



ZION VISITOR February 2026

E-mail address: zionlc.midway@gmail.com

website: www.zlcmidway.org

Facebook page: Zion Lutheran

Phone number: 651-645-0851

**“Called by God’s grace to celebrate and share
the love of God in our neighborhood.”**

—Zion’s Mission Statement



ZION LUTHERAN CHURCH

1697 LAFOND AVE

ST PAUL MN 55104

**Sunday services will
continue in-person and via
Zoom at 10 a.m.**

**Any with health
concerns please stay**



**First Sunday of each month:
Feb. 1st — Coffee fellowship time**



***Feb. 18th at 7 p.m. —Ash Wednesday Service
with ashes at Bethlehem Lutheran in the Midway***

Third Sunday Bach Chorales

An opportunity to sing J.S. Bach once a month at Zion!
~ a 4 part Bach chorale to be sung on the third Sunday of each month.

We will send the music, including audio files of the chorale and individual voice parts to anyone interested in joining us. Paper copies are available at Zion. We will also be available to go over parts after the second Sunday service (11:10am).

As part of the service on the third Sunday, Tom and I will play and sing the parts, so there will always be at least one "voice" accurately singing each part. You can sing around the piano, or from the pews!

If interested, please contact Mira in person, or
miratomkehoe@gmail.com. Everyone is welcome to participate!

Recordings of our Sunday worship services are available on-line. Zion's website: www.zlcmidway.org

Donation Options:

- Mail-in to church: (Zion Lutheran Church, 1697 Lafond Ave., St. Paul, MN 55104)
- In person: during worship; or through the courtyard door mailslot
- Automatic bill pay from your bank using Zion's mailing address
- Donate button on Zion's webpage (3% fee for credit card service)

It is a wonder to behold.

People coming together in lovingkindness. Energized by the crisis in our beloved city, praying and blessing with their actions, not just words. Jim, Cass, Mike, Page, Roxanne, Ella, Mohammed, and many others who were strangers to me recently, have now become knit together in spirit and in common purpose. Facing the darkness together, and shining brightly.



As of today, we have together sent out well over 1000 shelter in place packages of provisions to households living in fear of going outside. Good for a week of nourishment, together with diapers and toiletries and household supplies.

We are only a small part of a larger movement, the principles of which we have been practicing long before ICE came to town. I chose to serve with the Zion Community 10 years ago, largely because they were already welcoming and feeding the (monetarily) poor every week. Out of their own poverty, with little money, and by the efforts of aging volunteers. Being "good news for the poor," to quote Yeshua. In the Spirit of lovingkindness. Some of them have since died, Barb, Gary, Noel, to name a few. Yet their spirits live on. They laid the foundation for what we are doing now with a radically diverse and much younger average-age crew of volunteers.

We are participants in a very old tradition and movement that Yeshua and his cousin John/Yochanan the Baptist called the "kingdom of God." A tradition and movement far older than themselves. Rooted in the stories of the Hebrew Bible (their Bible), and, more importantly, in the very dignity of human-being.

This "kingdom" has no borders, no hierarchy, no worldly power, no military, no police, no bureaucracy, no qualifications for entry. Only, as Yeshua deemed himself, to be a "child of humanity." This "kingdom" belongs to little children, and to those who make themselves as such. It is ever near, among us, and within us. It is our truest nature. It is to "love our neighbor as ourselves."

When Yeshua poignantly renewed this movement and covenant in his time, his very first teaching, according to Matthew, was: "Blessed are the poor in spirit; theirs is the kingdom of God." How strange and counter to normal thinking.

Continue on next page . . .

I am witnessing this "kingdom" before my eyes and in my heart. The poor are blessed. The poor in money, and the poor in spirit. ONLY when we come together in love and kindness does it exist. I spoke with two people this week on the verge of losing their housing for lack of money. Another who is without housing whom we are helping survive in practical ways. Another of East African descent who shared she is terrified to be out in public, but made her way to a welcoming community that offered food for her family, here. Can we solve their problems? Not all of them. Yet we are here for them--for one another--and it matters.

I am humbled, weary, inspired, happy, sad, frightened, emboldened. In this crisis, I am mostly fed and inspired by the most poor and vulnerable of my friends. I reflect on "blessed are the poor," as Luke records it, and, "blessed are the poor in spirit," as in Matthew. Both make sense. In this upside down "kingdom" blessing both comes from--and comes to--unexpected places and people. The "poor" are blessed when the kingdom manifests as lovingkindness--in real time, not a future far off. And the "poor" (materially and in terms of internal resources) are an incredible blessing to me. To all of us. But only in actual relationships.

Little children are open; have not yet hard-formed opinions of others based on otherness. Lovingkindness means literally to love our kind. What is our kind? Is kindness defined by ideas of separation? Some, and not others? Or, are we all children of humanity? All of us can recall and recover this state of child-like humanity. And be blessed--be a blessing.

--

John Marboe
651 238 6099

[Find Writings on Substack](#)



FREE MEALS
& GROCERIES
1697 Lafond Ave in St. Paul
Tuesdays 11-8
Thursdays 1-3, 5-8



ALL ARE WELCOME!

EVERYONE IS WELCOME AT ZION'S FOOD AND WELLNESS PROGRAM

On Thursdays, Zion distributes food
for our neighbors and friends.

Please come between 1 and 3 p.m. to
get your free bag of groceries and a
lunch to take home or dine in with us.

***.Zion needs volunteers
between 10 a.m. to 4 p.m.***

We fed over 400 people in January.

Enneagram

Each week Zion offers a small group experience to explore the transformative possibilities of the Enneagram. The Enneagram is a method to explore one's own unique personality in relationship to others and to life itself. The basic idea is to reflect on our lives in light of nine ("ennea" in Greek) personality types (with infinite variations of course), as a lens to understand ourselves better and to grow. We meet via Zoom using the same meeting ID as our Sunday gatherings. Feel free to ask Pastor John, Janet Quarn, Phoebe Waugh, or Marlin Osthus for more details.

Thursdays 11:15 a.m. to 12:15 p.m.

For God

so loved the world,
that he gave his
only
begotten
Son,
that whosoever
believeth
in him should not perish,
but have everlasting life.

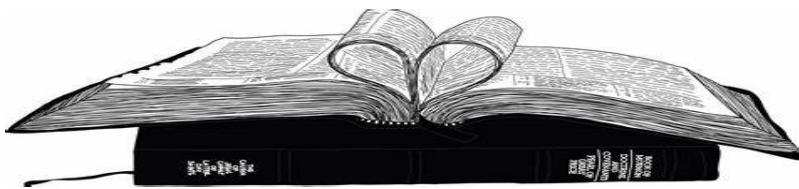


John 3:16

**CHURCH
COUNCIL**

**Meeting will be via Zoom
6 pm on Tuesday,**

February 17th



Scripture Readings

February 1st – Fourth Sunday after Epiphany

Micah 6:1-8

Psalm 15 (1)

1 Corinthians 1:18-31 12

Matthew 5:1-12

February 8th – Fifth Sunday after Epiphany

Isaiah 58:1-9a [9b-12]

Psalm 112:1-9 [10] (4)

1 Corinthians 2:1-12 [13-16]

Matthew 5:13-20

February 15th – Transfiguration of Our Lord Last Sunday after Epiphany

Exodus 24:12-18

Psalm 2 (7) or Psalm 99 (9)

2 Peter 1:16-21

Matthew 17:1-9

February 22nd - First Sunday in Lent

Genesis 2:15-17; 3:1-7

Psalm 32 (10)

Romans 5:12-19

Matthew 4:1-11



February 5th — Finn Mueller

February 6th — Elaine Moore

February 13th Dave Hedenstrom

February 20th — Joanne Haugen

February 22nd — Jim Widerski

Feb. 24th — Anna Roeser (Pelton)

January Financials

Income: \$16,367.39

Bills paid: \$9,546.71

Thank you to all who have so generously contributed to Zion. Because of your generosity, and in these difficult times, we have been able to stay focused on our mission to love our neighbors. Your gifts of time, talent and treasure have been an example to all who come just to help however they can.

Blessings to all,
Janet Quarn, Treasurer

**FINANCIAL
REPORT**



Love is nourishing.
Nourishment is love.

Remember,

You can
sit with
us.

**Every Tuesday
11am - 8pm**

All are welcome!

Zion Community Commons

1697 Lafond Avenue
St. Paul, MN 55104

Weekly Community Dinners

Eureka Compass Vegan Food
Vegan, gluten-free, nut-free, corn-free

We feed us!

Dine in or take out!

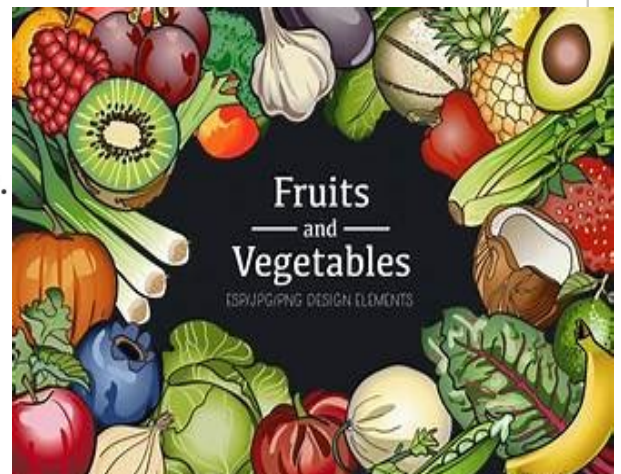
*Bringing your own containers is
always encouraged.*

WEEKLY EACH THURSDAY:

Open Market/Vegan
Meal from 5 — 8 p.m.

Preorder instructions:

- Send an email to eurekacompassveganfood@gmail.com
- Include a window of time for pick up and number of meals.
- Cash contributions accepted at time of pick up.
- Credit card? Just let us know the amount of your contribution; we'll email you an invoice prior to the date. Pay electronically through a prompt in the email.
- Walk-ins welcomed! (It's always best to preorder.)



<https://eurekacompassveganfood.com/community-dinner>

arts on lafond

February Events

Zion Community Commons
1697 Lafond Ave, St. Paul, MN 55104

THE ROSEBUD PROJECT

~ standards and original tunes played with heart and precision

7pm Friday, February 6 \$15 - 20

Rose Rinder - flute
Kevin Daley - guitar
Vince Hyman - vibes
Charlie Riddle - bass
Eric Linde - drums

Compositions by Rob Lautz,
Kevin Daley, Charlie Riddle
and jazz standards.



<https://www.youtube.com/watch?v=dD2A4Z5wGLg>



sound bath meditation

a powerful sound immersion experience

Tuesday 7pm
February 10, 2026

Guitar Concert

4pm Sunday, February 15

Suggested donation: \$15 - 20



Austin Wahl

classical, acoustic & jazz guitar
folk and classical mandolin



Musika Medica

musical medicine to nourish the body, mind and spirit
responsive. improvisational. immersive

4pm Sunday, February 22, 2026



Come join us for a rest and restore session that includes mindful movement, guided meditation, improvised music, sharing, reading, sharing...

~ We are offering time and space for community healing and togetherness ~

*All donations go to neighbors in need, supporting communities through the hard times in MN.

Molly Sturges, voice/percussion
Maja Radovanlija, guitar
Sara Pajunen, violin/hardanger d'amore
<https://www.mollysturges.com/musika-medica>

Arts on Lafond

1697 Lafond Avenue
St. Paul, MN 55104

facebook.com/artsonlafond




To donate online: Arts on Lafond <https://secure.myvanco.com/L-Z8XC/home>

Interested in hosting community meetings, gatherings or events in our space?

Contact: artsonlafond@gmail.com

* No wheelchair access

FEBRUARY 2026

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
1 10:00 a.m.— Zion's Worship & on Zoom 11:30 a.m.—2 p.m. New Generation Service	2	3 11 am to 8pm— Vegan Community Meal	4	5 11:15 a.m. — Enneagram via Zoom 1-3 p.m. — Food & Wellness Program 5-7 p.m.— Open Market	6 7 p.m. — Rose Rinder Jazz Quintet Concert	7
8 10:00 a.m.— Zion's Worship & on Zoom 11:30 a.m.—2 p.m. New Generation Service	9	10 11 am to 8pm— Vegan Community Meal 7 p.m. — sound bath meditation	11	12 11:15 a.m. — Enneagram via Zoom 1-3 p.m. — Food & Wellness Program 5-7 p.m.— Open Market 7 p.m. — Experimental Jazz Series	13	14 
15 10:00 a.m.— Zion's Worship & on Zoom 11:30 a.m.—2 p.m. New Generation Service 4 p.m. — Guitar series Austin Wahl Solo classical guitar	16 	17 11 am to 8pm— Vegan Community Meal 6 p.m. — Church Council Meeting	18 7 p.m. — Ash Wed. at Bethlehem with ashes 	19 11:15 a.m. — Enneagram via Zoom 1-3 p.m. — Food & Wellness Program 5-7 p.m.— Open Market 7 p.m. — Zeitgeist extra Vanguard Concert	20	21
22 10:00 a.m.— Zion's Worship & on Zoom 11:30 a.m.—2 p.m. New Generation Service 4 p.m. — Musika Medica healing for the community	23	24 11 am to 8pm— Vegan Community Meal	25	26 11:15 a.m. — Enneagram via Zoom 1-3 p.m. — Food & Wellness Program 5-7 p.m.— Open Market	27	28

People from the New Testament

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

Andrew
Aquila
Barnabas
Barsabas
Bartholomew
Cornelius
Elizabeth
James
Jesus

John
John the Baptist
Joseph
Judas
Lazarus
Luke
Lydia
Mark
Martha

Mary
Matthew
Matthias
Paul
Peter
Philip
Priscilla
Silas

Simon
Stephen
Tabitha
Thaddaeus
Thomas
Timothy
Zacchaeus
Zebedee