MOUNT ZION LUTHERAN CHURCH

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October 2026

From the Pastor's Desk

"Why losing our place is the best thing that could happen to us." By Ilia Delio Ilia Delio is an American Franciscan sister, theologian, author, and academic. In 2026, she retired from the Josephine C. Connelly Endowed Chair of Theology at Villanova University, and currently serves as executive director of the World Institute for Science, Religion and Culture. I was acquainted with her at a continuing education class. The following was from a podcast that arrived in my in-box today. I thought it was fitting for consideration because of the change we are just beginning to experience.

Sister Ilia writes: "I am writing this in Athens Greece, a short walk from the grove where Plato's Academy once stood. It is hard to be here without hearing the oldest question in Western philosophy, which turns out to be the newest question as well: is change real? The Greeks divided sharply over the answer. Democritus, the father of atomic theory, said that at bottom nothing changes. The atoms themselves are eternal and indivisible; what we call change is only their rearrangement. Aristotle gave this intuition its most enduring form: a thing's essence, its substance, remains what it is, even as it acquires and loses characteristics. Heraclitus saw the world the other way around. All reality flows. You cannot step into the same river twice, because neither the river nor you are the same. For Heraclitus, flux is not a disturbance of being. It is the stuff of life." (Unfinished God in an Unfinished Universe, Podcast, 09/28/26)

No matter which understanding of "change" you subscribe to, change is inevitable. From the very beginning of creation, God changed the universe. Genesis 1 begins, "When God began to create the heavens and the earth, the earth was complete chaos, and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light," and there was light. And God saw that the light was good, and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day."

Have you ever considered that the heavens and earth didn't want to be changed? Or if you think like Aristotle, then nothing changed. Its substance remained; it was just re-arranged. Or if you think like Heraclitus, then nothing ever remains the same and the earth is ever in the state of change.

We have voted to sell our building, and for us, that means a huge change – a death in the way that we will be losing our beloved sacred

Our Services

Sundays
10:30am
Liturgical Worship
with Holy Communion
Virtual via Facebook Live

*A bulletin 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.

October Events

Oct 4 – 175th Celebration Holy Communion
Oct 4 – Celebration meal 11:45
Oct 5-10 -PD's vacation
Oct 7 – Bible study
Oct 11 - Worship with Holy Communion
Oct 11 –Worship & Music
Oct 12-18 –PD's continuing Education
Oct. 12 – Council meet with Gwen Trout
Oct 18 -Worship with Holy Communion
Oct 18 - Council Meeting 12
Oct 18 – Fiber Arts 2-5
Oct 21 – Bible study 11:30/5:30
Oct 25 – worship with Holy Communion
Oct 28 – Bible study 11:30/5:30

Looking Ahead
Nov 22 – Community Thanksgiving Dinner
Dec 11 – Hershey Bells Concert

space, a new beginning in where we worship and do our mission and ministry, a new start for another congregation to grow in this place, a possibility for another congregation to accept us and our gifts. And all of this change brings about sadness and grief but also joy and hopefulness.

Moses was instructed to lead the Israelites away from the only home they had known – Egypt. They were slaves to the Pharoah, burdened by hard and grueling work with no relief to be found. They cried out to God for help, probably never imagining that God wouldn't just defeat the Egyptians, but would have them leave their homes, their crops, their only place called 'home' to venture into the unknown. And that was hard.

The Israelites grumbled and railed against God and against Moses for leading them into the wilderness. They were so distressed that they wanted to return to where they came from. They thought where they had landed in the desert was their death. Perhaps, some of you feel this way about selling our building and ending up in the unknown. Perhaps you are angry and sad by having to leave stuff behind. Perhaps you are afraid of change and fret over where we will end up. These are all natural feelings. Change, no matter how we look at it, is hard.

We are the Israelites. We are headed for the wilderness. But there is still hope. God cared for his children by providing them with manna and water from a rock. God did not bring them into the wilderness to desert them or have them die. God brought them into the wilderness to go through a change. That change was to see if they trusted God to provide for them, to sustain them in their wanderings, and to allow them to experience a new kind of reign – a reign of love. They were not feeling or noticing these blessings from God while they were under the oppression of the Egyptians. So, God had to send them out – feeling alone and abandoned in the wilderness before they could appreciate and notice all the things of God.

Perhaps, that is what the Lutheran church is going through right now as a whole. We have been around for a long time – 175 years. Perhaps, we have been lax in seeing God's bounty and trusting in God's blessings. Maybe, God is sending us out into the wilderness to renew our faith and trust in our Creator. Yes, that means we will be uncomfortable for a while. Yes, that means we will enter uncertainty and the unknown for a season. But that doesn't mean God won't provide for us in the course of our journey from here to there into the promised land.

We will face many changes. We will face the death of what was, pack up what we can, and move into the future of uncertainty. But God will continue to be by our side. We will shed tears for what we lost; we will mourn for the comfortability of the known; we will go through doubts, anger, denial, and even maybe curse God and our church family members for sending us here into the wilderness. But God will continue to be by our side – guiding us, providing for us, loving us, and extending us forgiveness as we act out of fear and not faith.

And then one day, just like the Israelites, we will be changed. God will have provided a place for us to land safely. God will lead us to the land of milk and honey if we are just patient and continue to be faithful. For God has plans for us – of that I am thoroughly convinced. We will be changed, filled with a deeper faith and trust in God than ever before. We will know the forgiveness and mercy of God by our experience of change.

And in ways, we will be changed. Through the leaving of this beloved building and throughout our journey to a new land, we will have the opportunity to learn trust and faith

in our Creator who makes all things new. Likewise, we will not be changed. We will remain as the people of God, faithful in our worship and mission to God's people and faithful in our love for God and for one another. No matter what you believe about change, change is part of God's creative power. And God changes everything, and it is good.
I thank you for taking the first step in this journey. Together we will hold each other accountable to remember God's faithfulness to us. I also thank you for allowing me to be your pastor as we wander into the wilderness. And I ask God to keep me faithful in preaching and teaching the good news of Christ so that we may all come to the promised land with hope and one day joy.
God bless us all.
Fondly,
Your Sister in Christ, Pastor Debbie

Greetings from YOUR church council

1. On September 20, thirty-nine voting members of Mt. Zion Lutheran church met for a special Congregation meeting. Two pieces of business were conducted.

a. Vote taken to stop the subdivision process of selling the rental property. Vote on the motion – Request will be made to Gordon L. Brown & Associates Engineering firm to stop all work on the subdivision proposal for the rental house. This vote passed with a 2/3 majority.

As you heard on Sunday mornings and in writings to the congregation – there is another recap of the process to sell the rental property is not financially feasible and isn't a good investment for anyone interested in purchasing the property. Rod Robles, our sexton, had an interest but in order to get a mortgage, anyone would need to replace the roof. Also, with the right of way requested by the township, a house could not be built on that property because the lot size would become too small. The house also has foundation issues, and the floors are spongy and slanted. All of this plus the need to continuing spending money to meet township requirements, Council recommended that the congregation vote to stop this process. It seemed simple three years ago, move two property lines and sell.

b. Vote taken to accept the motion that Mt. Zion Lutheran church sell the church building, land surrounding the church, the rental house, the deeded lot along Alcott, the garage, the driveways and the parking lots to The Coptic Church of Dallastown for $200,001.00. This vote passed with a 2/3 majority.

Again, as you heard at the meeting, in order to sell the church property, the cemetery needs to be subdivided as a separate deed. The deeded lot on Alcott may or may not be able to be sold as a building lot due to the sewer connection and the powerlines. The rental house vote was already taken. The Coptic Church shared with us their vision for having the grassy area available for the children to play, to hold outdoor services, and have summer programs. The parking lots and driveways will need to have an easement agreement drawn up between the cemetery and the church for use, maintenance, snow removal, etc.

c. The subdivision of the cemetery has been addressed by the Engineering firm, but the paperwork needs to be submitted to Springettsbury township pre-Planning Committee board, Planning Committee board and Board of Supervisors. This could take up to 6 months. The plan is to get the paperwork to the township by the end of 2026 but delays in getting attorneys, cemetery and council board members together and getting paperwork signed may push this into 2027. Everyone is working diligently to keep things moving forward in as efficient manner as possible.

2. Next steps will include getting a Synod representative to help us with critical steps in moving a church – records, archives, worship items. There are specific rules for some areas. We also need to form committees – Worship and Space Utilization.
3. Meetings have been held with leadership at Mt. Zion UCC and they held a Town Hall meeting. The information to share space with them will be shared with their "Council members" and their membership and we will need to have a vote with our membership.
4. The Cemetery Association – governing body made up of representatives from Mt. Zion Lutheran and Mt. Zion UCC will meet on October 24th.
5. Mt. Zion Lutheran Council will meet on October 18th. Stay tuned for more updates.
6. Our annual Congregation Meeting will be held mid-November. Council will vote on a date in October.
7. Three Council members have served 6 years and now must leave Council for at least 1 year. I would like 3-5 new members to be voted for in Council for three years at the November meeting. I have three names to date but would appreciate each of you taking time to pray about becoming a member of Council. 2027 is going to be a year of many changes and this is an opportunity to have a voice in making decisions. Council members represent the members of the congregation and make decisions in the interest of the congregation. If you would like to join Council please see any Council member.
8. The "picnic" held on September 27 was a wonderful event. About 50 members from Mt. Zion Lutheran and Mt. Zion UCC were in attendance. Pastors Debbie and Amy shared a wonderful worship service with us and THE WAY UP band provided beautiful music for our hymn singing. The sermon was an opportunity to learn about the fruits of the spirit and participate in a hands-on exercise that we enjoyed later with lunch. As always, great food was available for lunch. Thanks to everyone who attended.
9. Our annual Thanksgiving drive up meal will again be held this year. Watch for information in newsletters, bulletins and announcements. Volunteers are always welcomed.
10. The Hershey Bells performance will be held on December 11, 2026. Watch for information and share with your family and friends.

Ellen Gibb, Council President

2026 Prayer List

Please continue to pray for Ed Ackerman, Jerry Arnold, Mary Barker, Ray & Kathy Blose, Rosalie Bowman, Ted Brown, Jason Crowley, Gerri Deller, Tom Demler, Layla Esteves, James Ewing, Patti Feichtel, Scott Frederick, Linda Grone, Tonia Grothey, Audrey Heffermehl, Glen Heffermehl, Ruth Hoak, Carol Johnson, Gary Jones, Joy Inch, Gene Krisukas, Winnie Kowolik, Kelly Lehr, Heather Luchka, Bob Lyon, Fran Marple, Amy Martzall, Bruce Myers, Mike Neal, MaryBell Newcome, Deborah Overly, Julie Rehman, Ben Renner, Kathy Rinaca, Carrie Roman, Tracey Sands, Tom Shaffer, Anthony Shaw, Rick Shreve, Herb Stauffer, Chad Sterling, Cody Sterling, Bud Stevens, Carol Stickles, Steve Thompson, Marvin Timmons, Jace Valenti, Kay Waltemire, Bonnie & Robert Warren, Dodie Weaver, Ben Zenlinski, Diane Zerbe, and the shut-in members of our congregation:
Mary Sue Bottstein, Joan Brenner, Joseph Bruggeman, Dudley Fink, Lonnie Ginter, Gloriann Green, Jeannie & Bill Grove, Bob Hoffheins, Lou Ann Leibensperger, 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.

Volunteer Opportunities

Thank you for your willingness to volunteer. These are the opportunities at this time.

____ I would like to help with worship services
_____ as a camera operator
_____ as a lector
_____ as a communion assistant
_____ I would like to be on the church Council starting in January 2027.
_____ I would like to help update the membership rolls.
_____ I know someone knowledgeable about music and would be willing to contact them for a 1:1.

When you sign up for an opportunity, please be sure to fill in all three pieces of information so we can communicate with you. Thank you for sharing your gifts, your time and your talents.

Name: _____ Phone Number: _____
Email Address: _____

From the Pantry

Mt Zion Pantry thanks you for your continued support. You helped 30 clients (145 family members) in May 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 October

ACCESS York

YWCA York is York County's sole provider of free and confidential comprehensive services to those impacted by violence.

YWCA York has expertise in working with victims and survivors of domestic violence, sexual assault, human trafficking, and other violent crimes. YWCA York recognizes that victims and survivors are the experts in their situation and are the only ones who can decide what is best for them and their families. YWCA York is honored to stand with victims and survivors as they find their voices again.
YWCA York understands that trauma does not just impact the person to whom the trauma occurred, but often also has an impact on the family and friends of the individual. YWCA York uses a trauma-informed empowerment model to serve victims, survivors, and their significant others. All services are free and confidential.
Services offered: counseling, emergency shelter, anti-human trafficking, legal services, medical advocacy, and transitional housing.

From online bank report: As of September 29, 2026

FULTON BANK:

Administrative Checking Account	$ 7,784.00
Special Needs Checking Account	$ 20,609.56
Sound System Account	$ 2,220.00
Roof Account	$ 262.00
Rental Property Fund	$ 3,853.58
Pastor's Discretionary Fund Checking	$ 509.11
Memorial Fund Account	$ 1,805.24

Commercial Loan @ Fulton Bank $20,000 at 8.77% payments 1st of each month $ 414.36
Principal amount as of 09/29 $ 16,275.31 On October 1st, $2,400 will be paid on principal From Contingency Sound System and Roof Account.

CITIZENS' BANK:

Money Market Account @ .02%	$ 878.11
Memorial CD 8 mos @3.62%	$ 50,930.50
Business Checking Account .02%	$ 100.00

Regular Envelope offering: September Month $ 11,207 Thank you for your generosity.

All bills are being paid from offering, we have not needed to transfer funds from the Special Needs Account in September.

Food Pantry balances as of 09/29: Donations $885 Expenses $1,041.88 Balance $992.21

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

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!

The Special Benevolence for May was Habitat for Humanity. We gave $85.

The Special Benevolence for June was Salvation Army. We gave $45.

The Special Benevolence for July was Harvest of Blessing. We gave $100.

The Special Benevolence for August was Lutheran Disaster Relief. We gave $105.

The special benevolence for September was the Salvation Army. We gave $80.

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.

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.

Change of address:
Doris Bollinger
c/o Hanover Hall
267 Frederick St.
Room 117a
Hanover, PA 17331

Welcome to David & Rosalie Bowman
82 Eisenhower Dr.
York, PA 17402
D- 717-841-4315
R- 717-841-4215
dibbity82@gmail.com
rosieposey2@hotmail.com

October 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 Pray for Lutherans Restoring Creation and the organization's "creation care ambassadors," who work with congregations and synods to protect natural resources entrusted to our use and to develop solutions for restoring and healing creation.
2 National Disability Employment Awareness Month Remember in prayer those living with disabilities who seek employment that affirms their gifts, abilities and passions. Ask for God's help in modifying work environments, equipment, tasks and employment policies to encourage diverse abilities, create employment and leadership opportunities, and foster success and fulfillment in the workplace.
3 Ask God to stretch our understanding of who our neighbor is. Pray that we will show up and respond to anyone in need or suffering, be they a sibling in Christ, a friend, a stranger or someone far away.
4 Feast of St. Francis of Assisi Pray for the Spirit to stir within us humility, generosity and respect for our neighbors in need and for all living creatures — from microscopic organisms to massive whales. Give thanks for pets and service animals that provide joy, comfort, companionship and assistance.
5 Remember those who have suffered loss and are recovering from the devastation of earthquakes, floods, wildfires and tornadoes, especially in the Pacific Northwest, the western states, the Midwest, Colombia, Nepal and Venezuela. Give thanks for those who are quick to respond with emergency relief, support for immediate and long-term recovery, and grants, including Lutheran Disaster Response, Lutheran World Relief, ecumenical partners, social ministry organizations and local relief networks.
6 Pray for the health and well-being of military personnel who are separated from family, friends and communities of faith while deployed for extended tours of duty around the world. Ask God to help us accompany and support their families and loved ones during their absence.
7 Remember in prayer immigrants and asylum seekers. Ask for guidance, wisdom and courage as we accompany these neighbors and siblings in Christ, helping them remain hopeful in the face of criticism and mistrust and supporting them through the complex process of becoming U.S. citizens.
8 "In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich" (Dietrich Bonhoeffer, Letters and Papers From Prison). Ask the Spirit to help us show recognition and gratitude for those who enrich our lives through their care, wisdom, friendship, generosity and spiritual encouragement.
9 Give thanks for congregational ministries and community programs that attend to the spiritual, physical, emotional and social needs of older adults and that provide opportunities for them to use their gifts, faith, wisdom, experience and desire to serve others.
10 God has given us abundant resources to ensure that the hungry have access to nourishing, life-sustaining food. Pray that we will respond to their immediate needs, seek sustainable solutions, and advocate for our leaders, government and institutions to address the needs of our neighbors, especially children and youth, with compassion.
11 Ask God to help us go beyond the walls of our sanctuaries as we serve our neighbors in need and invite others to follow Jesus Christ. Ask the Spirit to stir our trust in God's ability to use our unique gifts, skills and passions for ministry, especially when we doubt ourselves.
12 Indigenous Peoples' Day Give thanks for Indigenous communities that have lived in the Americas and other parts of the world for thousands of years. Pray that we will not overlook them

in our telling of history and that we will honor our church's commitment to repentance, reconciliation, healing, respect and unity as children of God.
13 Pray for adult leaders and congregations as they prepare for the 2027 ELCA Youth Gathering, the Multicultural Youth Leadership Event (MYLE) and the tAble (for youth living with disabilities, and their caregivers). Ask the Spirit to guide their planning and stir their enthusiasm as they ready themselves to grow hope, build Christian community and inspire young people to boldly live their faith.
14 "Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things" (Philippians 4:8). Pray that we will be alert to what is good, kind and admirable in the world, and give thanks and praise to God!
15 Give thanks for the work we do together through Lutheran Disaster Response and its partners to respond to the immediate and long-term needs of people and communities as they endure natural and human-caused disasters and crises here and around the world.
16 "The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake" (Psalm 23:1-3). Our shepherd loves us deeply, renews our faith, guides us along paths of truth, and was willing to sacrifice everything to restore our relationship with God. Lift up prayers of praise, joy and thanksgiving!
17 Give thanks for the Lutheran Alliance for Faith, Science and Technology and its network of scientists, science teachers, rostered ministers and lay leaders, and other people committed to expanding awareness of and promoting conversations about the implications of science and technology for Christian faith and life.
18 Ask the Spirit to help us along our baptismal journey so we might speak truth rather than deceive, show empathy and caring rather than callousness and indifference, practice mercy and forgiveness rather than retribution, and inspire others through our faith, hope, joy and compassion.
19 Ask God to bless Mission Builders, a ministry of our church that gathers people with diverse construction skills to help congregations, schools and outdoor ministries build and renew worship spaces, retreat centers and other facilities across the country.
20 Give thanks for farmers, ranchers, agricultural workers and others involved in the production, tending and harvesting of food. Remember in prayer those in other countries who produce and distribute food to us and other people around the world.
21 "We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ" (1 Thessalonians 1:2-3). Pray for siblings in Christ, congregations, synods and ecumenical companions with whom we share a common mission of proclaiming God's saving grace, following Jesus Christ and spreading love, mercy, peace, justice and hope in the world.
22 Give thanks and pray for the leaders, teachers and volunteers of faith-based daycare centers and preschools where children learn, play, socialize and experience the joy and good news of God's love and forgiveness.
23 Give thanks for the Resourceful Servants initiative of the ELCA, which encourages habits that strengthen the financial wellness of congregations, seminarians and rostered ministers.
24 Give thanks for the faith, gifts and wisdom that your synod staff shares with congregations, ministries and leaders, strengthening faith communities, serving neighbors in need, nurturing new ways to share the gospel, and doing God's work in the world with joy and enthusiasm.
25 "[The lawyer asked,] 'Teacher, which commandment in the law is the greatest?' [Jesus] said to him, "'You shall love the Lord your God with all your heart and with all your soul and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself'" (Matthew 22:36-39). Love is at the core of who we are as children of God and

followers of Christ. Offer each PRAYER VENTURES morning a prayer of commitment to express your love for God and your neighbor through words and actions.
26 As of Sept. 8, there have been approximately 8,963 murders, 16,620 injuries and 327 mass shootings related to gun violence. Remember in prayer those impacted by gun violence, especially the families and friends of victims. Ask the Spirit to help us provide long-term care and support for those impacted and to guide and sustain our efforts to prevent gun violence in our nation.
27 “Give me strength to face my ill, to trust in skill and care, to bless the hands that help me heal and find your spirit there” (ACS 1021). Praise God for being present with us in times of need through those who care for us — spiritually, physically and emotionally. Ask the Spirit to help us attend to the needs of those around us and to respond with respect, sensitivity, compassion and support.
28 Remember in prayer students of all ages, abilities and backgrounds who study at our seminaries, that their faith, knowledge and skills will be strengthened and sharpened for a life of proclaiming God’s love and mercy, nurturing faith and caring for neighbors and siblings in Christ.
29 Pray for those who lack consistent safe shelter, especially parents with children. Give thanks for congregations and community organizations that provide temporary and long-term shelter along with housing, meals and social services. Pray that their ministries will grow, expand and inspire others to join in the work of providing shelter.
30 Pray for youth, adults and volunteers arriving at Camp Ewalu in Iowa for the Gathering Expedition event, a time for them to explore faith, identity, purpose and leadership in their journey toward the 2027 ELCA Youth Gathering in Minneapolis.
31 Reformation Day Give thanks for the work of Martin Luther and other Protestant reformers who were inspired by the gospel of Jesus Christ, the Spirit, Scripture and prayer to renew the church through five convictions: Scripture alone, Christ alone, faith alone, grace alone and glory to God alone. Pray for the Spirit to help us consider how we might reform and renew our church for the sake of doing God’s work in the world.

Parish Nurse Corner

October is a very busy "Awareness" Month!

Domestic Violence Month, Breast Cancer Awareness Month, Downs Syndrome Month, ADHD Awareness Month, International Coffee Day (my favorite!), Fire Prevention Week the 4th-10th of October, Fire Safety Month to name just a few.

October 1st is International Coffee Day. Enjoy a cup of your favorite brew to start the month.

Fire Prevention week, Fire Safe month are very important. PLEASE change the batteries in your Smoke Detectors and Do Not forget the CO2 Detectors batteries. If you have Fire extinguishers in the house, make sure they function properly AND you know how to use them.

What is ADHD?

Neurodevelopmental Condition: ADHD affects how the brain develops and functions, impacting executive skills like time management, organization, and emotional regulation.
Common Types: It presents as inattentive, hyperactive-impulsive, or a combined type.
Lifelong Impact: It affects millions of children & adults, looking different as people age.

Management and Support:
Medication: Stimulant or non-stimulant options help regulate brain activity and improve focus.
Therapy: Cognitive behavioral therapy (CBT) replaces unhelpful habits with productive routines.
Lifestyle: Regular exercise, balanced nutrition, and structured planning tools provide stability.

Domestic Violence:
Not just violence against women (statistically occurs more often). Partner Violence - so the Victim can be female or male AND the Abuser can be female or male.

Violence Against Women Act:
Huge strides have already taken place ever since 1994 when the Violence Against Women Act was put in place.
So many programs, services, and shelters have been made available to domestic violence victims, thanks to the issues that had been addressed to our legislation.
Just between the years of 1993 and 2010, the overall domestic violence rate had dropped dramatically by nearly two-thirds.
State legislation and laws have been reformed to tackle certain issues such as dating abuse in the workplace, employment discrimination, stalking and more.
** Please note that in 2020 due to COVID the rates of Domestic Violence increased

Be an Advocate:
Another alarming statistic - as many as 3 out of 4 Americans know of another person that has, or is being abused by another individual, but a lot of times nothing is done about it.
Action needs to take place, where an advocate is willing to speak up when others can not.
If you know of someone that is being abused, are you willing to be their voice? It's time that we stand up to domestic violence and say "Enough is Enough".
Especially during the month of October, make sure that you support domestic violence survivors and help to get the word out about the destructive threat that Domestic Violence has on so many homes all across America.
Domestic violence is never okay, no matter the circumstances. If you or someone you know is in desperate need of help.
Contact the **National Domestic Violence Hotline at 1–800–799–7233 or TTY 1–800–787–3224.**

** Purina Dog/Cat Food has been leading the way on funding Domestic Violence Shelters that will take a victim **and their pet.**
*** Statistically many Victims do not leave for fear of their Children's or Pet's life. A sad choice to make.

Have a wonderful month!
Parish Nurse Sue Luchka

Sunday October 4, 2026

Worship with Holy Communion and special music.

Guest appearances from former pastors and members.

And there's a meal following worship!

Everyone welcome!

† † †

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

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.

*Please note, we are printing in black and white as a cost-savings measure.