



MOUNT ZION LUTHERAN CHURCH

2164 Mount Zion Road † York, Pennsylvania 17406
(717) 757-7626 † mtzionlutheranyork@gmail.com

www.mtzionnyork.org



September newsletter

From the Pastor's Desk ...

09/25

Jesus said "You did not choose me, but I chose you, ... (John 15:16)

How do you experience freedom in the church? Are you aware of the freedom or does it seem elusive? Have you even accepted your freedom yet?

Much of what is thought of as religion today has more to do with duty, obligation, rules and guilt than it does with freedom. Sometimes people come to church on Sunday, serve on committees and councils, or do their duty in the church out of some sense of obligation or a feeling of guilt if they did not. Sometimes we try to please God by following these self-imposed rules that suggest we have a duty to perform for our freedom.

Martin Luther struggled with that idea in the early years of his priesthood. He only saw God as a strict and demanding judge, and he almost killed himself in an effort to do the things he thought were necessary to satisfy God. But no matter how hard he worked or tried, he always felt that what he had done was never enough. One day during his devotions he came upon this verse from Ephesians: "By grace you have been saved through faith, and this is not your own doing; it is the gift of God," and in that moment everything changed. Suddenly Luther knew what it meant to be free. He realized that Christ had freed Him from any burden to perform for God's pleasure. In fact he saw at last that he was free, not to live for himself at all, but to live for a loving God who wanted him to share the Good news of God's gift of freedom with everyone.

You and I have been delivered from our every bondage. We have been set free by God's grace, and God continues to set others free as well with the help of his chosen ones (that's you and I) who are called and willingly follow where He is joyfully leading. That's the experience of freedom we all need to find. That's the feeling of freedom that Loves God and neighbor more than self and moves us to share what we have first been given with those in greater need than ourselves. That's the burning feeling of freedom in our hearts that drives us to serve the only Lord and Master who always wants to set us free.

Peace be with you.

Got a question, ... need to talk ?

Pastor Burkhardt

The office door is open and the phone is working.

September 2025

Our Services

Sundays

10:30am

Liturgical Worship
with Holy Communion
Virtual via Facebook Live

*A bulletin can be found to
follow along with worship on
our website at
www.mtzionnyork.org.*

September Events

- Sept 7 -Fellowship
Gathering 9:30 AM
- Sept 7 - Worship with Holy
Communion 10:30 AM
- Sept 7 - Parish Nurse
Program 11:45
- Sept 10 -Bible Study 12:30
and 6:00 PM
- Sept 14 - Worship and Picnic
10:30 at John Rudy
- Sept 17- Bible Study 12:30
and 6:00 PM
- Sept 21 - Worship with Holy
Communion 10:30 AM
- Sept 24 - Bible Study 12:30
and 6:00 PM
- Sept 28 - Worship with Holy
Communion 10:30 AM

Looking Ahead

**175th Celebration
October 4, 2026**

OUR MISSION

To spread the Gospel in accordance with God's plan by ministering to the spiritual and human needs of all people through our gifts, talents and our love in Jesus Christ.

Greetings from your Church Council

This is a busy but exciting time of the year.

1. Council will be interviewing a candidate for pastor on September 6. If they vote in favor, a special congregational meeting will be called for in early October for the congregation to vote on the candidate.

The congregation will have the opportunity to visit with the candidate the afternoon before and then listen to the candidate lead worship and give the sermon. A member of Synod will be present to ask for the vote from the congregation.

Voting must be done in person and only members who have met the 4 requirements will be able to vote. Synod expects the Council President to assure only voting members get ballots.

Requirements:

Baptized in the Christian faith

Joined Mt. Zion Lutheran Church officially

Made a monetary contribution to the church at least once between September 1, 2024, and September 30, 2025.

Filled out a communion card and received communion at least once during that same timeframe. Communion cards will be handed out by the ushers in the next several weeks.

The member records are being reviewed during the month of September to identify the members who are eligible to vote. If you have questions about your eligibility, please contact Ellen Gibb (717-495-5384 or ellengibb@omcast.net)

Members of Council and the Call committee will follow up with absent and the shut-in members to offer rides to the church if interested in attending the service/call to vote.

Again, if you call the church office, Pastor Bob will be glad to bring communion to the shut in members.

2. The Fall worship season will start on September 7, 2025. We invite you to attend church early that day to enjoy beverages, food and fellowship.

3. Come join us at John Rudy Park on September 14 to experience worship in God's beautiful world. There is a sign-up sheet on the bulletin board.

4. A new overview of volunteer opportunities will be available in September.

5. New carpeting has been laid in the parlor, pastor's office and the treasurer's office. The current carpets have become very ragged and pose a tripping hazard.

6. Quotes are still being gathered for the roof and gutter repairs.

7. Work is still being done by the engineers in conjunction with the township so we can sell the rental property.

8. At the 2023 Congregational Meeting, the congregation voted to take money (up to \$110,000) from the Endowment funds at the York County Community Foundation to meet the shortfall in contributions. The last withdrawal has been sent to Mt. Zion

9. Work on the budget is in progress. The treasurer is getting feedback from the committees, and the proposed budget will be reviewed at the September Council meeting, approved at the October meeting and presented to the congregation for approval on November 23, 2025 at the Congregational Meeting.

Have a wonderful September, enjoy cooler weather and the beautiful colors of Fall.

Ellen Gibb

Council President

Beware! A scammer is using Pastor Bob's name and Ellen's to ask members to send money or gift cards. Both Pastor and Ellen say they will NEVER ask for money. If you receive such, do not open. Delete and call Pastor if you want to confirm.

Important news about Sound System Upgrade:

At our congregational meeting on June 29, 2025 we voted to purchase the upgrade from Gelnett & Associate at a cost of \$ 41,500. And we voted to invest the capital funds not earning any interest: Memorial, Youth, and Special Needs into a Money Market account and/or CD. We have opened accounts (see below) at Citizens that all bear interest.



We also voted to borrow \$20K on our Line of Credit at Fulton which has a zero balance for the down payment on the SS. However, we learned that Fulton no longer does a LOC for religious institutions. We applied for a regular loan at 9% for 2 years, but to date have not received full approval or any monies.

We further voted to increase our offering by \$5.00 per week for the next 2 years in order to pay off the LOC. **When including your \$5.00 each week, please use Green Envelope and note "Sound System" and the amount.** We are not tracking names, only the amount that is given in total so we can let you know about your generosity. Thank you.

Our contributions to the Sound System as of August 26th are: \$1,230

Thank you all!!!

PLEASE KNOW YOU CAN CONTINUE TO DONATE TO THE MEMORIAL FUND FOR MEMORIALS AND TO THE SPECIAL NEEDS FUND. Thank you.

From online bank report: As of August 26, 2025

FULTON BANK:

Administrative Checking Account \$ 26,030.75

Special Needs Checking Account \$ 1,911.56

Rental Property Checking Account \$ 5,146.60

Pastor's Discretionary Fund Checking \$ 127.51

CITIZENS' BANK:

Money Market Account @ 3.68% \$ 15,011.35

Memorial CD 6 mos @4% \$ 90,300.40

Business Checking Account .02% \$ 3,100.00

August Food Bank: Deposits \$ 760 Expenses \$ 500 Balance \$ 647.08

Transfers into Admin Fund from Special Needs for August to 8/26 are \$ 9,300 - took \$1,800 from Citizens Business Checking Account, received payout from Wells Fargo Emma Dietz Trust \$8,265.

As of August 26, 2025 Summary (from PowerChurch)**

July Envelope Offering 12,652 August Envelope Offering 7,656 Budget Month 14,000

July Expenses 21,031 August Expenses 34,975 Budget Month 26,692

****PowerChurch** is the computer program used for financial entries and reports.

Ways of Giving



Mount Zion Lutheran Church

God's Work, Our Hands

Your gift, Your choice

Direct: Cash or check donations placed into the offering plates are always appreciated!

Banking: Look into how your personal bank account as some banks mail offerings to the church from accounts directly. Some programs are free and included with particular accounts.

Online: Make a donation on our website: www.mtzionnyork.org

Text: Make a donation via Text message! Text to: (717) 537-9088

Simply text an amount (no dollar sign needed) to the number above and follow the prompts to complete your donation!

Give+ App: Search "Give Plus" on your phone App Store, download and find Church name by ZIP code, 17406

***Thank you for your
generous support!***

Thank you for taking the time to remember our consecrated commitment we made in November '24. As God keeps His promises to us, we keep our promises to Him.

If you have any questions, please see Kathy Swords, or email at mtzionnyork-treasurer@gmail.com or 717-503-0527 (cell)

We are starting the search for new Council members. Mt. Zion will be entering an exciting time with celebrating the 175th anniversary of the church and hopefully welcoming a new pastor. Please prayerfully consider joining the Council. We would like to add three to four new members. Responsibilities include:

1. Attend 1 regular meeting a month (currently we meet after church on the 3rd Sunday)
2. Attend special meetings as needed
3. Be the council liaison for a committee
4. Be willing to talk to members so that you can be a representative of the congregation
5. Participate in meetings, sharing your thoughts, opinions
6. Serve as cashier on Sunday morning about every 6 weeks (make sure offering gets to the counters, turn off all lights, lock all doors.)

If you need more information or have questions, please see Ellen Gibb.

Cantors

Anyone who can sing and would be interested in learning to sing and lead the kyrie, hymn of praise, and singing the psalm during the service, please talk to Erin McDaniel.

Coffee and Catch-up

Please join us from 9:30-10:10 on Sunday September 7th. Enjoy some breakfast items and conversation with other members of the congregation.

After Sept. 7, Coffee and Catch-up will be on the last Sunday of each month from 9:30-10:10. Please come and join us and start your day in a brew-tiful way!

WORSHIP VOLUNTEERS NEEDED

We are always looking for more worship volunteers in the following capacities:

Usher: Greet worshipers with a friendly smile as they enter the sanctuary and direct them to pick up a bulletin before finding their seat before the service, and provide direction during communion from the pews to the rail.

Lector: Read the lessons and psalm of the day. Lessons are provided for you to practice ahead of time.

Lay Assistant: Assist Pastor in leading worship by reading the prayers and serving the wine at communion.

Communion Assistant: Light/extinguish candles, receive the offering plate, and assist with the distribution of communion by dismissing congregants from the rail to return to their seats.

Altar Guild: Prepare for communion before the service, and clean-up after the service. Those interested can sign up on the bulletin board outside of the sanctuary, one week at a time, as often as you would like.



The schedule for worship volunteers (with the exception of altar guild) is done 3 months at a time, with the next schedule starting in December. Please prayerfully consider serving in one or more of these ways. If you are interested, please see Ellen Gibb to be added to the next schedule and to arrange a time to be trained and answer questions.

From the Pantry

Mt Zion Pantry thanks you for your continued support. You helped our clients (over 60 family members) in August with food and personal care items and gift cards to LifePath Thrift Stores.

These folks are thankful and expressed their gratitude. If you would like to see this for yourself, please call Kathie Boop (717) 855-6763 to volunteer. It's only a two-hour commitment.

If you or someone you know is in need, please call the PANTRY at (717) 680-3789 to schedule an appointment.

THE FOOD PANTRY NEEDS YOUR HELP!

There are 3 ways to help with the pantry:

1. See the attached list, for the list of items the pantry uses on a regular basis. These items can be donated at any time.
2. You can donate money to the pantry at any time. Just label the monetary donation as for the pantry.
3. You can volunteer for 2 hours on a Friday or Saturday morning to help in the pantry. Call the pantry at (717) 680-3789 and leave a message, or contact Kathie Boop at (717) 855-6763

We continue to appreciate your monetary donations! Thank you so much for your support.

Mt Zion Food Pantry List

Packaged Items

Jiffy Cornbread Mix

Instant Mashed Potatoes

Stovetop Stuffing

Knorr Rice – varieties

Knorr Pasta – varieties

Macaroni & Cheese

Rice-A-Roni – Chicken

Rice-A-Roni - Beef

Rice-A-Roni – Spanish

Cereal

Instant Oatmeal –

boxes with individual

Packets

Pasta Items

Spaghetti

Shells

Elbows

Penne

Ramen Noodles – chicken

Canned Soup

Cream of Mushroom

Cream of Chicken

Chicken Noodle or

Vegetable

Ways to Help the Pantry

- Donate your **paper** shopping/grocery bags to the pantry.
- We continue to look for volunteers to work a 2 hour shift, with a current volunteer - you won't be on your own! - to greet people and help bag groceries. No heavy lifting!
- Donate items to LifePath Thrift Stores and mention Mt Zion. We get gift cards that our pantry clients can use to purchase items at LifePath Stores. (see p. 8)

Contact Kathie Boop 717-855-6763

Thank you to those who continue to donate at the Life Path Thrift stores and mentioned Mt. Zion or Kathy Gable's phone # (717-318-9041) to give Mt Zion credit for the donation. The pantry patrons are so appreciative for the gift cards to use at LifePath stores!

We now have more gift cards because LifePath received **257 donations from our members, totaling \$900 to share with the pantry patrons!!!**



2025 Membership Directory

Updated copies of the directory are available on the table at the back of the church.

*If you have any changes in your information, please email Kathy at mtzionlutheranyork@gmail.com.

Welcome New member:

Skip Shellenberger

2423 Backus Woods Rd

Mount Pleasant Mills, PA 17853

570-541-2593

SENIOR CHOIR

We are looking to restart the Senior Choir. The choir would sing periodically through the church year with rehearsals happening after church the Sunday(s) before.

We are also looking for someone who would be an accompanist to play with the choir on those Sundays. Please contact Erin McDaniel if you are interested in either item.



DO YOU KNOW A SHUT-IN?

We are updating our list of those who are homebound, shut-in, or otherwise unable to attend our services. If you, or someone you know, fall into one of these categories, please call the church office and leave a message for Kathy Gable, or email her at mtzionlutheranyork@gmail.com.



Mt. Zion Prayer List



Continue to pray for: Raven Ambrose, Bonita Anderson, Fran Anderson, Jerry Arnold, Shannon Arnold, Janet Shermyer Berkheimer, Lauren Beyer, Jacklyn Billet, James Billet, Mary Bishop, Mary Sue Bottstein, Joan Brenner, Joyce Brown, Ralph Brown, Robert Brown, Sarah Brown, Scott Brown, Ted Brown, Eric Bruner, Joseph Bruggerman, Julie Christy, Jess Combs, Phyllis Comery, Ian Conover, Billee Couch, Tim Couch, Lizzy Cowit, Steven Cowit, Tana Cox, Jason Crowley, Madeline Crowley, Lynn Deitzer, Winnie & Tom Demler, Dee DeVeney, Annie Diehl, Gerri Deller, Kendall Dellinger, Zoe Doll, Andrew Doughty, Joe Ellis, Carol Emswiler, Layla Esteves, Pastor Courtney Erzkus, Chris Farmer, Pam Fay, Dudley Fink, Jason Frederick, Martha Frederick, Scott Frederick, Jacinda Frigm, Gloriann Green, Rev. Donald Green, Lonnie Ginter, Ronnie Ginter Jr., Gina Goodrich, Linda Grone, Jeannie Grove, Bob Gundlach, Mary & Tom Haberkorn, Jay Hammel, Dolly Harbolt, Donna Hayes, Mike Healey, Alicia Hedrick, George Heller, Sharon Harvey, Brian Hinderer, Ruth Hoak, Linda Hodgson, Bob Hoffheins, Heather Hoffman, Dennis Hummel, Carol Johnson, Colleen Jones, Gladysmae Keeney, Jolene Klinger, Gene Krisukas, Mike Kowslik, Sarah Kuhn, Kelly Lehr, Lou Ann Leibensperger, Jean Leiphart, Heather Luchka, Dick Lynn, Bob Lyon, Fran Marple, Brad March, Sharon March, Amy Martzall, Cindy McDaniel, Rose McGowan, Kenneth & Sue Miller, Sally Miller, Jennifer Mitterholtzer, Jodi Mitterholtzer, Matthew Mitterholtzer, Otto Mitterholtzer, Rebecca Mitterholtzer, E.T. Moore, Angy-Mike Mossengo, David Murphy, Sandy Murphy, Ellen Myers, Karen Naugle, Tom Needhum, Sandy Nelson, Nancy & Lou Orndorff, Deb Overly, Ben Renner, Alison Reppert, Carrie Roman, Jeff Sargen, Kaeley Saylor, Craig Schaszberger, Joan Schildt, William Schmeed, Maxine & Larry Shaffer, Tom Shaffer, Max Shaull, Anthony Shaw, Zach Shiffer, Rick Shreve, Heather Smith, Condoda Smith-Boyle, Heidi Snyder, Thomas Somerville, Candy Stambaugh, Judy Stambaugh, Herb Stauffer, Bud Stevens, Carol Stickles, Lisa Striebig, Jennifer Torok, Debra Tracey, Micheal Tudino, Jace Valenti, Jane Van Zant, David Walker, Andrew Walter, Ruth Ward, Bob Warren, Bonnie Warren, Bill Weaver, Bruce Weaver, Dodie Weaver, Victor White, Bob Wolf, Larry Wood, Donald Zepp, Rich Zerbe, Ben Zelinski, and the shut-in members of our parish.

The Prayer List is reviewed each month. Though names may remain on the prayer list for an unlimited time, periodic updates are appreciated. Contact KATHIE BOOP (717-855-6763) for any additions or subtractions from the prayer list. If a name has been mistakenly deleted, please notify KATHIE BOOP.

September Prayer Ventures

These petitions are offered as guides to prayer for the global, social and outreach ministries of the ELCA, as well as for the needs and circumstances of our neighbors, communities and world. Thank you for your continued prayers for the life and mission of this church.

1 Labor Day Praise the work people do to sustain their families and benefit their communities and society. Pray that all will receive fair wages, work in safe environments, receive encouragement, be renewed through times of sabbath, and experience joy and fulfillment in their labor. Pray for those who seek employment and for the care, support and well-being of people unable to work.

2 "Let mutual affection continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it" (Hebrews 13:1-2). Pray that our fears, prejudices and ideologies will not prevent us from showing love, respect and hospitality to one another — friends, family and strangers alike.

3 Suicide Prevention Month Pray for our neighbors and siblings in Christ who feel lonely, depressed and hopeless, that they will find compassion, support and spiritual renewal in times of darkness and suffering. Ask the Spirit to inspire and guide our care, support and counsel for those who are contemplating suicide, and for those who grieve the loss of someone to suicide.

4 Give thanks for the faithful service and leadership of Presiding Bishop Elizabeth Eaton. Pray that her faith, gifts and commitment will continue to inspire us to work for justice and peace, to love and serve our neighbors, and to share the good news of Jesus Christ in a world yearning for hope and renewal.

5 "Praise the Lord! Happy are those who fear the Lord, who greatly delight in his commandments" (Psalm 112:1). Pray that we will find joy and guidance in the ways and commandments of God and be inspired by God's wisdom, love for humanity and concern for those who suffer.

6 The 2025 Churchwide Assembly has elected the Rev. Yehiel Curry to serve as the next presiding bishop of the ELCA. Pray that the Spirit will strengthen his faith, gifts and wisdom as he leads our church in its mission to share the good news of Jesus Christ, reflect God's abundant love and mercy for the world, and serve our neighbors in need.

7 "God's work. Our hands." Sunday ELCA congregations join together today for our annual day of service, celebrating that we are freed in Christ to serve and love our neighbor. Pray for service activities around the country that unite people, ecumenical partners and community agencies as we serve our neighbors in need, strengthen our communities and demonstrate God's love.

8 Pray for the resolution of international conflicts that cause suffering, violence, mistrust, injustice, economic crises and political instability. Ask God to forgive us for sometimes playing a role in these conflicts, intentional or not.

9 Pray for our missionaries in Latin America and the Caribbean and for the Young Adults in Global Mission volunteers serving in Mexico, Argentina and Uruguay, that the Spirit will nurture their faith as they accompany global companions in ministries that include

education, immigration and pastoral leadership. 10 Pray for faith in the ways and thoughts of God, which stretch beyond our comprehension and imagination yet stir awe and devotion.

11 Give thanks for deacons in congregations and faith-based organizations. Praise God for their gifts and service in a variety of ministries, including camps, nursing, music, education, administration, social service, and youth and family ministries.

12 Pray for the Spirit to strengthen our discipline so that we might better study and reflect on the Word of God and its significance in our daily lives.

13 Give thanks and pray for volunteers of all ages and abilities who serve in congregations, outdoor ministries, Lutheran social ministry organizations, ELCA Global Mission, Lutheran Disaster Response, Mission Builders and community social services.

14 Pray that we will consider thoughtfully the wide-ranging impact of proclaiming that "all are welcome" in our congregations and the church.

15 First Day of National Hispanic Heritage Month Give thanks to God for the gifts, contributions, traditions and rich cultural diversity of our Latiné neighbors and siblings in Christ. Ask God to bless the ELCA's 147 Latiné ministries, which share the gospel, serve their neighbors, promote inclusivity and support rostered and lay leaders. Pray for the Spirit to guide and further the work of the ELCA Latino Ministries Association.

16 Take time to pray for the people and situations that first came to mind when you awoke this morning.

17 Give thanks and praise to God, who shows us mercy and patience, knows our gifts and stirs within us meaning and purpose for our baptismal journey.

18 Pray for ELCA World Hunger leaders, congregations and ministry partners participating in the ELCA World Hunger Leadership Gathering in Columbus, Ohio, that their sharing, planning and networking will enrich their work to address hunger and its root causes in our communities and the world.

19 "Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises" (Psalm 98:4). Join your siblings in Christ in prayers of praise and thanksgiving for our amazing God!

20 Pray for Palestinians in Gaza, its surrounding areas and wherever they have fled in search of shelter and relief from war. Pray that the devastation and suffering will end and that leaders will commit to peaceful solutions, reconciliation, mutual respect and the rebuilding of communities that can thrive.

21 Remember in prayer those recovering from devastating floods and grieving the loss of loved ones and neighbors. Give thanks for the work we do through Lutheran Disaster Response to respond to urgent needs, give emotional and spiritual care, support long-term recovery and restore the vitality of communities. Ask God to strengthen and bless our partnerships with synods, congregations, local relief agencies and ecumenical relief programs.

22 First day of fall "In this great and strange creation, with a breath God gives us birth: born of soil to live as stewards, called to love and serve the earth" ("Earth Is Full of Wit and Wisdom," ACS 1064). Sing praise to God for creating and entrusting to our care the earth, its natural resources and the inspiring beauty of all living things, including humankind.

23 Pray for church leaders as they gather for the Stewardship Kaleidoscope conference in New Orleans to study and reflect on stewardship and to equip themselves for cultivating generosity in

congregations. Give thanks for how God works through this partnership with the Presbyterian Foundation of the Presbyterian Church (U.S.A.) and the ELCA's stewardship and generosity team.

24 Praise God that our church gathers and nurtures the gifts of so many through congregations, synods and special ministries to spread the good news of Jesus Christ, care for neighbors in need, equip and encourage one another, and invite all to experience the blessings of being valued members of faith communities.

25 Remember in prayer those who are fighting cancer or experiencing a wide range of emotions upon receiving a cancer diagnosis. Pray that we and our faith communities will offer steadfast support, care and encouragement to them and their families.

26 Pray that all people will know the love, peace and wisdom that comes from God, made real to us through the birth, life, suffering, death and resurrection of our true savior, Jesus Christ.

27 "Take your Bible and take your newspaper, and read both," wrote Lutheran theologian Karl Barth (1886-1968). "But interpret newspapers from your Bible." Ask God to help us attend to our communities, nation and world, and remember that our faith in Jesus Christ calls us to foster peace, justice, love, forgiveness and healing among all people.

28 The story of Lazarus and the rich man in the gospels of Luke and John reminds us of God's love and concern for those who suffer poverty, illness and neglect. Pray that we will embrace all people as neighbors who deserve respect, compassion, love and inclusion.

29 Michael and All Angels Ask the Spirit to help us be aware of God's activity in the world and to strengthen our faith when we are perplexed by the mysteries of God's ways and the presence of angels and spiritual beings who serve as God's messengers.

30 Ask God to bless and guide the work of the ELCA Gender Justice and Women's Empowerment program, informed by the unique voices and experiences of people across race, ethnicity, ability, class, sexuality and age. Pray for the advancement of gender justice in the church and society — justice grounded in Scripture, Lutheran theology and people of all gender identities working together.

We have a new way to help our food pantry.

Mt Zion is now a partner in LifePath Christian Ministries' Corners of Your Field program.

Leviticus 22:23—When you reap the harvest of your land, you shall not reap the edges of your field, nor gather the gleaning of your harvest; you are to leave them for the poor and for the stranger.

LifePath converts donations of clothing or household items into gift cards. These cards can be redeemed at any LifePath thrift store. We have been handing these cards out to our pantry clients, congregation members or to anyone in need.

Drop off donations at any LifePath thrift store

*2414 Eastern Blvd. York, PA 17402

*241 Pauline Dr. York, PA 17402

*367 W. Market St. York, PA 17401

Schedule a free donation pickup for larger items.

Remember to mention Mt Zion when you donate!

Deacon Ellen Doughty (Chaplain at UPMC Memorial) is in need of Spiritual Care volunteers at UPMC Memorial. You do not have to be trained in ministry to be a volunteer, just have a heart to walk alongside others of all beliefs and willingness to learn and grow. We provide training.

Spiritual Care volunteers assist with visiting patients, rounding on staff (who may suggest a patient or two for a visit), and can also assist with other things such as Tea for the Soul or Code Lavenders (both staff care items)

If anyone is interested, please go to the volunteer page for UPMC Memorial (<https://www.upmc.com/locations/hospitals/memorial/about/volunteer>) and fill out the online application. If a printed application is needed, please contact Rebecca Gross, Volunteer Coordinator at 717-849-5470 or grossr3@upmc.edu.

Deacon Ellen D. Doughty, PT-CSp, APBCC, M.A.M.S.; B.S. ED
Lead Chaplain
Spiritual Care Services, Central Pa Region
Certified Specialist in Pastoral Thanatology
Certificate in Leadership and Organizational Change

Parish Nurse Program

The Parish Nurse Program will be on the first Sunday of each month. Blood Pressure screenings will be done in the Chapel area after the service. Questions? Contact Sue Luchka at (717) 434-9581.

Parish Nurse Corner

Again, welcome to the Parish Nurse Corner! The topic for this month is AED's. Did you know that Mt. Zion has an AED? We do! Look to your left as you enter the Front Doors of the church on the wall.

What is an AED?

The AHA defines AED (Automatic External Defibrillator) as a "light weight portable device that delivers an electric shock through the chest to the heart."

Why do we need this device?

Many medical conditions may affect the rhythm of the heart. The rhythm may convert to a "nonviable rhythm." This means the heart is pumping ineffectively and blood flow to the body has stopped. This nonviable rhythm may occur during a heart attack. The only way to save the person's life is to use an AED.

Anyone can use an AED! As a critical care nurse, I have seen a 5-year-old to a 93-year-old successfully use an AED to save a life.

I will be doing AED training in October or November. I will post the training date when I have everything set up. All are invited, so watch for the announcement!

Sue Luchka

News from our Synod - check out the Lower Susquehanna Synod (LSS) website to see all the events that are scheduled, various prayer lists you can view, and information about the many missions of the ELCA and the LSS.
lss-elca.org

ALTAR FLOWERS

We are accustomed to seeing flowers on the altar every Sunday throughout the year except during Advent and Lent. These flowers are not simply decorations; they are an integral part of our worship that help to draw our attention to the focal point of the chancel area — the Altar. They serve as a reminder of God's creation and the bounty of His handiwork. That said, it is time to fill in the list for 2024.



Sponsoring these flowers is very simple:

1. Decide when you want to sponsor altar flowers, one week or multiple weeks; it's not necessary to have a specific reason, but if you do, simply indicate that on an order form always available in the pocket under "Flowers" on the bulletin board in the hallway beside Pastor's office.
2. Choose as many dates as you wish. If you have no specific dates in mind, simply indicate that you want to sponsor a Sunday, or again, any number of Sundays.
3. Complete the order form, making sure to include your envelope number, a check for the amount ordered, and place it in a green envelope, or in your regular weekly envelope, and put it in either the offering box or offering plate. **COST OF FLOWERS: \$35 FOR EACH VASE.**

Each year there are 44 Sundays when we have flowers on the altar. Sponsoring these flowers is a perfect way to honor God and show that you understand and value stewardship to the church.

If you have questions or need help deciding when or how to sponsor flowers, talk with Dale Good after worship, or call or text him at (717) 880-3853. If you call, please leave a message if you do not get an immediate answer.

*Note—the sign-up has moved to the bulletin board in the hallway beside Pastor's office.



MOUNT ZION LUTHERAN CHURCH STAFF

Interim Pastor:	The Rev. Robert (Bob) Burkhart
Sexton:	Rod Robles (717) 659-4272
Administrative Assistant	Kathy Gable
Treasurer:	Kathy Swords
Financial Secretary:	Brian Hinderer

MOUNT ZION CHURCH COUNCIL

Ellen Gibb, President	
Cheyanna Snyder, Vice-President	
Jessica Harvey, Secretary	
Kathy Gable	Lynn Suter
Kollene Stauffer	Brian Hinderer