list-style-type: none"> 6:30PM Game Night - CR 	19 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:30PM Piedmont Rec Dept VBall 6:00PM Lenten Potluck 6:45PM Alena Sports Club VB 7:00PM Lenten Worship 7:30PM Confirmation Class 	20 <ul style="list-style-type: none"> 9:30AM Day Adventurers 	21	22 <ul style="list-style-type: none"> 7:00PM Movie Night 	
23 <ul style="list-style-type: none"> 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & Live-stream 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club VB 	24 <ul style="list-style-type: none"> Steve- WASC Visit Chairperon @ St. John's Napa 		25	26 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:30PM Piedmont Rec Dept VBall 6:00PM Lenten Potluck 6:45PM Alena Sports Club VB 7:00PM Lenten Worship 	27	28	29 <ul style="list-style-type: none"> TRIS Spring Carnival Parking Lot
30 <ul style="list-style-type: none"> 8:00AM Bible Class I & II 9:00AM In-person Traditional Worship & Live-stream 11:00AM Live-stream Contemporary Worship 5:00PM Alena Sports Club VB 	31 <ul style="list-style-type: none"> 7:30PM AA - GR 	1	2 <ul style="list-style-type: none"> 10:00AM Wednesday Bible Class 4:30PM Piedmont Rec Dept VBall 6:00PM Lenten Potluck 6:45PM Alena Sports Club VB 7:00PM Lenten Worship 7:30PM Confirmation Class 	3	4	5 <ul style="list-style-type: none"> 10:00AM EBRS - GR 	



Zion Lutheran Church

5201 PARK BOULEVARD
PIEDMONT, CA 94611

NON-PROFIT
ORGANIZATION

U. S. Postage

PAID

Oakland, California
Permit No. 3244

ADDRESS SERVICE REQUESTED



Church E-mail Addresses:

Pastor Aldrich

revpaul@zionlutheran.net

Steve Harger

sharger@zionlutheran.net

Terry Frazier

churchoffice@zionlutheran.net

www.zionlutheran.net

(510) 530-4213

If you no longer wish to receive the newsletter in the mail, please contact the church office.

This newsletter is also available on-line..