

increased flexibility, improved strength, improved proprioception, reduce stress and pain, improve pain management skills and sleep better. If you want to join in on the fun on **Tuesday mornings from 9:30 A.M. to 10:30 A.M.**, please call Jane in the office at 519-271-8527.

SPRING CONCERT FEATURING MARCO BURAK: Marco and his colleagues will be performing a “Spring Concert” here at Zion in the Sanctuary on **SUNDAY, JUNE 25TH at 4:00 P.M.** Further details will be printed as they become available.

UKRAINE CRISIS: Our support is still greatly needed to meet immediate humanitarian needs such as food, shelter, emergency supplies and trauma support as the war in Ukraine continues.

Essential provisions to women, children and the elderly who have had to leave so much behind as they were forced to flee are also needed (from soap, shampoo and toothpaste, to rice, vegetables, milk and canned meat). You can purchase **a family hygiene kit for \$25.00 and/or a family food package for \$35.00.**

Please donate as you are able at clwr.org/ukraine or by calling 1-800-661-2597 (Mon-Fri 8:30 A.M. to 4:00 P.M. CST) or by putting your donation in an envelope marked “CLWR Ukraine Appeal” with your name (and envelope number, if you have one) on it and either mailing it to us, or putting it in the locked mailbox, or you can bring it into the office any weekday morning.

THIS WEEK WE PRAY:

>for our members and friends with special needs: Bruce, Brock, Phyllis, Steve, Anne, Verlie, Mary Anne, Violet, Maria, Brian, Sharon, Susan, Nya, Jane, Brian, Mary, Lynnette, Al, Glenn, Beryl, Cathy, John, Katana, Brian and Kolby;
>for those who have no one to pray for them.

SERVING SUNDAY JUNE 19th AS WE WORSHIP

Greeters: Volunteers Needed

Reader: Isabel Cook

Usher Captain: Brian Coe Team

Counter: Dianne Yundt Team



June 12, 2022

ZION LUTHERAN CHURCH

Stratford, Ontario

Church Office: 519-271-8527

Cell: 519-274-1300

email: zionlc@golden.net

website: www.zionstratford.com

People of Zion

Rev. Jeffrey Laustsen

Sister Jean Widmeyer

Paul Shilton

Laura Burton

Sandra Mogensen

Ministers

Pastor

Visitation Minister

Minister of Music

Organist

Pianist

The Holy Trinity

June 12, 2022



***THERE IS NO WORSHIP
AT ZION LUTHERAN CHURCH
ON SUNDAY, JUNE 12THPLEASE JOIN US
FOR THE NITH VALLEY WORSHIP SERVICE
AT 11:00 A.M. AT THE BANDSHELL IN
UPPER QUEEN'S PARK.***

Pastor Jeff has recorded a Sermon for today which you can access by clicking on the link below:

<https://1drv.ms/v/s!Alrwdlq5YZa1j3DOS3Ty21rSXAyj>

ANNOUNCEMENTS

ONCE AGAIN, PLEASE ACCEPT OUR APOLOGIES: Our current phone system is ***not*** working as it should. We are very sorry if you have been trying to call the office and you have not been able to get through.

If you need to get in touch with us and it is an “emergency” please call Pastor Jeff’s cell phone at 519-274-1300.

Otherwise, you may send us an email at zionlc@golden.net and we will get back to you.

The problem is being worked on. Thank you for your patience during this stressful time.

CAN YOU HELP?? While Gerald recovers from his hip surgery, we are looking for volunteers to help with grass cutting, trimming, gardening, etc. If you are able to lend a hand, please contact Jane in the office between 8:00 A.M. and 4:00 P.M. Tuesday to Friday. Thank you!!

STRATFORD BLOOD DONATION EVENT: is taking place (by appointment) on Saturday, June 18th from 9:00 A.M. to 1:00 P.M. at the Stratford Christian School, 190 Queensland Road. Call 1-888-236-6283 to book your appointment.

PORTABLE MATTRESSES: Our Prayer Shawl Ladies have been asked to assist in making “portable mattresses for the homeless”. These portable mattresses are crocheted from the outer bag when you purchase three quarts of milk. It takes between 500 & 700 bags to make 1 mattress. The bags are sliced, then tied and crocheted together. These mattresses used by the homeless provide a cushion between the ground and the person using them while being waterproof and repelling dust mites, bed bugs and lice.

We are asking you to please save the outer bag when you buy bagged milk and donate them to our Prayer Shawl Ladies. Bags can be dropped off in the red tote under the table at the back of the church or you can drop them off at the office during office hours: Mondays from 8:30 A.M. to 11:30 A.M. or Tuesdays to Fridays from 8:00 A.M. to 4:00 P.M.

Thank you for your support in this worthwhile cause.

HOUSE OF BLESSING: To help the House of Blessing with their significant increase in the number of people using their services since this time last year, as you are able, if you could bring **body wash (or any other hygiene item would be appreciated) or food items such as side dishes or cereal** for the House of Blessing Food Bank and place it in the basket at the entrance of the church. Thank you for sharing your blessings with those in need.

CHAIR YOGA UPDATE: “Chair Yoga” has finished its ninth week here at Zion and the participants continue to enjoy it. There is always room for newcomers. FYI: the benefits of “chair yoga” include: