

NOVEMBER ZION VISITOR 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



As far as I can tell, the closest Yeshua ever came to teaching a creed came when he was asked, "What is the greatest commandment?" His response (Matthew 22) was simple and direct: "You shall be loving God within all of your heart, soul, and mind. And the second is like it: You shall be loving your neighbor as yourself. In these two are all the law and the prophets."

There was nothing new about his answer. He lifted both commandments directly from Deuteronomy and Leviticus. But the way in which he condenses the point of the entire tradition and teaching into these two interdependent instructions is remarkable.

Especially in the context of the question and his answer. For the question came from those opposing him, and seeking to neutralize or eliminate him. Those who approached him not with love or respect, but with enmity in their hearts.

The way I read this is that Yeshua is not merely giving a "right" answer. Either so that listeners will understand correctly, or so that his opponents are silenced with a "Gottcha!"

The way I read this is that Yeshua is calling to his own mind, heart, and soul the deepest truth of his (or anyone's) existence. The purpose of our being-here. The *whole point.*

And in this extreme moment of tension, conflict, disagreement, and anger, he is recalling the truth of Love, to which he came to bear witness. That loving God and loving any and all of those around us are two sides of the same coin. That these neighbors who are confronting Yeshua with enmity and malice are yet neighbors and kin. The commandment is both a warning and an invitation to refuse to let them become enemies in his heart, mind, and soul. But rather to recognize and regard them as himself; with love.

This is the call and invitation. Think of the very most difficult person or people in your life. The ones you would rather avoid, or worse... It is easy for these neighbors to occupy and preoccupy our minds and for us to close our hearts to them. Now think of why we resist opening our hearts to them, to think of them with lovingkindness.

"It would do no good." "They hurt me." "They are on the side of evil." "They don't deserve that."

These are normal reactions. But they also become self-fulfilling prophecies. Allowing God's love and love for all neighbors, especially the most difficult, to flood our hearts, minds, and souls is not a strategy for changing others or solving problems among us (though I think it has a better chance than the alternative).

What it does do, in my experience, is change me; changes my heart, my mind, and my soul. It frees me from negative preoccupation, from judgment, and from reviewing tapes that reinforce separateness, alienation, and enmity.

It opens me to participate in and be healed by Divine, boundless love. It is no longer "my" love at all. It is ours, with God and with neighbors, with no one outside the circle of that love.

John Marboe
651 238 6099



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:

Nov. 1st — Coffee fellowship time



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).

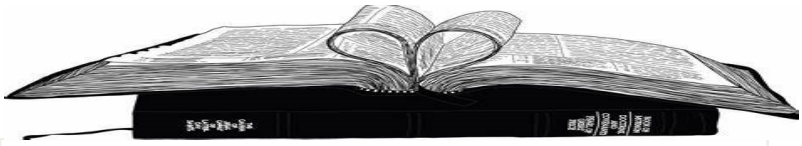
As part of the service on the third Sunday, Tom and I will play and sing the parts, so there will always be at least one "voice" accurately singing each part. You can sing around the piano, or from the pews!

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 or investment using Zion's mailing address
—Donate button on Zion's webpage (3% fee for credit card service)



Scripture Readings

November 1st – All Saints Sunday

Micah 3:5-12

Psalm 43 (3)

1 Thessalonians 2:9-13

Matthew 23:1-12

November 8th -- Twenty-Fourth Sunday after Pentecost

Amos 5:18-24

Psalm 70 (5)

1 Thessalonians 4:13-18

Matthew 25:1-13

November 15th – Twenty-Fifth Sunday after Pentecost

Zephaniah 1:7, 12-18

Psalm 90:1-8 [9-11] 12 (12)

1 Thessalonians 5:1-11

Matthew 25:14-30

November 22nd – Christ the King Sunday

Last Sunday after Pentecost

Ezekiel 34:11-16, 20-24

Psalm 95:1-7a (7)

Ephesians 1:15-23

Matthew 25:31-46

November 29th — First Sunday of Advent

Isaiah 64:1-9

Psalm 80:1-7, 17-19 (7)

1 Corinthians 1:3-9

Mark 13:24-37



November 2nd — Sue Widerski

November 6th — Jerry Sedgewick

November 8th — Adam Mathison

November 8th — John Oyen

November 11th — Mitchell Waugh

November 11th — Lumin Johnson

November 15th — John Owen

November 23rd —Rebecca Mathison

Meeting will be via Zoom

6 pm on Tuesday,

November 17th





Income: $7,103.00

Bills paid: 10,631.57

Thank you for giving of your time, talent and treasures. Included in this copy of the Visitor is our Giving in Gratitude form. Use this to help you think about your giving to Zion. We are asking for a 3% increase for 2027 for our staff. Can you meet this request or perhaps even a bit more?

Thank you,

Janet Quarn, Treasurer

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.

ALL ARE WELCOME!







We feed us!

Zion Lutheran Church
Zion Community Commons
1697 Lafond Avenue
St. Paul, MN 55104

Thursday Food & Wellness Program

Zion Market with a hot lunch

1—3 p.m.

Zion Market &

Vegan Community Meal

5—8 p.m.

Every Tuesday & Thursday

Except holidays

How to contribute to our community of sustainability and mutual aid:

- Cash donations
- Checks to Zion Lutheran Church - food and wellness
- QR code to Zion Food and Wellness via Vanco
  https://secure.myvanco.com/L-Z8XC/campaign/C-13EE0
- QR code to Zion Lutheran Church via PayPal
- QR code to Zion Lutheran Church via VENMO

Zion Lutheran Church
@zionlcmidway

venmo

Scan this code to pay

arts on lafond

November Events

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

Sunday, November 1 1 - 4pm Diamond Approach Series
Love of Truth; The Mystery of Who I AM
https://www.diamondapproach.org/event/midwest20261101

THE DIAMOND APPROACH



Sunday, November 1 5pm Guitar Series ~ Matt Sowell
American blues ~ attributes of ragtime & hints of Indian raga
Suggested donation $15-20

THE AUGUSTINE FOUNDATION





Sunday, November 8 3pm Pick, Buttons & Bow
benefit concert for Food & Wellness at Zion Community Commons
All donations benefit food & wellness programing
https://www.facebook.com/profile.php?id=61571881989634



Thursday, November 12 7pm Experimental Jazz on Lafond
Tickets $15; $10 for students
https://www.instagram.com/kevinrhys_mn/

Sunday, November 15 4 pm Guitar Series ~ Brazilian Concertos
Alvaro Henrique, guitar & Teresa Vaughan, piano
Suggested donation $15-20
https://alvarohenrique.com/en





Wednesday, November 18 6:30 - 7:45pm Soundbath *with* Julie Lentz
Suggested donation $15-20
https://peacefulflow-reiki.com/

Thursday, November 19 7pm Vanguard New Music Series
Mill City String Quartet
Tickets $15; $10 for students
https://www.renegadeensemble.org/vanguard-new-music-series



Saturday, November 21 7pm an improvisational journey
Kevin Daley, guitar & guitar-synths & Tom Kehoe, piano
with Maliya Gorman-Carter, movement
Suggested donation $15-20 https://www.miratomkehoe@gmail.com
https://www.instagram.com/maliya.gc/



Tuesday, November 24 7pm Soundbath *with* Marc Anderson
Suggested donation $15-20
https://www.marcanderson.org/



sound bath meditation
a powerful sound immersion experience

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***

Arts on Lafond
1697 Lafond Avenue
St. Paul, MN 55104
facebook.com/artsonlafond

Greetings!

We are beginning to feel the chill in the air... winter is coming, but we are not slowing down!

This month we offer a wide variety of interesting events to coax you inside to warm your spirit and expand your horizons.

The **Diamond Approach** continues monthly offerings with a session on the **Love of Truth**. The **Guitar Series** starts off Nov. with a concert by American Blues artist, ***Matt Sowell***, and a mid-month concert of ***Brazilian Concertos.***

Experimental Jazz on the 12th, and **Vanguard New Music** on the 19th offer something for adventurous ears.
Two **soundbaths** this month: ***Julie Lentz*** on Nov. 18 and ***Marc Anderson*** on the 24th.

Two special events round out this month:
On Sunday, Nov. 8th, come to a **benefit concert** with ***Pick, Buttons & Bow*** to support the Food & Wellness programming at Zion.

Listen in on another **improvised, deep musical conversation** between guitarist and synth player, ***Kevin Daley*** & ***Tom Kehoe***, piano on Saturday, Nov. 21.





Mill City String Quartet

Since 2007



Vanguard New Music Series

ARTS ON LAFOND
1697 LAFOND AVE
SAINT PAUL, MN

MILL CITY STRING QUARTET
THURS, NOV 19, 2026| 7 PM

ARTS ON LAFOND PRESENTS

BRAZILIAN CONCERTOS

FOR GUITAR AND PIANO

Alvaro Henrique
GUITAR

with Teresa Vaughan
PIANO

Music by
Dimitri Cervo
AND
Laurindo Almeida

SUNDAY, NOVEMBER 15, 2026
4:00 PM

Arts on Lafond – Zion Community Commons
1697 Lafond Avenue, St. Paul, Minnesota

SUGGESTED DONATION
$ 15 - 20



sound bath meditation

a powerful sound immersion experience

Tuesdays 7pm

November 24 & December 29, 2026

An immersive experience combining the sounds of crystal singing bowls, gongs, hand drums and subtle drones in which the listener is "bathed" in waves of soft tones, shifting textures and gentle rhythms. Marc Anderson, a musician and meditation teacher experienced in trance related music/ healing traditions, creates unique, powerful, well-crafted sessions that restore, relax and transform. Wear comfortable clothes, and bring yoga mats and blankets if desired. There will be some mats available.

Urban Monk Project / Marc Anderson

The Urban Monk Project is a non-profit organization dedicated to re-imagining the narratives and structures we use to wake up to our original nature and unbounded freedom.

Suggested donation: $15 - 20 cash or Paypal @urbanmonkproject

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

Arts on Lafond
Zion Community Commons
1697 Lafond Avenue
St. Paul, MN 55104

https://www.facebook.com/artsonlafond/
artsonlafond@gmail.com

Support Local Food Justice!
Have Fun!

Every dollar raised with this marvelous musical event goes to making top quality nutrition available to all neighbors, without price, and supporting local growers.

PICK, BUTTONS & BOW

Local teens sharing modern and traditional Irish music

Where: Arts on Lafond – 1697 Lafond Ave, St. Paul
When: Sunday, Nov 8 at 3pm

Suggested donation of $10 for adults – all proceeds go to the Zion Lutheran Church's food drive!



Follow us on Facebook @Pick, Buttons, and Bow

Ask to be added to our monthly email list!
(pickbuttonsandbow@gmail.com)





Sound Bath

with Julie Lentz

Wednesday, November 18
6:30 - 7:45pm

A sound bath is a healing practice where the practitioner guides the participants into an experience of relaxation, allowing the healing sounds of the instruments to bathe them. This can encourage deep relaxation and allows a person to release physical, mental, and emotional tensions while experiencing a calm state. Receiving vibrations can support balance and healing at the cellular level.
Wear comfortable clothes, and bring yoga mats and blankets if desired. There will be some mats available.

Peaceful Flow Reiki and Sound Studio MN

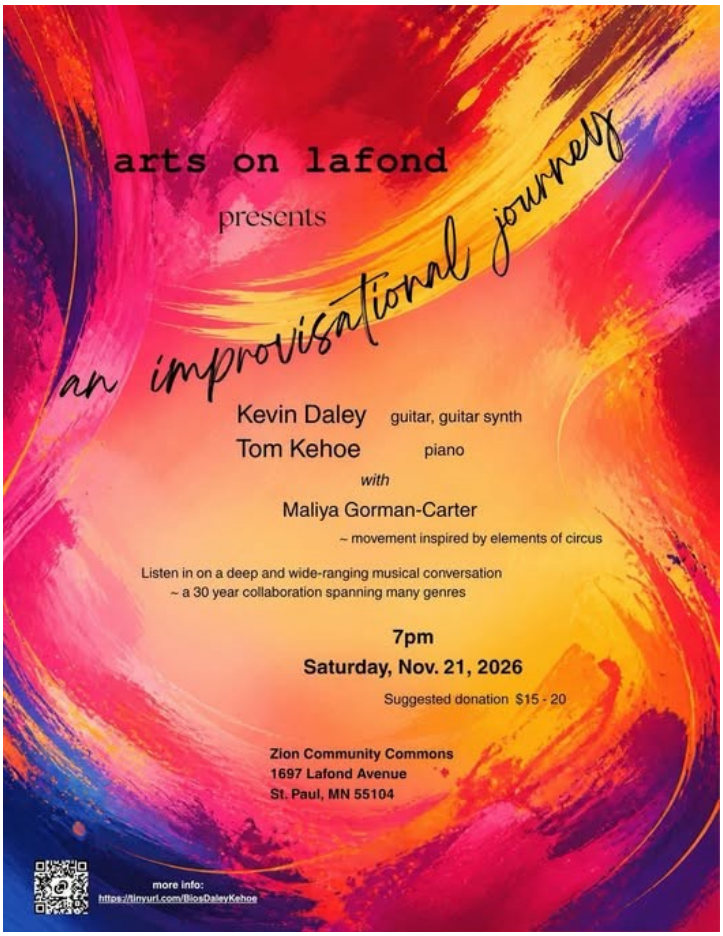
Julie Lentz is a Reiki Master and certified as a Sound and Vibrational Practitioner.

Suggested donation: $15 - 20

https://peacefulflow-reiki.com/
easeexp@gmail.com

Arts on Lafond
Zion Community Commons
1697 Lafond Avenue
St. Paul, MN 55104

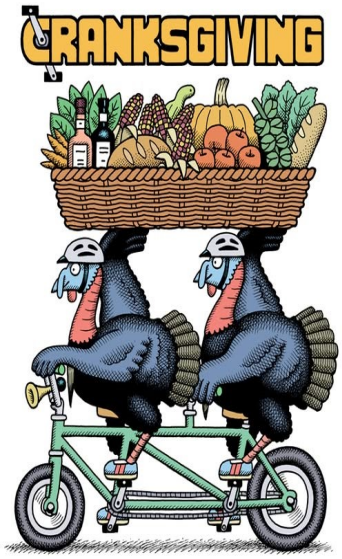
https://www.facebook.com/artsonlafond/
artsonlafond@gmail.com





2026

Sunday	Monday	Tueday	Wednesday	Thursday	Friday	Saturday
1 **10:00 am— Zion's Worship & on Zoom** **Fellowship time after service** **1-4 pm—Diamond Approach** **5 pm—Guitar Series-Matt Sowell**	2	3 **5—8 pm — Vegan Community Meal & Market**	4	5 **11:15 am — Enneagram via Zoom** **1-3 pm — Food & Wellness Program** **5-8 pm— Community Meal & Market**	6	7
8 **10:00 am— Zion's Worship & on Zoom** **3 pm—Pick, Buttons & Bow**	9	10 **5—8 pm — Vegan Community Meal & Market**	11 	12 **11:15 am — Enneagram via Zoom** **1-3 pm — Food & Wellness Program** **5-8 pm— Community Meal & Market** **7 pm— Experimental Jazz on Lafond**	13	14
15 **10:00 am— Zion's Worship & on Zoom** **4 pm—Guitar Series Brazilian Concertos**	16	17 **5—8 pm — Vegan Community Meal & Market** **6 pm—Zion's Council Mtg**	18 **6:30-7:45 pm Soundbath with Julie Lentz**	19 **11:15 am — Enneagram via Zoom** **1-3 pm — Food & Wellness Program** **5-8 pm— Community Meal & Market** **7 pm— Vanguard New Music Series**	20	21 **1-4 pm — Cranksgiving** **7 pm—an Improvisational Journey**
22 **10:00 am— Zion's Worship & on Zoom** **After Service is 1st Half Annual Meeting**	23	24 **7 pm— Soundbath with Marc Anderson**	25 **3—7 pm — Community Thanksgiving Meal**	26 	27	28
29 **10:00 am— Zion's Worship & on Zoom**	30					



Cranksgiving is coming!!! Saturday, November 21 at Zion Lutheran Church, 1697 Lafond Avenue, St. Paul. Registration begins at noon, riders released at 1 PM. This is an alley cat style food drive on wheels. You ride your bicycle from store to store, buy grocery items at each stop, and donate them to the food outreach program at Zion Community Commons. Why do we do this? So many folks are struggling these days, and this is one way we can help our hungry neighbors eat healthful foods. Zion Commons offers a free weekly meal for anyone who wishes to eat, and they also provide bags of groceries featuring fresh vegetables and fruits that are often too expensive for struggling folks. Your donations matter. Prior to becoming Cranksgiving organizers, Mr. Michael and I used to ride ourselves. We would ride our single speed tandem, pulling a trailer, and haul $1000 of groceries to donate. The money came from the 10% of shop income at Mr. Michael Recycles Bicycles that we donate to charity.



Come and support our Cranksgiving event,
and we thank you.



Giving In Gratitude Form for 2027

I/We intend to give to the mission of Zion Lutheran Church the following amount:

$_____

Weekly

Monthly (Circle one)

Yearly



I/We will also pray for the mission of Zion and will offer My/Our time and skills as able to the work of the Church.

I/We would like more information about giving electronically: Yes_____

In Christ,

Name: _____

Address: _____

Email: _____