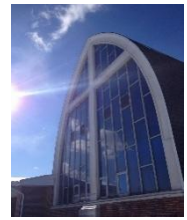




MOUNT ZION LUTHERAN CHURCH

2164 Mount Zion Road York, Pennsylvania 17406
(717) 757-7626 mtzionlutheranyork@gmail.com
www.mtzionyork.org
www.facebook.com/mountzionyorkpa



From the Pastor's Desk

Happy Easter! When we hear someone say, "Happy Easter", we often think about bunnies, painted eggs, and chocolate? But what do these things have to do with Jesus dying and being raised from the dead?

Easter was not always a celebration of the resurrection of Christ. Easter was first recorded in the 2nd Century by [Venerable Bede](#) (673-735), an English monk who wrote the first history of Christianity in England. He wrote that according to the English calendar, the month of April was called "Eosturmonath" Or "Eostur Month". He surmised that it was named after the Anglo-Saxon goddess Eostre, the goddess of spring and fertility.

Some scholars don't agree with Bede's thesis. Some believe that the month was named after a translation from the Greek word Pascha, which comes from pesach, the Hebrew word for Passover. Either way, the month was a time to celebrate honored feasts – whether it was honoring the goddess Eostre or honoring the Passover feast.

Passover is the Jewish celebration for God's salvific act of saving the first born sons of Israel from the last of the ten plagues inflicted upon Pharaoh. The tenth plague was an angel of death sent by God to take the life of all first born sons. God announced that He would "pass over" the homes where blood from a sacrificial lamb was painted on the door frame. In these homes, the sons would live; hence the celebration of "Passover" was born.

As Christians, we believe that Christ was the last sacrificial "lamb" necessary for the salvation of the world. Christ "passed over" our sins; by his blood we were offered forgiveness so that we might enjoy eternal life. We don't celebrate Passover but we do celebrate "Easter" – the one day assigned to celebrate Christ's rising in triumph from death. Although we celebrate Christ's rising every Sunday, the church selected one day to raise it up (no pun intended) above all other Sundays. It is a celebration of new life and new beginnings. It is Christ's conquest of sin, death, and Satan that give us the right to wish everyone "Happy Easter!"

But what about rabbits and eggs? Going back to the goddess, Oestre! Her symbol was a rabbit because of their high reproduction rate. Rabbits were an ancient symbol used to signify new life and fertility. Easter Bunny lure can be traced back to 13th-century Germany. It is fitting that we associate rabbits with Easter time because it is a time of great beginnings, reproduction begins in the wild, and new life begins to appear. For Christians, the Easter bunny also symbolizes the new life born out of Christ's dying and resurrection. But not all countries have a bunny delivering eggs. Switzerland, for example, has a cuckoo who delivers the eggs. Depending upon which part of Germany you are in, the eggs will be delivered by either a fox, chick, rooster, or stork.

But think about the absurdity of a bunny (or any of these other animals) delivering an egg. None of them lay eggs themselves, so why an "egg"? Once upon a time, the Christian church banned the eating of eggs, meat, wine, cheese, and milk during Lent. At Easter, it was a special treat to eat an egg again. ➔

April 2026

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.mtzionyork.org.

Virtual services are available to view at any time once the livestream is over.

April Events

- Ap. 1 -No Bible Study
- Ap. 2-Maundy Thursday 7PM
- Ap. 3-Good Friday 7 PM
- Ap. 5-Easter 10:30 AM
- Ap. 8- Bible Study 12:30
- Ap. 12- Worship with Holy Communion
- Ap. 15- Bible Study
- Ap. 19-Anniversary Committee 9:30 AM
- Ap. 19-Worship with Holy Communion
- Ap. 19-Council 12:30
- Ap. 19-Fiber Arts 2-5 PM
- Ap. 22 -Earth Day
- Ap. 22-Bible Study 12:30
- Ap. 26-Worship with Holy Communion
- Ap. 29-Bible Study 12:30

Looking Ahead

- May 3-Polka Mass 10:30 AM
- May 16-Touch A Truck 10-12



Church closings – Check WSBA (ABC 27) and the church website.

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.

Eggs also symbolize fertility and renewal, so they became central in our Christian celebration of Easter. The Orthodox and eastern Catholic churches dye Easter eggs red to symbolize the blood of Christ. But the symbolism goes beyond Christ's blood. The hard shell is representative of the sealed tomb; the cracking of the egg represents the resurrection, and the chick emerging represents new life. The Easter egg is a symbol of joy and celebration (forbidden in Lent) and as a "taste" of new life and resurrection found in Jesus Christ.

Why are they painted? The practice of decorating eggshell is ancient, predating Christian traditions. Ostrich eggs with engraved decoration that are 60,000 years old have been found in Africa. Decorated ostrich eggs, and representations of ostrich eggs in gold and silver, were commonly placed in graves of the ancient Sumerians and Egyptians as early as 5,000 years ago. Staining eggs red in memory of the blood of Christ dates as far back as the early Christians of Mesopotamia.

Another tradition with Easter eggs is the annual Easter egg rolling contest. It began at the White House in 1878 under President Rutherford Hayes administration. Easter egg rolling held on the lawn at the White House symbolizes rolling away the stone blocking Jesus' tomb. I wonder how many people actually know why they are rolling Easter eggs on the White House lawn?

Did you know that the world's largest Easter egg was over 27 feet high and 16 feet wide? It weighed more than 8,800 pounds! Twenty-seven bakeries worked for two weeks to make enough chocolate for the gargantuan concoction wheeled in to the Chocolate Festival in Bariloche, Argentina.

This Easter when you go to take a bite out of that Easter egg, remember that you are tasting and partaking of a central part of our Christian story – Christ died for you and me, in order that our sins may be forgiven. Raised from the dead, God showed us His power over death and the rising to new life, eternal life for us.

I will leave you with a Roman Easter Blessing published in 1610:

Lord, let the grace of your blessing come upon these eggs, that they be healthful food for your faithful who eat them in thanksgiving for the resurrection of our Lord, Jesus Christ, who lives and reigns with you forever and ever. AMEN!

Happy Easter!

*Your Sister in Christ,
Pastor Debbie*

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 2026.

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.

Greetings from YOUR church council

1. Congregation Meeting scheduled for March 29, 2026, at 11:45 am to vote on a recommendation from Council to have Little Adventures Learning Center daycare use our Education Wing. Watch for a letter coming to you via mail.
2. Kirk Lessor and Ellen are still working with GLB engineering and the township to get the rental property subdivision done so we can sell the rental property.
3. Ellen is working with the township and an architect to get the paperwork needed by the township to give us a certificate of occupancy for the daycare.
4. Members of Council have contacted several HVAC firms to come in and look at the boiler, provide a proposal to fix and to do preventative maintenance once a year.
5. Bob Nace and Rod discovered a problem with the compressor fix that was done over a year ago. An electrician that Bob knows will provide the new parts. The cost is being covered anonymously.
6. Centurion is putting together a schedule this coming Thursday to find a day to come out and inspect the roof. This was the proposal presented by Pat Hauer and Bob at the Congregation Meeting.
7. On May 3rd, 2026, our worship service will be unique. A member of our congregation has heard the Heidelberg Brass Band conduct services in churches in Lancaster County. This takes us back to our German roots. This is one of our events to celebrate our 175th anniversary. Pastor Debbie will give a greeting, and the Brass Band will conduct the rest of the service. Thank you Pat Brame for suggesting this group.

Please share with your friends and neighbors. We will be inviting churches from our conference; a posting will be on the Synod website. Other groups like, high school German clubs, local Polka clubs and local Liederkrantz dance/singing groups. A flyer will be available soon.

8. On May 16, 2026, another event to tie into our 175th Anniversary celebration will be held at Springettsbury park. This will be Touch a Truck community event. Fire engines, police cars, rollback trucks, bucket trucks and others will be available to "touch". Thank you to Pat Brame again.
 9. Mark your calendars, the Hershey Handbells will be back the first Friday of December, December 4th. If you would like to help with this event, please fill out the April volunteer opportunities form.
 10. We will be posting for an organist to start in 2027. If you have any connection with music programs, please let Erin or me know of how to contact them.
 11. Thank you to Kathie Boop, Linda Hoak, and Lou Orndorff for putting together our draft policy for Child Safety. We need this as a requirement of the Synod and because of the possible daycare in the facility.
 12. Our 2014 constitution has been updated to match the model constitution from the Synod that was adopted in 2022. Thank you to Nancy Orndorff and Brian Hinderer for proofreading it for me. The constitution needs to go to the Synod for review, then be approved by Council and then approved by the Congregation.
 13. Beth Hollingworth is interested in helping to organize our "history". Synod requires that we keep all church records, membership lists, bulletins, committee reports, etc. forever. This process can be done piecemeal but needs 2 or 3 more people to help Beth. Synod has a procedure/policy of what needs to be kept, how stored, etc. We can get help from the archivist at the Synod. Please mark you interest on the April volunteer opportunities form.
 14. Two community engagement/outreach events will need volunteers: The Polka Mass on May 3rd and the Touch A Truck on May 16th. Please sign up to help.
- Have a blessed month. Hopefully, Spring will arrive.
Thank you for sharing your time and talents here at Mt. Zion Lutheran Church. If you have any questions, please see any member of Council.



2026 Prayer List



Please continue to pray for Jerry Arnold, Ray & Kathy Blose, Ted Brown, Jason Crowley, Gerri Deller, Tom Demler, Layla Esteves, James Ewing, Scott Frederick, Gloriann Green, the family of Rev. Dr Green, Linda Grone, Tonia Grothey, Bob Gundlach, Audrey Heffermehl, Ruth Hoak, Carol Johnson, Gary Jones, Jamie Kottmyer, Gene Krisukas, Winnie Kowolik, Kelly Lehr, Bob Lyon, Fran Marple, Amy Martzall, Sharon Neal, Deborah Overly, Ben Renner, Kathy Rinaca, Carrie Roman, Tom Shaffer, Anthony Shaw, Lee Shenberger, Rick Shreve, Herb Stauffer, Chad Sterling, Cody Sterling, Bud Stevens, Carol Stickle, Steve Thompson, Marvin Timmons, Jace Valenti, Bonnie & Robert Warren, Dodie Weaver, Ben Zenlinski, Diane Zerbe, and the shut-in members of our congregation:

Mary Sue Bottstein, Joan Brenner, Bill Brothers, Joseph Bruggeman, Dudley Fink, Lonnie Ginter, Gloriann Green, Jeannie & Bill Grove, Bob Hoffheins, Lou Ann Leibensperger, Dick Lynn, Norma Jean Seigman, Maxine & Larry Shaffer, Bud & Vickie Stevens

Please remember to use the add/remove/keep prayer list slips on the rear table. The prayer list is reviewed every month though the names may remain for an unlimited time, periodic updates are appreciated.

Contact Kathie Boop (717-855-6763) or leave the slip in Kathy Gable's mailbox.

Coffee and Catch-up

Please join us from 9:30-10:10 on the last Sunday of each month. There is a sign-up on the bulletin board to bring breakfast items to share. Enjoy some breakfast items and conversation with other members of the congregation.

Please come and join us and start your day in a brew-tiful way!

Membership Directory

Updated copies of the directory are available on request. Please see Kathy Gable.

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

Moved:

Pat & Leroy Hauer

Polka Mass to be celebrated at Mt. Zion Lutheran Church.

Please join the congregation at Mt. Zion Lutheran Church, 2164 Mt. Zion Road, York, on Sunday, May 3rd, at 10:30 a.m. for a Polka Mass with the Heidelberg Brass Band.

The Polka Mass with the Heidelberg Brass Band made its debut in May of 2015 in celebration of the 25th ordination anniversary of Pastor Glenn Beard, Jr., manager of the band. The Heidelberg Brass Band, formed in 1954, included Pastor Beard's father, Glenn Sr., and two uncles, Jim and Bob. Glenn Beard, Sr. has been the band's drummer for 68 years!

Since the time that he was a student at the Lutheran Theological Seminary at Gettysburg, Pastor Beard had the desire to have a liturgical service comprised of original lyrics set to popular polkas and waltzes which the band could play. With the help and inspiration of Father Frank Perkovich, from Minnesota; Pastor Ed Battiste, from Ohio; and Pastor Carl Witt, from California; Lisa Beard, Pastor Beard's wife, and Dr. C. Jay Hertzog, a former member of the band, put together this unique service of worship. Lisa Beard wrote original lyrics for six pieces of music within the liturgy and Pastor Beard has written words for five pieces as well.

Since its debut, the band has led more than 100 worship services, including a Polka Mass wedding liturgy and a Polka Mass memorial service. The service is a very faithful celebration of Holy Communion, and it is a fun and uplifting way to praise God in worship. Everyone is invited to come out and be part of the fun!



Please volunteer to help at this exciting community engagement event to celebrate our 175th.



Community “Touch A Truck”

(and other Vehicles on Wheels!)

Saturday, May 16th 10:00 until 12:00



Mt. Zion Lutheran Church will sponsor a “Community Touch A Truck” display on Saturday, May 16th from 10:00 a.m. until 12:00 noon on the church parking lot. Children and adults are invited to attend the event. Some trucks and equipment on display will include an Emergency Service Unit Truck, Fire Engine, Police Unit/Cruiser, Bucket Truck, Rollback Truck, Tri-Axle Dump Truck, Harley Davidson Motorcycle and Massey Ferguson Tractor. Come out and enjoy learning about the trucks, heavy equipment and emergency service vehicles used in our area and the meet the police, firemen and construction workers who operate them.

Thank you to the following groups and individuals participating in this event!

York County Regional Police – Spring Garden Township
Spring Garden Township Public Works Department
York Area United Fire and Rescue
Springettsbury Township Police
Springettsbury Township Public Works Department
Mike’s Towing
YoCo Electric, LLC
Mt. Zion Cemetery Association
York Excavating Company
Craig Schaszberger

VOLUNTEERS NEEDED

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

Committee Participation - Audit Committee, Mutual Ministry, and Nominating Committee. See the information on each committee in the hallway.

Polka Mass – Volunteers needed to help with this exciting special worship service.

Touch A Truck – We will need help with registration, parking and general assistance to make this special event a successful part of our 175th anniversary celebrations. See Pat Brame.

175th Anniversary - Contact Kollene Stauffer or Cheyanna Snyder to help.

Worship - Camera Operators are needed. See Ellen Gibb.

Constitution - Help Ellen Gibb revise our constitution, according to Synod guidelines.

Funeral Lunches - We are looking to see if there is interest in offering lunches after funerals.

Pantry Volunteers - Once a month, 2 hours. See Kathie Boop.

From online bank report: As of March 19, 2026

FULTON BANK:

| | |
|--------------------------------------|-------------|
| Administrative Checking Account | \$ 4,250.75 |
| Special Needs Checking Account | \$ 1,264.56 |
| Sound System/Roof Checking Account | # 2,266.00 |
| Pastor's Discretionary Fund Checking | \$ 535.94 |
| Memorial Fund Account | \$ 1,470.18 |

Commercial Loan @ Fulton Bank \$20,000 at 8.77% payments
1st of each month \$414.36

Principal amount as of 03/19 \$19,272.91

CITIZENS' BANK:

| | |
|--------------------------------|--------------|
| Money Market Account @ .02% | \$ 21,877.57 |
| Memorial CD 8 mos. @3.62% | \$ 50,164.15 |
| Business Checking Account .02% | \$ 3,100.00 |

Food Bank: Month To Date: Deposits \$ 425

Expenses \$250 Balance \$ 1,675.08

As of March 19, 2026 Summary (from PowerChurch the computer program used for financial entries and reports)

Total Envelope offering: Month to date March 15th \$ 10,578 Weekly Budget \$ 3,430 = 10,290

Thank you to everyone for your contributions. You are awesome!

| | |
|--|--|
| Bills paid but not yet cleared bank | \$ 330.00 |
| Bills for 03/22 to 03/27 | \$ 949.56 utilities |
| Bills for 03/28 to 04/04 | \$11,507.90 - payroll, benefit, insurance, loan |
| Estimated monthly bills as of March 2026 | \$ 27,415.91 |

Contributions to Sound System for March 2026 \$ 407 Monthly Budget \$ 867 Our goal in 2026 is \$10,400 or \$5.00 per giving envelope per week.

Contributions to Roof for March 2026 \$ 318 Monthly budget \$7 per giving envelope per week - \$ 1,274.

PLEASE USE WHITE ENVELOPE FOR YOUR \$5 and \$7 PER WEEK OFFERING GREAT WORK!

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

Respectively submitted,

Kathy Swords, Treasurer

Ways of Giving

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.mtzionyork.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!

From the Pantry

Mt Zion Pantry thanks you for your continued support. You helped our clients in March 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.



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

Monthly Benevolence for April

ELCA World Hunger

Called to Respond

One in 11 people, about 720 million, are hungry. As ELCA members, we are called to respond, roll up our sleeves and get to work. We accompany neighbors near and far. God provides daily bread; together we help ensure it reaches every table, with compassion, courage, and faithful action.

How We Work

ELCA World Hunger walks alongside congregations across the United States, Puerto Rico and the U.S. Virgin Islands, Lutheran churches worldwide and trusted partners. Your gifts fund clinics, microloans, clean water, livestock, meals and advocacy —sustainable solutions that address root causes of hunger.

Relationships First

We start by listening. Congregations and global companions identify local needs and solutions; we join to make them real. With LWF and partners like Bread for the World, CWS, Global Refuge, LSA, and LWR, we accompany and support their efforts to tackle unjust systems so lasting change takes root at home and abroad. We add education and advocacy, tackling unjust systems so lasting change takes root at home and abroad.

47M

POVERTY IN THE U.S.

In the U.S. over 47 million face food insecurity, an increase of more than 1 million from just a year ago.

30%

EXPENSIVE HOUSING

Today, over 22 million homes spend at least 30% of their income on housing, mainly because of the affordable housing crisis.

3.6B

CLIMATE DISASTERS

Climate change puts 3.6 billion people at risk of climate disasters, endangering lives and driving up the cost of living.

April 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. Give thanks, for God has not left us alone stumbling in darkness, guilt and chaos. Time and time again, we are led to the cross and the empty tomb, where we are bound to, and set free by, the death and resurrection of Jesus Christ, our lord, messiah and savior.
- 2 Maundy Thursday “When in the shadow of the cross Christ knelt and washed the feet of his disciples, he gave us a sign of love complete” (ELW 360). Ask God to help us understand the sacrificial love Jesus Christ had for his followers, neighbors in need and the world. Pray that we do likewise and that our actions of love, mercy and service inspire others.
- 3 Good Friday Pray that we deepen our understanding of the suffering, death and resurrection of Jesus Christ as the ultimate demonstration of God’s boundless love for all humanity. Ask God to forgive us when we seek or justify vengeance, isolation and dominance over people whom we see as adversaries, who unsettle us or whose beliefs differ from our own.
- 4 Pray for those who long for good news, hope, relief and liberation, including people of all ages who live in the midst of conflict and war, experience poverty and hunger, are imprisoned, suffer despair, and seek meaning and purpose.
- 5 Easter Sunday Shout together with siblings in Christ throughout the world, “Hallelujah! Christ is risen!” Give thanks to God for showing humanity that God’s promise of love, forgiveness and new life embodied in Jesus Christ is real, given to all people and to be trusted. Hallelujah!
- 6 Pray for peace where there is conflict, war and instability in the world, including Iran, the Middle East, Venezuela, Ukraine, Mexico, Mali, Nigeria, Pakistan and Myanmar. Pray for people who are impacted and displaced by conflict, that they remain hopeful, find safe sanctuary in welcoming communities, have resources to meet daily needs, and know that they are not forgotten.
- 7 “Woman, dancing from the garden, find the others and proclaim Christ is risen as he promised; tell the world he knew your name” (ACS 935)! Ask the Spirit to help us invite others to have faith in God’s love and mercy and to spread the good news of the risen Christ through word of mouth, relationships, and acts of love and service.
- 8 When Jesus encounters a Samaritan woman drawing water at a well, he reveals himself to be the promised Messiah, the truth and source of living water — love, mercy, new life and salvation. Pray that we will demonstrate gratitude and joy to God by sharing the good news of Jesus Christ with all people, including family, neighbors, friends, strangers, immigrants and refugees of all cultures, nationalities and life experiences.
- 8 National Arab American Heritage Month Remember in prayer the diverse gifts, cultures, heritages and stories of our Arab and Middle Eastern neighbors and siblings in Christ, who remind us of the rich history and tradition of Christ’s church in the world. Ask God to bless and further the ministries of Arab and Middle Eastern congregations, the Association of Lutherans of Arab and Middle Eastern Heritage, ELCA Arab and Middle Eastern Ministries, and Sumud.
- 9 “Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime” (attributed to Martin Luther). Signs of God’s love and forgiveness are

everywhere! Pray for the Spirit to heighten our awareness of God's presence, activity and promises manifested in creation, in our neighbors and siblings in Christ, and through Scripture, the sacraments and worship.

- 10 Give thanks and pray for those who serve in vocations of hospice care, attending to medical, physical, spiritual and emotional needs of patients with terminal illnesses and offering support for their families and care providers.
- 11 Ask the Spirit to inspire and guide the work of the churchwide Innovation Lab team, which equips leaders and congregations to listen deeply to their communities, try new approaches to ministry, embrace diversity and build relationships that reflect Christ's inclusive welcome.
- 12 After his resurrection, Jesus appeared to the disciples who were hiding behind locked doors with fear and uncertainty. Instead of reprimanding them, a patient and reassuring Jesus gave them the gift of the Holy Spirit. Ask for forgiveness when fear and doubt creep into your thoughts and faith. Pray for the Spirit's reassurance that we are indeed God's beloved children who need to embolden one another to embrace and share the good news of the risen Christ.
- 13 Remember in prayer those traveling to South Africa and Zimbabwe to witness the life-changing work of our Lutheran companions. Hold them in prayer as they learn how ELCA global personnel and gifts to ELCA World Hunger support community development, women's empowerment, youth leadership, responses to HIV and AIDS, climate resilience and peace-building.
- 14 Pray for leaders gathered to explore the theme "The Feast of Creation: Liturgy as Creation Groans" during the annual Institute of Liturgical Studies at Valparaiso (Ind.) University. Ask the Spirit to guide and inspire their deliberation on the intersection of liturgy, theology and climate justice.
- 15 Pray for the Spirit to equip and stir us to live out our faith and baptism as followers of Christ who implement justice, act with kindness and walk humbly with God.
- 16 Remember in prayer our neighbors and siblings in Christ who live in rural areas of our country. Pray that their communities and congregations will thrive and create new ways to attend to their unique contexts, strengthen faith, care for neighbors in need and stir hope.
- 17 "Although you have not seen [Jesus Christ], you love him, and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls" (1 Peter 1:8-9). Give praise to God for stirring our faith and joy with the wonder-filled good news and mystery of our salvation through Jesus Christ. Give thanks that the gift of salvation is not dependent on our having complete understanding.
- 18 Ask God to instill in us confidence that peacemaking is not a sign of weakness but rather a faith-driven endeavor that entails strength, mutual concern, perseverance and wisdom for the sake of all people.
- 19 How does God speak to you? In a hushed or loud voice, prayerful moments, in Scripture or through the wisdom, words and actions of others around you? Ask the Spirit to help you sense and understand God's presence and voices that can take you by surprise.
- 20 Give thanks to God for rostered ministers who nurture our faith, reassure us of God's love and forgiveness, accompany us in times of grief and joy, help us see the intersection

of faith and everyday life, and engage us in exploring the meaning and relevance of Scripture.

- 21 In Christ we are new people — new creations — and freed from our old self. Give thanks and pray for the Spirit to renew us daily and reveal how we are to live as people of faith set free to follow Christ, share the gospel, love our neighbor and spread hope.
- 22 Gather with siblings in Christ and lift up prayers of gratitude and joy to our God who is loving, merciful and employs the diverse gifts of communities of faith to accomplish great things in the world for the well-being, restoration and wholeness of humanity.
- 23 Pray for students, who, together with their teachers, grow, learn and practice skills that enable them to navigate life in a challenging world, be resilient, care for themselves and their neighbors, discover their gifts, and live with confidence, hope and joy.
- 24 Remember and pray for the growing number of individuals and families who experience homelessness, that they will have consistent, safe shelter and receive care and assistance that is respectful and attentive to their physical, emotional, spiritual and social needs.
- 25 Give thanks for people who serve in the military in various roles. Pray that they are kept safe and supported, that their faith is nurtured, and that they serve with a commitment to peace, justice and freedom around the world.
- 26 Ask God to help us discern between voices that serve themselves, divide us, and turn us against one another and the voice of Jesus Christ — the one true shepherd, teacher, liberator and savior whom we can trust explicitly. Pray that by his example PRAYER VENTURES we may unite to build communities of love and mutual care.
- 27 Give thanks for the Evangelical Lutheran Education Association, a network that encourages, inspires and equips educators, pastors, principals, directors and board members of Christ-centered, grace-filled schools and early education programs.
- 28 “Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort me” (Psalm 23:4). Praise God for being present in our lives to guide and sustain us, especially when we feel alone, overwhelmed, frightened and adrift. Give thanks that the Spirit helps us respond with care and concern for our neighbors and siblings in Christ who are going through difficult times.
- 29 Thank God for the ELCA’s special relationship with the Presbyterian Church (U.S.A.), a full communion partner since 1997. Pray for the church, its members and leaders, that together we will find strength and resources for the work of sharing the gospel and serving our neighbor, especially in these challenging times for the church and society.
- 30 Pray for ELCA missionaries, global personnel and Young Adults in Global Mission volunteers who are often separated from family, friends, home congregations and communities for long periods of time. Pray that they will feel connected and supported while serving alongside our global companions and that the Spirit will inspire us to express our love and support in tangible ways.

Parish Nurse Corner

April is Stress Awareness Month!

Stress is just part of **LIFE**, so what can we do? Well, we can focus on ways to decrease the stress. We can never eliminate stress, **BUT** we can attempt to decrease the levels of stress that we **FEEL**. There are many ways that people try to relieve stress, just remember that drinking and smoking are destructive methods of stress relief and frequently create different types of stress, such as addictive behaviors and health related issues. So let's look at productive stress decreasing methods.

1. Engage in exercise or physical activities.
2. Prioritize your sleep. It is recommended that you have 7 - 9 hours of sleep per night.
3. Stay connected, socialize! The Lunch Bunch, Fiber Arts, Bible study etc., are all excellent ways to connect and socialize.
4. Set Boundaries. Learn to say **NO**, this means that you do not need to say yes to everything that you are asked to do. It's nice to help, **BUT** when it starts to make you worry or think about it all the time, if you are losing sleep over a commitment - you have overextended yourself, making the commitment a stressful event.
5. Practice relaxation techniques like meditation, Bible readings, reading a good book, hobbies, art, breathing exercises, yoga, and music are a few examples.

Life will never be stress free, **BUT** we can learn to decrease our stress levels, just by practicing a few of these techniques.

Questions? Feel Free to call me 717-434-9581
Have a wonderful, less stressful April!
Parish Nurse, Sue Luchka

Reminder:

There is an "Ask a Nurse Bag" on the table in the back with other information. It is labeled and has a pad attached for you to write your question. If you want a private message please see me, add your number so I can call/text you or send you an email.

Mt Zion is 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 gleanings 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

*621 Lombard Rd. Red Lion, PA 17356

Schedule a free donation pickup for larger items.

Remember to mention Mt Zion when you donate!



MOUNT ZION LUTHERAN CHURCH STAFF

| | |
|-----------------------------|---------------------------|
| Pastor | Rev. Debbie Mahady |
| Sexton: | Rod Robles (717) 659-4272 |
| Administrative Assistant | Kathy Gable |
| Treasurer: | Kathy Swords |
| Financial Secretary: | Brian Hinderer |
| Minister of Music, Emeritus | Sue Hoffheins |

MOUNT ZION CHURCH COUNCIL

Ellen Gibb, President
Cheyanna Snyder, Vice-President
Beth Hollingworth, Secretary
Kathy Gable Teresa Euculano
Kollene Stauffer Brian Hinderer
Jessica Nolt