



**ZION  
VISITOR  
MAY  
2026**

E-mail address: [zionlc.midway@gmail.com](mailto:zionlc.midway@gmail.com)

website: [www.zlcmidway.org](http://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**

*I came that people have life, and have it abundantly.*

These words of Yeshua in John 10 raises the question: What is abundant life?

Most of us would agree that it does not consist in the abundance of possessions. Yet the obvious pursuit of possessions by so many suggests there is a power and lure in this direction. And that lure, at a deep level is something all of us--rich or poor--all experience.



It is the powerful inclination to possess. To have. And to come to identify our lives with what is *mine*.

Yeshua, like the prophets before him, warned directly against the pursuit of possessions as a path to misery, not to mention the misery and oppression of others. "Life does not consist in these things," he states.

In John 10, where he says he comes to share abundant life, he declares himself the "good shepherd, who lays down his life for his sheep."

And here is the secret. He is not talking about doing something for us. He is talking about modeling something for us. Something beautiful, beneficial, generous, courageous, difficult, and painful. In a word, loving.

This "good shepherd" thing is not just about him. It is a model and invitation to all of us about how to live, and live abundantly. Abundant life is not at all about "having," but about giving, and giving to the full. From a full heart. For the sake of others, which immediately refills the heart to overflowing.

Abundance is the invitation. Not abundance in having, but abundance in giving. Giving ourselves. Giving ourselves for the sake of others, which turns out to be the key to "having" life abundantly.

Even if it costs us our life. Wait, what?

Everything costs us our life. All of us spend our lives on something. It can be on pleasure, comfort, advancement, family, spiritual growth... whatever. But none of us hold on. None of us can keep what we believe we have attained. It all goes.

So the real question is not whether we will lay down our lives for something, but what will we lay them down for?

"Others" is a pretty good answer. Possessing is an illusion. We don't really "have" anything.

In the end, we are not defined by what we attained, but what we gave. Many with power in this world are deceived and are holding on for dear life to what will finally be ripped away. But even those of us with little can learn from this good shepherd, who lovingly invites us to "lay our lives down" in love. In self-giving, which is life-giving.

John Marboe





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

**Any with health concerns please stay home and join us on Zoom.**

**First Sunday of each month:  
May 3rd — Coffee fellowship time**



Coffee Fellowship

30. Allein zü dir Herr Jesu

### **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](mailto:miratomkehoe@gmail.com). Everyone is welcome to participate!

**Recordings of our Sunday worship services are available on-line. Zion's website: [www.zlcmidway.org](http://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 or investment using Zion's mailing address
- Donate button on Zion's webpage (3% fee for credit card service)

**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.***

**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.**

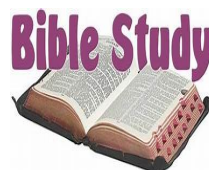
**CIRCLE BIBLE STUDY**

**New date and time:**

**May 12th at 10:30 a.m.**

**In Zion's Conference room.**

**Gate and Shepherd**



God, whose name is "I AM", moves with us—  
knowing, protecting and leading us.

Gather Magazine: May 2026

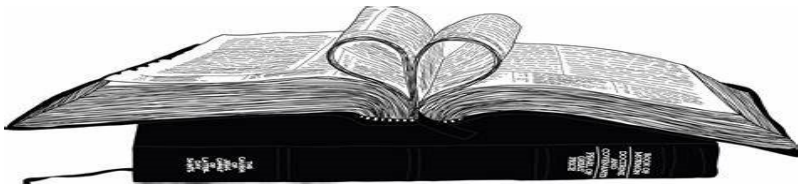


Meeting will be via Zoom

6 pm on Tuesday,

**May 19th**

**CHURCH  
COUNCIL**



# Scripture Readings

## May 3rd – Fifth Sunday of Easter

Acts 7:55-60

Psalms 31:1-5, 15-16 (5)

1 Peter 2:2-10

John 14:1-14

## May 10th – Sixth Sunday of Easter

Acts 17:22-31

Psalms 66:8-20 (8)

1 Peter 3:13-22

John 14:15-21

## May 17th – Seventh Sunday of Easter

Acts 1:6-14

Psalms 68:1-10, 32-35 (4)

1 Peter 4:12-14; 5:6-11

John 17:1-11

## May 24th – Day of Pentecost

Acts 2:1-21 or Numbers 11:24-30

Psalms 104:24-34, 35b (30)

1 Corinthians 12:3b-13 or Acts 2:1-21

John 20:19-23 or John 7:37-39

## May 31st – The Holy Trinity

Genesis 1:1-2:4a

Psalms 8 (1)

2 Corinthians 13:11-13

Matthew 28:16-20



May 1st — Pastor John Marboe

May 5th — Stephen Borden

May 5th — Ross Jacobsen

May 11th — Ginger Baumgart

May 28th — Marlin Osthus



## April's Financials

Income: \$10,543.00

Bills paid: \$9,956.72

Thank you to all who contribute their time, talent and treasure to the support of Zion. As the vacation season comes again please continue to include support of Zion in your plans.

Janet Quarn,  
Treasurer

**FINANCIAL  
REPORT**



**Every Tuesday  
11am - 8pm**

## **Zion Community Commons**

1697 Lafond Avenue  
St. Paul, MN 55104

## **Weekly Community Dinners**

**We feed us!**

***Dine in or take out!***

***Bringing your own containers is  
always encouraged.***

**WEEKLY EACH  
TUESDAY & THURSDAY**

**Open Market**

**Vegan Meal**

**from 5 — 8 p.m.**



***NO OPEN  
MARKET ON  
MAY 26TH.***

# arts on lafond

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

May 7 7:30pm

Lia Rivamonte - *No Woman Is an Island*

Prose, poems, prints (no fee) <http://liawrites.com/>



NO WOMAN IS AN ISLAND

## May Events

May 10 4pm

Guitar Series - Tim Sparks and Phil Heywood

Fingerstyle guitar Suggested donation \$15-20

<https://www.timsparksguitar.com/>

<https://www.philheywood.com/>



sound bath meditation  
a powerful sound immersion experience



TIM SPARKS & PHIL HEYWOOD

May 12 7pm

Soundbath with Marc Anderson

Suggested donation \$15-20

<https://www.marcanderson.org/sound-baths>

May 13 6:30pm

Pat Donohue & Dan Newton's Café Accordion Orchestra

Benefit Concert for Food Justice programs Suggested donation \$20-40

<https://www.patdonohue.com/> <https://www.cafeaccordion.com/>



Special guests during pre-show and intermission!  
Irish instrumental trio - Pick, Buttons & Bow! Facebook

May 14 7pm

Experimental Jazz on Lafond

Noah Ophoven-Baldwin, cornet; Adam Linz, bass

Tickets \$15; \$10 for students

[https://www.instagram.com/kevinrhys\\_mn/](https://www.instagram.com/kevinrhys_mn/)



May 17 4pm

Guitar Series - Floe Trio

Suggested donation \$15-20

<https://www.majaradovanlija.com/>

May 21 7pm

Vanguard New Music Series - flute, cello and piano

New works by Ryan Johnston, Aaron Kerr, and Andrew Cannestrata

Tickets \$20director

<https://www.renegadeensemble.org/vanguard-new-music-series>



\* No wheelchair access



May 27 6:30pm

Soundbath with Julie Lentz

Suggested donation \$15-20

<https://www.linkedin.com/in/julie-lentz-814635163/>

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](mailto:artsonlafond@gmail.com)



Arts on Lafond  
1697 Lafond Avenue  
St. Paul, MN 55104

[facebook.com/artsonlafond](https://facebook.com/artsonlafond)

arts on lafond

presents -

a benefit concert for food justice efforts at:

**Pat Donohue**

& Dan Newton's

**Café Accordion Orchestra**

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

**6:30pm**

**Wednesday, May 13**

All donations support Food and Wellness, the food justice efforts at Zion Lutheran Church at Zion Community Commons, providing high quality meals, groceries and essential supplies to those in need.



<https://secure.myvanco.com/L-Z8XC/campaign/C-13EE0>

Suggested donation: \$20 - 40

Thank you for your generous support!  
*No one turned away*

**6:30pm Pat Donohue** [www.patdonohue.com](http://www.patdonohue.com)

Grammy winning fingerpicker Pat Donohue's devotion to acoustic guitar has made him an American standard, as he echoes the tones of Robert Johnson, Blind Blake, Merle Travis or Muddy Waters. Chet Atkins called Pat one of the greatest fingerpickers in the world today; Leo Kottke called his playing "haunting."

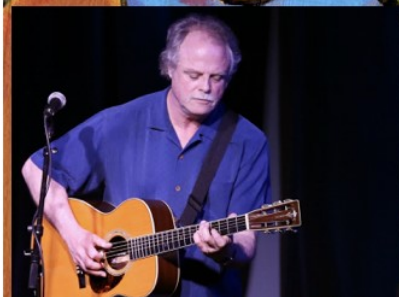
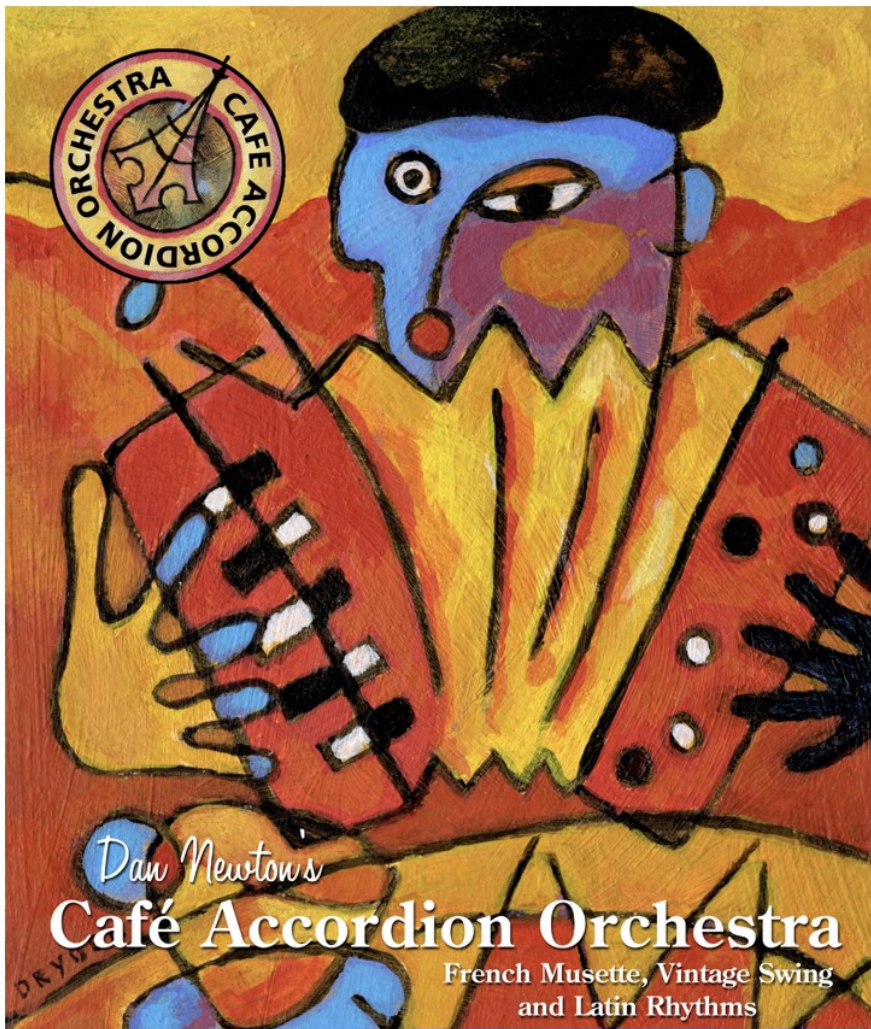
**7:30pm Café Accordion Orchestra**  
[www.cafeaccordion.com](http://www.cafeaccordion.com)

"The Café Accordion Orchestra is a dance band for people who still love to waltz and rhumba, an old-school combo. Led by the quietly dazzling Dan Newton, this quintet knows the value of understatement, warmth, discretion, subtlety and easy and genuine swing - ... the Café Accordion cats make happy stopovers in Paris, Puerto Rico, Tin Pan Alley and the land of Louis Jordan. They'll make your toes tap, your eyes twinkle and your heart long for a shipboard romance..."  
— Minneapolis Star Tribune

Interested in hosting community meetings, gatherings, events, etc. in our space?

Contact John Marboe or Mira Kehoe at [artsonlafond@gmail.com](mailto:artsonlafond@gmail.com)

\* No wheelchair accessibility.



[www.PatDonohue.com](http://www.PatDonohue.com)



[www.cafeaccordion.com](http://www.cafeaccordion.com)

Artwork: Jim Dryden (jimdryden.com)

Special guests during pre-show and intermission!

Irish instrumental trio ~ Pick, Buttons & Bow!

[Facebook](#)

# MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 10:00 am— Zion's Worship & on Zoom 11:30 am —2 pm New Generation Service	4	5 11 am to 8 pm— Vegan Community Meal	6	7 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-7 pm— Open Market 7:30 pm— Lia Rivamonte	8	9
10  10:00 am— Zion's Worship & on Zoom 11:30 am —2 pm New Generation Service 4 pm—Guitar Series- Tim Sparks & Phil Heywood	11	12 10:30 am—Circle Bible Study 11 am to 8 pm— Vegan Community Meal 7 pm— Soundbath with Marc Anderson	13 6:30 pm— Benefit Concert for Food Justice programs	14 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-7 pm— Open Market 7 pm—Experimental Jazz on Lafond	15	16
17 10:00 am— Zion's Worship & on Zoom 11:30 am —2 pm New Generation Service 4 pm—Guitar Series- Floe Trio	18	19 11 am to 8 pm— Vegan Community Meal 6 pm—Church council meeting	20	21 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-7 pm— Open Market 7 pm—Vanguard New Music Series	22	23
24 10:00 am— Zion's Worship & on Zoom 11:30 am —2 pm New Generation Service	25 	26 11 a.m. to 8 pm— Vegan Community Meal	27 6:30 pm— Soundbath with Julie Lentz	28 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-7 p.m.— Open Market	29	30
31 10:00 am— Zion's Worship & on Zoom 11:30 am —2 pm New Generation Service						



# May

## Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

BARBECUE

BASEBALL

BIKING

BIRDS

BLOSSOMS

BUTTERFLIES

CAMPFIRE

CATERPILLAR

DRAGONFLY

FLOWERS

FRISBEE

GARDENING

HIKING

ICE CREAM

KITE

LADYBUG

LEMONADE

MEMORIAL DAY

MOTHER

OUTDOORS

PICNIC

PLANTING

PLAYGROUND

PUDDLE

RAINDROPS

SUNDRESS

SUNGLASSES

SUNSCREEN

SUNSHINE

WATERMELON

