



ZION VISITOR April 2025

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**“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

Dear Friends,

April at Zion brings an array of opportunities for participation, transformation, nourishment, community, and music. Please look through this newsletter and connect with what gives you joy. Let others know too.



Our spiritual focal point for the month will be Holy Week and Easter. The ritual remembrance of Christ's death and resurrection. The point of which is not to simply remember a set of events, nor to "believe" in them in any certain way.

The point of this remembrance is to *participate* in, and to *practice* continual dying and rising. Life and death are our reality. All living things participate in this cycle and dance. Rising and passing away. Ever changing form, yet forever participating in cycles of death and rebirth.

Our lives are not linear. They do not exist with an absolute beginning and end. Much less follow a straight line. Rather, as with our planet, our sun, and our galaxy, we are spiraling toward what Neil deGrasse Tyson describes as "we have no idea."

Yet even that is likely not an end or destination, but a larger, unfathomable new beginning.

The apostle Paul encouraged deep engagement and participation in the death and resurrection of Christ. As though it is the path to our truest nature and being. "For we have died, and our lives are hid with Christ in God," he wrote. Here is a deep mystery that is entirely practical: there is no new life and growth without dying. Gardeners and farmers know this well.

Well before our bodies die, we can be participants in the endless cycle of growth, dying and rising daily. Shedding old skin, old forms, old habits, old ways, old wants, old fears--in favor of new and more abundant life and joy.

Here is a sample (text by me) from one of the "Stations of the Cross" that will be on display for meditation on Maundy Thursday, April 17th, and through Easter.

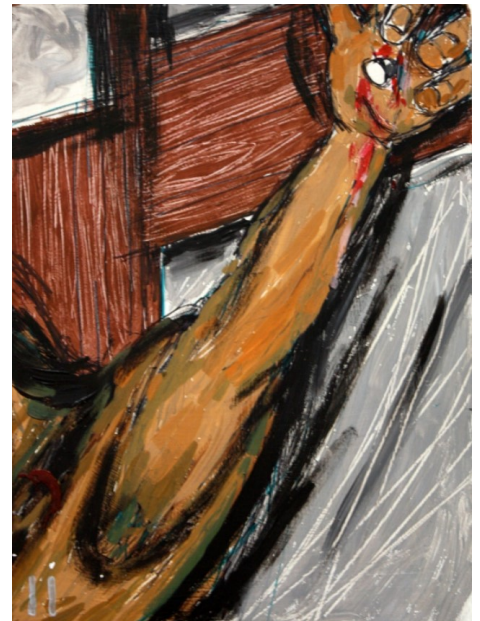
Nailed to a Cross

When have you been nailed? We use this expression to describe when we are exposed to others, and ourselves, in truth. That truth can be hard and unpleasant. Yet we know it as truth; the way things really are with us. There is no getting out of, or around it now. This is the way it really is.

This is common to us all. We get nailed, often against our will. There is no point in resisting anymore. In crucifixion, to resist only prolonged the agony. One would push up with one's feet with extreme pain in order to free the compression on the lungs, in order to breathe. It was only when one had no more strength to push that the inevitable suffocation took over, and one had to give up.

When the truth nails us, it is not unto death, but unto new life. This is the meaning of trust in resurrection to new life. The symbol of the cross implies this. Yeshua is nailed, died and risen so that we might see this for ourselves in our very real lives. Truth does not just nail us, it "sets us free," as Yeshua taught. Ponder how this is true for you personally.

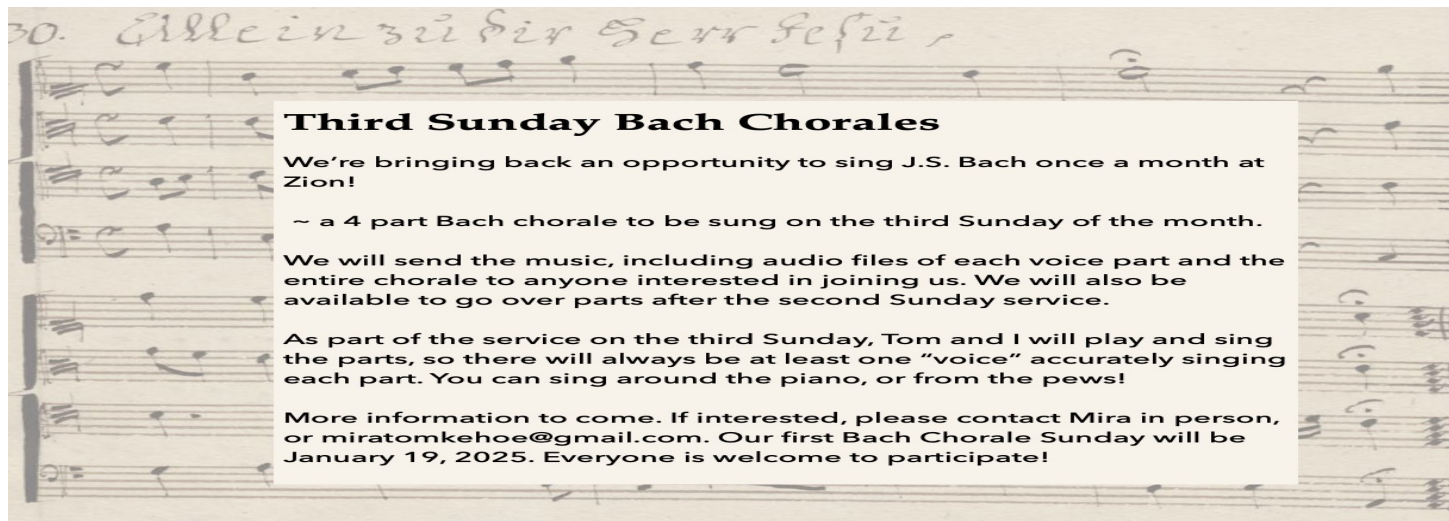
We pray that being "nailed" by truth leads us to greater freedom to live abundantly.



--John Marboe
651 238 6099



**Sunday services will continue in-person and via Zoom: 10:00 a.m.
Any with health concerns please stay home and join us on Zoom.**



Third Sunday Bach Chorales

We're bringing back 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 the month.

We will send the music, including audio files of each voice part and the entire chorale to anyone interested in joining us. We will also be available to go over parts after the second Sunday service.

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!

More information to come. If interested, please contact Mira in person, or miratomkehoe@gmail.com. Our first Bach Chorale Sunday will be January 19, 2025. Everyone is welcome to participate!



Coffee Fellowship

First Sunday of each month: April 6th.

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 service)

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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.

Over 335 people served In March!

Thank you to all who volunteer their time and talents to this program.

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

We Believe Good Food Brings Us Together.



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 the Spring

clean-up at Zion:

May 3rd, 9 am to Noon

With pot-luck lunch to follow.

Bible Study



March Session Four:

Faith Risks — Jairus and the Faithful Woman rely on God's faithfulness in times of difficulty.

Focus verses: Mark 5:21-43

Meet at 1 pm in Zion's Annex on April 28th.

CHURCH COUNCIL

Meeting will be via Zoom

6 pm on Tuesday,

April 15th

Scripture Readings

April 6th — Fifth Sunday in Lent

Isaiah 43:16-21

Psalms 126 (5)

Philippians 3:4b-14

John 12:1-8

April 13th — Palm Sunday

Luke 19:28-40, Procession with Palms
Isaiah 50:4-9a

Psalms 31:9-16 (5)

Philippians 2:5-11

Luke 22:14 — 23:56 Luke 23:1-49 {alternate}

April 20th — Easter Sunday

Acts 10:34-43

Isaiah 65:17-25 {alternate} Psalm 118:1-2, 14-24 (24)

1 Corinthians 15:19-26

Acts 10:34-43 {alternate} Luke 24:1-12 John 20:1-18 {alternate}

April 27th — Second Sunday of Easter

Acts 5:27-32

Psalms 118:14-29 (8) Psalm 150 (6) {alternate}

Revelation 1:4-8



April Birthdays!

April 4 — Kassity Mathison

April 5th — Monica Rice

April 7th — Raija Wietzke

April 7th — Steve Widerski

April 8th — Lorelei Mathison

April 16th — Allison Widerski (Dilley)

April 19th — Christopher Skaggs

April 21 — Cheryl Indehar

April 23rd — Andrea Marboe

March's Financials

**FINANCIAL
REPORT**

Income \$15,060.30

Bills paid \$11,305.90

Thanks to all for your generosity. Cost for heating has been high as Xcel has raised its rates. Also this month we pay for insurance. The good news is that your contributions have increased also!

This month we received a donation thru Thrivent Choice. Thrivent Financial enables members to donate to charities recognized by Thrivent. If you do this you should know that Thrivent does not give us your name and therefore we cannot include that donation in your yearly statement. IF you are comfortable doing so you can let Sue Widerski or myself know and we will see that this contribution is included in your statement.

Janet Quarn, Treasurer



"Pay what you want/can"
All are welcome!

Zion Community Commons

1697 Lafond Avenue
St. Paul, MN 55104

Contributions support Zion Community Commons Food Justice Initiatives.

Every Tuesday
Weekly Community Dinners
11 a.m. — 8 p.m.

Vegan, gluten-free, nut-free, corn-free

Dine in or take out!
*Bringing your own containers is
always encouraged.*

WEEKLY EACH THURSDAY:
Open Market/Vegan Meal from 5 — 8 p.m.
Meals and groceries offered in goodwill to all.

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

April Events 2025

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



gather: A CREATIVE SALON
10:30am - 1pm Saturday, April 12
~ creativity, connection, discussion and making magic

<https://www.strawberrypropaganda.com/events/gather>

Classical Guitar Series



Musika Medica 4pm Sunday, April 6

*nourish the body, mind and spirit ~
improvisational, immersive*

Molly Sturges, voice/percussion
Maja Radovanlija, guitar

Guests - Mike Duffy, percussion
Niloufar Shiri, kamanche

\$15-20 suggested donation

<https://www.mollysturges.com/musika-medica>



Experimental Jazz on Lafond

Hanson, Rahaim, Seru
7pm Thursday, April 10
All Ages \$15 at the door

**Sara d'Ippolito Reichert 4pm
Sunday, April 20**

~ classical guitarist from Calabria, southern Italy
Diverse program of women composers

\$15-20 suggested donation

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

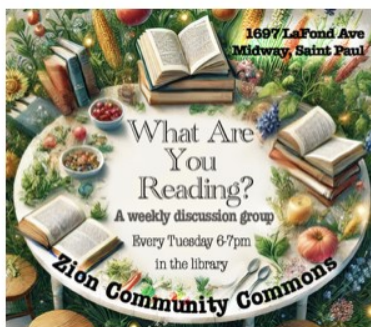


sound bath meditation
with Marc Anderson

a powerful sound immersion experience

7 - 8pm Tuesday, April 29

suggested donation: \$15 cash or
Paypal @urbanmonkproject



What Are You Reading?



~ a weekly discussion group
Every Tuesday, 6 - 7pm in the Zion Library

<https://www.facebook.com/artsonlafond/>

Interested in hosting community meetings, gatherings, events, etc. in our space?
Contact John Marboe or Mira Kehoe at artsonlafond@gmail.com

Thank you for your generous support!
Donations to **Arts on Lafond**: <https://secure.myvanco.com/L-Z8XC/home>

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 a.m. —Quilting 11 am-8pm— Vegan Community Meal 6-7 pm — What Are You Reading?</p>	2	<p>3</p> <p>11:15 a.m. Enneagram via Zoom 1-3 p.m. — Food and Wellness Program 5-8 pm — Open Market & Vegan Meal</p>	4	5
<p>6</p> <p>10:00 am Zion's Worship & on Zoom Fellowship time after Worship 11:30 am -2 pm— Unique 7000 Worship 4 pm — Classical Guitar Series: Musika Medica</p>	7	<p>8</p> <p>9:30 a.m. —Quilting 11 am-8pm— Vegan Community Meal 6-7 pm — What Are You Reading?</p>	9	<p>10</p> <p>11:15 a.m. Enneagram via Zoom 1-3 p.m. — Food and Wellness Program 5-8 pm — Open Market & Vegan Meal 7 pm — Experimental Jazz on Lafond</p>	11	<p>12</p> <p>10:30 am-1 pm—gather: A Creative Salon</p>
<p>13</p>  <p>10:00 am Zion's Worship and on Zoom 11:30 am -2 pm— Unique 7000 Worship</p>	14	<p>15</p> <p>9:30 a.m. —Quilting 11 am-8pm— Vegan Community Meal 6-7 pm — Church Council Meeting 6-7 pm — What Are You Reading?</p>	16	<p>17</p> <p>11:15 a.m. Enneagram via Zoom 1-3 p.m. — Food and Wellness Program 5-8 pm — Open Market & Vegan Meal 6-7:30 — Stations of the Cross: & Communion</p>	18	19
<p>20</p>  <p>10:00 am Zion's Worship & on Zoom 11:30 am -2 pm— Unique 7000 Worship 4 pm — Classical Guitar Series: Sara d'Ippolito Reichart</p>	21	<p>22</p> <p>9:30 a.m. —Quilting 11 am-8pm— Vegan Community Meal 6-7 pm — What Are You Reading?</p>	23	<p>24</p> <p>11:15 a.m. Enneagram via Zoom 1-3 p.m. — Food and Wellness Program 5-8 pm — Open Market & Vegan Meal</p>	25	26
<p>27</p> <p>10:00 am Zion's Worship and on Zoom 11:30 am -2 pm— Unique 7000 Worship</p>	<p>28</p> <p>1pm — Circle Bible Study</p>	<p>29</p> <p>9:30 a.m. —Quilting 11 am-8pm— Vegan Community Meal 6-7 pm — What Are You Reading? 7-8 pm — sound bath meditation</p>	30			<p>May 3rd: <i>Spring clean-up 9 am to Noon</i></p> 



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| Understanding | Entertaining | Captivating | Considerate | Intelligent | Interesting |
| Sympathetic | Attractive | Enchanting | Incredible | Insightful | Perceptive |
| Respectful | Thoughtful | Attentive | Beautiful | Brilliant | Courteous |
| Exquisite | Hilarious | Intuitive | Nurturing | Wonderful | Adorable |
| Alluring | Charming | Delicate | Gracious | Humorous | Sensible |
| Amazing | Awesome | Cordial | Elegant | Playful | Refined |
| Stylish | Astute | Bright | Caring | Classy | Gentle |
| Loving | Poised | Polite | Pretty | Sharp | Smart |
| Witty | Wise | | | | |