

A publication for the family of Zion Lutheran Church, 202 Erie St., Stratford, ON N5A 2M8

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## PASTOR'S DEVOTIONAL

*"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." – Matthew 11:28.*



During my childhood in New Jersey, commerce on Sundays was regulated by what were known as "blue laws." These laws severely restricted commercial activities on Sundays; for many years, the only stores that were allowed to remain open were corner stores that sold bread, milk, and the Sunday newspapers. All other stores – grocery stores, hardware stores, clothing stores, and most other retail outlets – were closed. There were very few activities on Sunday mornings to compete with Sunday worship, and afternoons were usually devoted to relaxing at home or visiting with family and friends. Sundays were truly a day of rest for many years.

Of course, even if you didn't live with "blue laws" you know how life has drastically changed. My home state's laws were eventually repealed, and stores and other retail outlets began opening on Sundays. Other activities such as sports began scheduling on Sunday mornings, and churches found that we had to compete with other interests after years of enjoying unrivaled times. Even our local banks began offering Sunday hours; soon it seemed that Sunday was no different than any other day of the week, no longer the day of rest it had been for many generations.

While there are some aspects of Sunday openings that are convenient (especially when you run low on groceries), the loss of a regular day of rest has been difficult for many people. We find ourselves struggling with the burden of overscheduling, running to appointments and activities without any time to relax or catch our breath. We have found out from

experience that we are not meant to work seven days a week, that the Lord's institution of a sabbath day is not a law meant to place burdens or restrictions on us, but a gift from God that liberates us from the need to work without time for rest and rejuvenation. As our Lord Jesus Christ proclaimed, "*the sabbath was made for humankind, and not humankind for the sabbath.*" (Mark 2:27).

Summer is a time for us to reclaim the gift of sabbath rest. It is a time when many of our normal activities go on hiatus, and we find that our schedules are not overfilled with meetings and activities. It is a time when we can enjoy the extended daylight hours, working in our gardens, gathering for picnics with family and friends, and spending time at the cottage or other favourite summer getaways. Summer is a time for relaxation and rejuvenation, a time for us to enjoy the goodness of creation with which our Lord has blessed us. Summer is a time for us to "*be still and know that I am God*" (Psalm 46:10), a time for us to enjoy the sabbath rest that is a central part of the creation that God declared to be "very good."

This summer, Susan and I are looking forward to spending some time for sabbath rest and rejuvenation after these very difficult past few years of the pandemic that restricted travel and presented challenges that took up a lot of time and energy. We will be traveling to the east coast in July to celebrate a long-delayed wedding with friends and going back to New Jersey in August to visit with family and friends whom we have not seen in almost five years. As we plan these vacations, we have come to realize how much we have missed our times of rest and relaxation, and the toll this has taken on our physical and spiritual health. It is a time when I realize that I must "practise what I preach" when I encourage all of us to not neglect the gift of our Lord's rest, for if we try to work without observing the sabbath the result will be detrimental to both ourselves and those we love.

1. "The ancient wisdom of the Sabbath commandment – and of the Christian gospel as well – is that there is no saying yes to God without saying no to God's rivals. No, I will not earn my way today. No, I will not make anyone else work either. No, I will not worry about my life, what I will eat or what I will drink, or about my body, what I will wear. Is not life more than food, and the body more than clothing? And there was evening and there was morning, the seventh day." – Barbara Brown Taylor, *An Altar in the World*.

As we enter *“those lazy, hazy, crazy days of summer,”* may all of us find opportunities for rest, relaxation, recreation, and rejuvenation, knowing that sabbath rest is God’s Will for all people so that we might be refreshed to return to the work our Lord has set before us with renewed energy and enthusiasm. May this summertime be a sabbath time for all of us!

Yours in Christ,  
Pastor Jeff Laustsen

## **HIGHLIGHTS FROM THE JUNE 15, 2022 CONGREGATIONAL COUNCIL MEETING**

### **HIGHLIGHTS**



The June 15, 2022 Congregational Council Meeting was held in person in the Fellowship Hall and via Zoom Conference.

Plans are being firmed up for the Sunday Service at Queen’s Park on Sunday, September 11, 2022 which will also be Rally Sunday for Sunday School re-opening.

A decision was made to re-introduce wine as part of our Sunday worship, to change our COVID policy to masks are recommended instead of masks are required and that we discontinue preregistration. The plexiglass at the front of the sanctuary will be removed during the summer and the choir pews re-installed. The choir will return in the fall. Coffee hour and Bible study will return after our September Rally Sunday and worship service in the park.

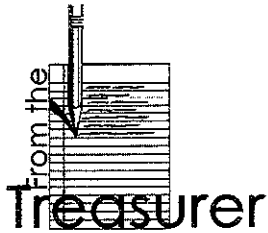
The new phone system installed did not meet our needs and has been cancelled. Wightman Communications have been consulted and are installing a different system.

The lines in the parking lot will be reoriented and repainted during the summer. The upper parking lot will be reoriented to the opposite direction, allowing people to exit the mobility bus and other vehicles on the side closest to the building and to add access parking spots in the south parking lot.

Donations/offerings, can continue to be completed via our Church website, including an option for E-Transfer, in addition to the PAR program, mailing cheques or dropping off

donations either at the Church office weekday mornings or in the locked mailbox at your convenience.

## A MESSAGE FROM YOUR TREASURER



Please be advised that the overall income is below our budgeted forecast in the Current Fund as of the end of May. I entrust this information to you and invite you to pray as to how you might respond to this financial shortfall at this time.

To the members who have already responded to our request in the June Newsletter.....thank you.

With summer fast approaching, resulting in reduced attendance, coupled with the impact to our attendance as a result of the COVID-19 pandemic, your participation in responding to our financial shortfall is of utmost importance. Your consideration of our request, as we move forward into the summer months will be greatly appreciated.

Thank you for your ongoing financial support of our Church which enables us to fulfill our mission as a church.

Gerald Cook, Treasurer

On behalf of the Finance Committee and Congregational Council.

## SUNDAY SCHOOL RETURNS IN SEPTEMBER



**JOIN US FOR  
SUNDAY SCHOOL**

We are very excited to announce the return of Sunday School in September!!

In order to organize classes and arrange for teachers, we are reaching out to all parents wishing to enroll your child(ren) in the Sunday School program, please fill out the attached survey. If for some reason you are unable to complete the survey, you can also email your name, your child(ren)'s name(s), current grade(s), and whether or not they would be participating in Sunday School to Paula at [pauley\\_mcnaughton@hotmail.com](mailto:pauley_mcnaughton@hotmail.com)

**Please note that any child turning three (3) years of age in 2022 is eligible to start Sunday School.**

Click here for the survey: <https://forms.gle/bS3dCdiEaSmrnXLEA>

Once we have our students registered, we will be in a better position to arrange for teachers.

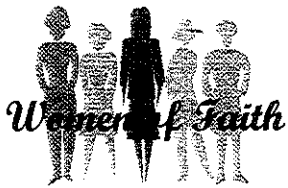
I look forward to hearing from you.

Thank you for your assistance and co-operation!

Paula McNaughton, Sunday School Coordinator

## **ZION LUTHERAN WOMEN OF FAITH**

### **Funeral Lunches**



At our June meeting we decided that we would like to continue the tradition of offering funeral lunches to our Church membership as restrictions allow. Instead of making the food ourselves, we decided to have it catered. We will follow the same process as in the past; that of setting out the prepared food; setting out plates and cutlery; beverages made for serving; clearing of tables and dishwashing. This stays in keeping with our mission of expressing our faith in action and is a good solution to our maturing/ripening membership.

### **September Meeting**

We would like to invite anyone interested in what we do to come to our September meeting. We will meet on Tuesday, September 20<sup>th</sup> at 10:00 A.M. in the church Fellowship Hall. If anyone is curious about who and what we are, just ask any one of us!

Submitted by: Ellen Wolfe, President

## GOOD NEWS !



Our new phone system has been installed and we are thrilled to let you know that it works!!! Please feel free to check it out at 519-271-8527 and your call will be answered. If you call outside of office hours, please leave us a message as our voice mail works as well! We will return your call upon arrival the next business day.

We want to “**THANK YOU**” for your patience over the last six (6) months during this whole telephone ordeal!!

## CONGREGATIONAL LIFE

### SAVE THE DATE!



Congregational Life will be hosting an outdoor Sunday Service on **Sunday, September 11, 2022 at 11:00 A.M. at Upper Queens Park bandshell.**

This will be a “brown bag (bring your own)” lunch. Bottled water will be provided.  
Please bring your lawn chair as seating will be limited.

More information to follow.

## HELP FOR OTHERS & OUR EARTH



A reminder to bring your plastic milk bags (outer bags from 3 litre milk) to church.

Drop them in the red tote at the back of the church or at the church office during work hours 8:00 A.M. to 4:00 P.M. Tuesday to Friday.

The women of the Prayer Shawl Ministry will make them into portable mattresses for the homeless.

We can help others while helping our planet by repurposing this plastic!

## CHAIR YOGA UPDATE



There's  
Room  
for  
YOU!

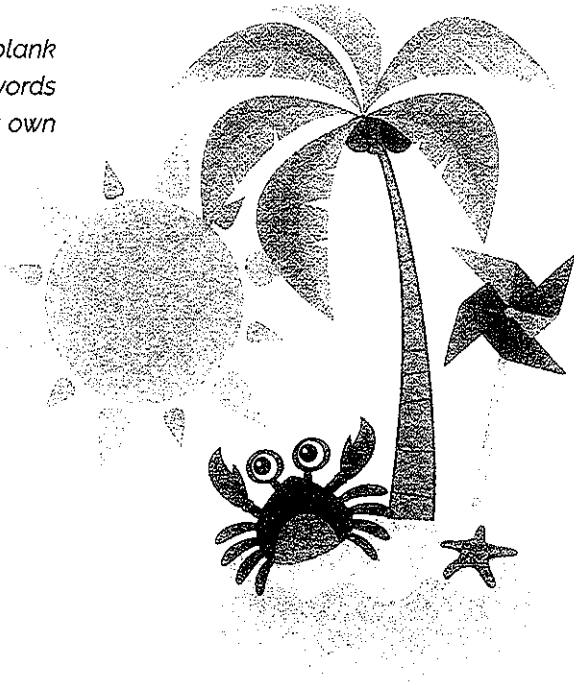
“Chair Yoga” is still going strong here at Zion!! The plan right now is to continue right through the summer months. The benefits of “chair yoga” include: increased flexibility, improved strength, improved proprioception, reduce stress and pain, improve pain management skills and sleep better. Everyone is welcome!! So 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 or just come to the Parlour.

## Complete the Story!

While skipping along the \_\_\_\_\_ I heard something funny. It sounded like a noisy \_\_\_\_\_. Looking over, I spied a big \_\_\_\_\_ swimming in the water. What on earth is that, I wondered? It looks like a huge \_\_\_\_\_. I ran home to tell my \_\_\_\_\_ all about it. When I arrived, much to my shock, the \_\_\_\_\_ that I had seen was sitting in my kitchen having a bowl of \_\_\_\_\_ with my two best friends. This was the weirdest day ever! Except for that one time I went to the \_\_\_\_\_ with a three-eyed \_\_\_\_\_!

*The story above has many blank spaces. Fill in the spaces using words from the list below to create your own version of the story!*

BEACH • SAND DUNE  
LAKE • BOARDWALK  
ROAD • BIRD  
SEAGULL • DOLPHIN  
BOAT • WHALE  
TIGER • FLIP FLOP  
CLOUD • HAT • CAT  
SISTER • COUSIN • MOM  
CEREAL • ICE CREAM  
BRAINS • SAND  
PARADE • CIRCUS  
MARKET • SHARK  
CRAB • GRANDMA  
LOBSTER • MONSTER



# A Prayer for Summer

By: Emma Danzey

Ecclesiastes 3:1 says, *“For everything there is a season, a time for every activity under heaven.”*

The warm weather is coming, schools are letting out, and lemonade stands and pools are back in business. Summer is a wonderful time of the year. It is a season of rest, renewal, and bonding with loved ones. It is a season of harvesting many wonderful fruits and vegetables. It is a time of slowing down and reflecting.

For many people, summer can fly by into the next school year season if not intentionally thought about. We can easily miss precious opportunities for intentionality, creativity, and good health. We can focus so much on vacations, camps, and family fun that we forget about the wonderful spiritual growth that can take place during this time. The Lord gives us rhythms in life and this is a season of rest and joy. Today, we are going to take time to pray over this summer ahead.

Let's Pray:

**Our Kind Father,**

**Thank you for the gift of summertime. Thank you for the opportunity to have a season of celebration, family time, renewal, and adventures. We pray that you would be the center of our thoughts and actions this summer. We ask that wherever we are and whatever we are doing, we will glorify you with it. We pray that we would be dedicated learners of Your Word and give time to grow in understanding the Bible and memorizing Scripture. We pray that we would worship our hearts out to you in song. We pray that we would honor you with our own creativity and talents, whatever that might be.**

**Lord, help us not to waste this time away. Help us to have clarity in how we do life each day, in how we love our spouses, and in how we train our children up in You. Show us ways that we can be a blessing and witness to others in our communities. Give us eyes to see those around us who are in need of Your love. As we make plans for travel or family experiences, give us wisdom and discernment on how to be good stewards and where to go for special memories to be made. Help us to represent you whether we stay or go.**

**God, You say in Genesis 8:22, *“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.”* You have set up the seasons so that we could live in them and worship you in each one. As we enter summer, may it remind us of Your great faithfulness and provisions to us. May it give us joy as we see You bring back flowers, design new sunsets, and bring up morning dew again. May the heat remind us of the warmth and goodness of the sun that You have created which sustains life here for us. Help us to know that You are gifting us with this season of summer to enjoy, rejoice, and worship. We celebrate that You are the God of the harvest and that we can see the beauty in Your creation.**

**Proverbs 10:5 says, *“He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son.”* God help us not to be like the disgraceful son. Help us not to be lazy and careless just because of summer. Help us to be like the prudent son who gathers crops and uses his time wisely. It is so easy to allow a slower season to become a wasted one. Please give us the drive and passion to serve You wholeheartedly and to live our days to glorify You in the work that we are called to in this season. Help us to enjoy this summer to its fullest and to find joy in the purpose in which You call us each day.**

**Lord, we praise you for this beautiful, exciting, and restful season. Help us not to let it go by without seeking You in the midst of it. We pray that we would bring you glory with our time, our rest, and our efforts. Amen.**



## JULY / AUGUST VOLUNTEERS

Volunteers assist with our Sunday morning worship services. Listed below are those who serve in July and August as a reminder. "THANK YOU" for serving.

Date	Communion Assistants	Greeters	Readers	Usher Captains	Counting Captains
July 3	N/A	Volunteers Needed	Carmen Beck	Jerry Terhaardt	Judy Stanley
July 10	N/A	Volunteers Needed	Sister Jean Widmeyer	Tom Cosstick	Judy Stanley
July 17	N/A	Volunteers Needed	Marilyn Wells	Darrell Renecker	Tom Cosstick
July 24	N/A	Volunteers Needed	Mary-Lou Drown	Brian Coe	Tom Cosstick
July 31	N/A	Volunteers Needed	Stephen Fischer	Steve Lamont	Liz Bomasuit
August 7	N/A	Volunteers Needed	Isabel Cook	Jerry Terhaardt	Liz Bomasuit
August 14	N/A	Volunteers Needed	Linda Faulhafer	Tom Cosstick	Audrey Miller
August 21	N/A	Volunteers Needed	Sister Jean Widmeyer	Darrell Renecker	Audrey Miller
August 28	N/A	Volunteers Needed	Wendy Hansen	Brian Coe	Janet Chandler

**A BIG "THANK YOU" TO OUR VOLUNTEERS !!**

# Summer Ice cream

## Word Search!

C R W N N K X B C B B B O V N T X N X V C U V K E  
J O P X L E D E A R U M E N D N R I D A E W B E K  
G Q F O K L A V O T A F O U L I V M R B Y T K E D  
C H F F Z E G U T Z E Q U P S M I A E G L C T E P  
R X N S E E I E X W D M Q J Q R M W R U G A V S E  
S V U W M E R C L W H E F T E E Y Z N V L P K M R  
X V W A C S E U A V T A P J L P P M C O R E C N Q  
M Y P H C Y R R E B W A R T S P J I C J M A P Z B  
X L A O W H S M E L F H D V R E P O S E P C B C R  
E B T F O A V K A X A O O A G P H D Y T P H D Z E  
U C W W N K T I O J Y V J N F C U K P D A M D C P  
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M O N Z H P Y C M T O J O L X T V I O Q G F H Q K  
Z A O G N A M B H D Z T J L N E I M C B B D P I N  
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E S X Y B U B B L E G U M D T C H L A M E A T B L  
N I K P M U P J J K Z F U S V I S L G Q F Q F E K  
T X O S M F B Z R C L Y R Q N A L X Y X B I J I T  
P U U H O H K G S Y K X Z O I V O N I H Q I N T  
T A N X V I H L P Y Q Y S G G T N G P F K D C W Y  
O B M O Q H Q S G P I Q M Q H C R T G A Q G Z O W  
Z X F Z C S U K U G L V Z P T Z F Z W O E A P R T  
Q C S Q O O W A B L D Z F X V L E F O Q U N D B X  
M V N M B Q C V V L O D W Q E D N V H S J C N I V

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla



# Here Comes Summer



How many things can you do this summer?  
Check them off as you do them!

- |  |   |
|--|---|
| <input type="checkbox"/> Read a book         | <input type="checkbox"/> Walk a dog               |
| <input type="checkbox"/> Plant a garden      | <input type="checkbox"/> Blow bubbles             |
| <input type="checkbox"/> Play hide & seek    | <input type="checkbox"/> Visit the library        |
| <input type="checkbox"/> Write a story       | <input type="checkbox"/> Paint with water outside |
| <input type="checkbox"/> Go on a picnic      | <input type="checkbox"/> Make lemonade            |
| <input type="checkbox"/> Eat a popsicle      | <input type="checkbox"/> Dance to music           |
| <input type="checkbox"/> Go swimming         | <input type="checkbox"/> Play card games          |
| <input type="checkbox"/> Make play-dough     | <input type="checkbox"/> Go look at the stars     |
| <input type="checkbox"/> Ride a bike         | <input type="checkbox"/> Make a healthy snack     |
| <input type="checkbox"/> Visit to the zoo    | <input type="checkbox"/> Sing some songs          |
| <input type="checkbox"/> Play hopscotch      | <input type="checkbox"/> Have a picnic            |
| <input type="checkbox"/> Visit to the zoo    | <input type="checkbox"/> Make a paper airplane    |
| <input type="checkbox"/> Play in a sprinkler | <input type="checkbox"/> Go to the park           |
| <input type="checkbox"/> Play board games    | <input type="checkbox"/> Draw with sidewalk chalk |
| <input type="checkbox"/> Make cookies        | <input type="checkbox"/> Watch a movie            |
| <input type="checkbox"/> Watch fireworks     | <input type="checkbox"/> Play marbles             |

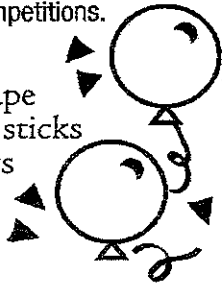


# GREAT SUMMER GAMES

Though this year's Summer Olympics were postponed, you can host friendly neighborhood competitions.

## What you need:

- Masking tape
- Large craft sticks
- Paper plates
- Balloons
- Ribbon
- Scissors
- Green construction paper
- Craft glue



## What you do:

**Balloon Badminton:** Make rackets by taping a stick "handle" to each plate. Blow up and tie a balloon. Use the rackets to pass the balloon back and forth, without letting it touch the floor.

**Rhythmic Routines:** Using tape, firmly attach one end of a 4-foot ribbon to a craft stick. Display style and skill by waving it around. Try choreographing a routine to a praise song.

**Champion Crown:** Cut a large hole out of the center of a paper plate. Cut 2-inch ovals from green paper. Glue those "leaves" to the ring as garland. Crown a winner of each game!

## WISHING EVERYONE

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## SAFE & HAPPY SUMMER !!

*From*

*Pastor Jeff, Sister Jean,*

*Jane, Sue,*

*Paul, Laura & Sandra*