



OCTOBER 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

Those who love their dream of a [...] community more than they love the [...] community itself become destroyers of that community even though their personal intentions may be ever so honest, earnest and sacrificial."

This quote from a Lutheran pastor in Germany in 1939, Dietrich Bonhoeffer, in his book, *Life Together*, hit me like a ton of bricks when I first read it at the age of 30. I was then deeply involved in, and committed to, a Christian community building movement that included people from a spectrum of Christian traditions.

We felt we were radical, prophetic, and counter-cultural in the midst of the measurable decline in churches and in the erosion of traditional forms of communal living--extended families, service organizations, family farming, small towns, and the like. We were not wrong...entirely.

And we were enthusiastic. We felt called to oppose the trends of individualism, maximum growth and mobility, commercialism, consumerism, unbridled technology, and other modern trends undermining the supportive, relational environment that vital communities can provide.

We were ambitious. We actively recruited ("evangelized") at top universities, seeking to bring in the "best and the brightest" for leadership potential. University outreach was my specialty. And I was pretty good at it.

But Bonhoeffer spoke to me.

We normally do not see our own shadow. There was beauty and light in our vision. The shadow cast (as with any intentional, idealistic community) is to love our idea of what community can/should be more than the people of the community right in front of us.

Disagreements, conflicts, mistakes, shortcomings, illness, limitations, irritations, offenses, pride, selfishness, etc. are also and always part of communities. There is no way around it or above it. Only through and with. Our community at Zion Community Commons is unexceptional in this regard.

Bonhoeffer had good reason to measure members of his community according to ideal or standard. His community was engaged in active resistance and struggle against the Nazi regime. That resistance eventually got him arrested and executed.

Yet he understood that there is no ideal for which to cease loving one's actual neighbor. No matter what they have done or failed to do...even to you.

Our imperfect communities are nothing but our imperfect selves. Together. Do we abandon standards and ideals? No. Do we abandon one another? No. But I have seen it happen. I have seen that love for a preferred vision for a community (more than for the people presently in it) is destructive of community. It is true.

But even "perfect acceptance" of one another, and a commitment to working through our conflicts can become an ideal. People will separate, depart, move on. Refuse to work things out. Communities fail and fall apart.

Unconditional love, Divine love, is always the absolute source of authentic and creative community. We never "have" or can hold onto that. We can only share in it. And we only do so by loving the ones in front of us more than even our best hopes for them/us...

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:
October 4th — 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

October 4th – Nineteenth Sunday after Pentecost

Isaiah 5:1-7

Psalms 80:7-15 (14, 15)

Philippians 3:4b-14

Matthew 21:33-46

October 11th – Twentieth Sunday after Pentecost

Isaiah 25:1-9

Psalms 23 (5)

Philippians 4:1-9

Matthew 22:1-14

October 18th – Twenty-First Sunday after Pentecost

Isaiah 45:1-7

Psalms 96:1-9 [10-13] (7)

1 Thessalonians 1:1-10

Matthew 22:15-22

October 25th –

Twenty-Second Sunday after Pentecost

Leviticus 19:1-2, 15-18

Psalms 1(2)

1 Thessalonians 2:1-8

Matthew 22:34-46



October 20th — Joy Herrera

October 23rd — Carol Johnson

October 28th — Astrid Mathison

October 28th — Connie Osthus

Meeting will be via Zoom

6 pm on Tuesday,

October 20th

**CHURCH
COUNCIL**

Income: \$7,364.75

Bills paid: \$5,893.72

**FINANCIAL
REPORT**

Thank you to all who give of their time, talent and treasures to the mission of Zion. Many years ago we created a mission statement. It has not changed. To celebrate and share the love of God in our neighborhood. And who is our neighbor? Something to consider as we settle on a budget for 2027.

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!

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.

Every Thursday

Except holidays

Zion
Community Meal

5 - 8 pm

Every Tuesday & Thursday
except holidays



We feed us!

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



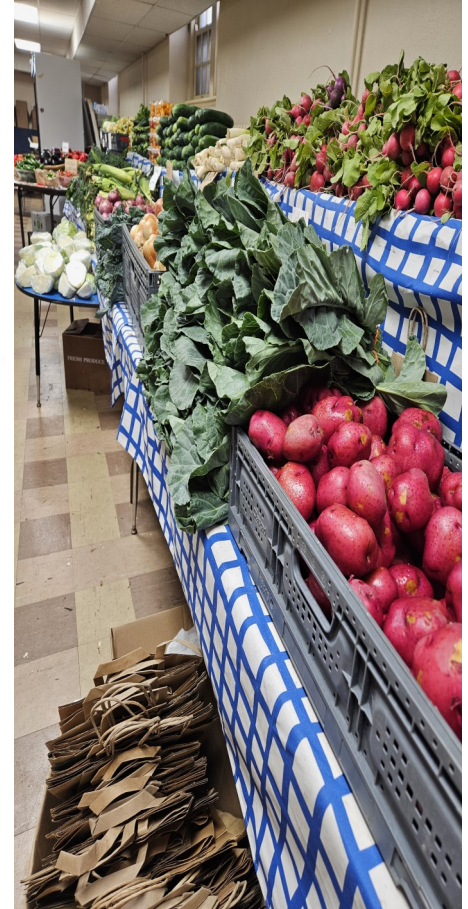
- QR code to Zion Lutheran Church via VENMO

Zion Lutheran Church
@zionlcmidway



venmo

Scan this code to pay



arts on lafond

October Events

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

Thursday, October 8 7pm Experimental Jazz on Lafond

JC Sanford, trombone/effects;
Anthony Cox, bass; Dean Granros, guitar

Tickets \$15; \$10 for students

https://www.instagram.com/kevinrhys_mn/



Sunday, October 11 4pm Guitar Series ~ SaMa Duo

Maja Radovanlija, guitar ~Sara Pajunen, hardanger d'amore & voice
weaving together classical, folk & improvisation
influenced by the music of the Balkans and Northern Europe

Suggested donation \$15-20

<https://www.sarapajunen.com/samaduo>



Saturday, October 17 9:30am-12:30pm
Diamond Approach Series

Exploring True Nature in Nature: Stepping onto a Path with Awareness

<https://www.diamondapproach.org/event/midwest20261017>



Sunday, October 18 5:30pm New works for Guitar

Alvaro Henrique & Sara d'Ippolito, classical guitar

All donations benefit the Guitar Series

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

<https://alvarohenrique.com/en/>



sound bath meditation
a powerful sound immersion experience

Tuesday, October 20 7pm Soundbath with Marc Anderson

Suggested donation \$15-20

<https://www.marcanderson.org/>

Saturday, October 24 5:30pm 60 years of Hanging Loose Press

~ championing the work of authors marginalized by mainstream publishing

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



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

THURSDAY, OCT. 8, 7:00 PM
ARTS ON LAFOND - 1697 LAFOND AVE, ST. PAUL, MN 55104

IG: KEVINRHYS_MN

JC SANFORD TROMBONE/EFFECTS
ANTHONY COX BASS
DEAN GRANROS GUITAR

\$15 AT THE DOOR | \$10 STUDENTS | CASH, CHECK, VENMO, PAYPAL | NO WHEELCHAIR ACCESSIBILITY

EXPERI-
MENTAL
JAZZ
ON
LAFOND

SaMa Duo

~ influenced by music of the Balkans and Northern Europe

arts on lafond

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

4pm Sunday October 11, 2026



The 2026-27 Guitar Series is sponsored in part by the Augustine Foundation

Suggested donation: \$15 - 20

Thank you for your generous support!
All donations benefit [Arts on Lafond](#).



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

Interested in hosting community meetings, gatherings, or events
in our space? Contact artsonlafond@gmail.com

In **SaMa Duo**, melodies and musical gestures inherited from various traditions and cultural geographies weave together through hardanger d'amore, classical guitar, and voice. With shared foundations in Western classical, folk, and experimental improvised music, Sara Pajunen and Maja Radovanlija approach both oral traditions and composed music not as something fixed in the past, but as living material carried across generations and borders. Drawing specifically on the sounds of Northern Europe and the Balkans, their performances move fluidly between inherited and newly created material, opening the forms to improvisation and transformation.

Pajunen and **Radovanlija** have been performing together for the past two years, developing a distinctive musical voice that brings the distinctive sounds, rhythms, and melodies of their respective musical and cultural roots into dialogue. Radovanlija, born in Belgrade, grew up immersed in the musical world of Serbia and the wider Balkans before continuing her musical life in Central Europe and the United States. Born into the immigrant culture of Minnesota's Mesabi Iron Range, Pajunen's work is rooted in her Finnish and Slovenian ancestry and an ongoing exploration of sound, landscape, and cultural memory.

SaMa Duo is rooted in the meeting of musical lineages shaped by different histories, migrations, and landscapes. What emerges is music suspended between memory and invention—reshaped through listening, and transformed through encounter.

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

* No wheelchair accessibility.



THE DIAMOND APPROACH®



Exploring True Nature in Nature: Stepping onto a Path with Awareness

October 17, 2026

09:30 am - 12:30 pm

St Paul, Minnesota

With so much to do and so much internal and external noise, what helps us to settle and simply be? What happens when we step onto a path - in nature or within ourselves?

Join us in this half-day workshop to explore how the natural world impacts and reflects our inner nature through the lens of the Diamond Approach. Our time together will consist of short introductory teachings, interspersed with experiential explorations and inquiries while on the grounds of Newell Park in St. Paul (about a half-mile from Zion Community Commons where we will begin and end). With the natural world as our container, we will explore our true nature in nature with awareness, curiosity, and kindness.

- Bring water, snacks, and whatever you like to have with you in nature.
- Wear clothing appropriate for the weather. We will be indoors and out.

Open to the public and anyone interested or already involved in the Diamond Approach.

No previous experience with the Diamond Approach is necessary.

Location

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

Cost

Free Will Offering

Register

To RSVP, use the 'register here' button at this link: [HERE](#)

Led by Diamond Approach Teachers Kip Dooley and Kara Vangen

Kip Dooley was trained as an educator with a degree in Psychology. Their career has involved teaching youth of all ages a variety of subjects including psychology, children's literature, and world religion. Kip joined the Midwest Diamond Approach in 2007 and was ordained as a Ridhwan Teacher in 2024. They have been helping guide "Diamond in the Rough" wilderness trips for the past four years. In addition to these journeys of love, Kip enjoys year-round commuter biking, Tai Chi, community singing, poetry, and growing a home with their partner, Maren.

Kara Vangen is passionate about the inner journey of discovering what is true and essential in us, and about how that understanding can transform the way we live, relate, and participate in community. She has been a student of the Diamond Approach for 30 years and has been an ordained Diamond Approach teacher since 2016. She is currently part of the teaching team for two Diamond Approach groups in the Midwest. Her work with others is grounded not only in the Diamond Approach, but also in her training and experience as a therapist and clinical social worker, as well as her many years as a guiding teacher in the Cauldron studies program, which centers spiritual practice in nature. Kara is a certified Forest guide and has a long-standing spiritual practice rooted in a deep relationship with the natural world. She is continually struck by the way the changing cycles of nature can mirror the unfolding of our own souls—the seasons of growth, change, letting go, and renewal.



sound bath meditation

a powerful sound immersion experience

Tuesday 7pm

October 20, 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

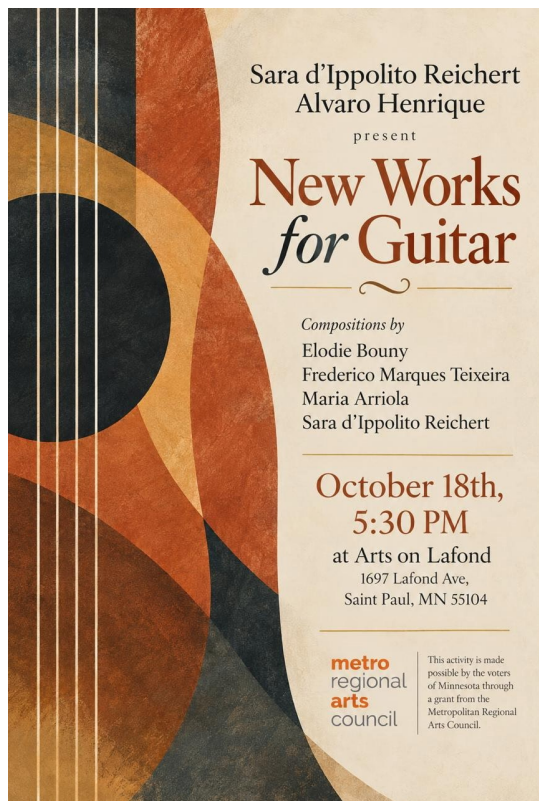
The Urban Monk Project is a non-profit organization dedicated to re-imagining the narratives and structures we use to wake up to our original nature and unbounded freedom.

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

Sara d'Ippolito Reichert
Alvaro Henrique
present

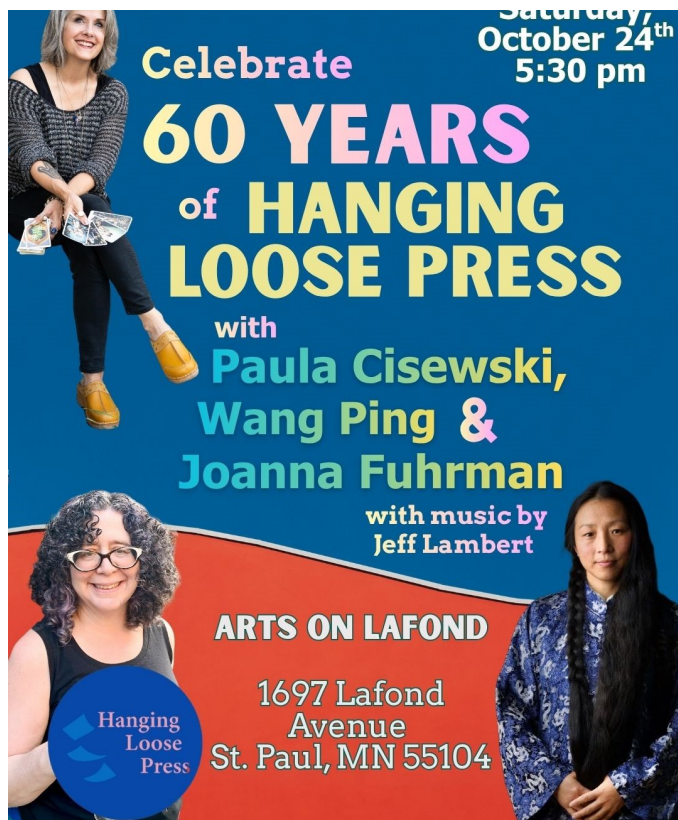
New Works for Guitar

Compositions by
Elodie Bouny
Frederico Marques Teixeira
Maria Arriola
Sara d'Ippolito Reichert

October 18th,
5:30 PM
at Arts on Lafond
1697 Lafond Ave,
Saint Paul, MN 55104

metro
regional
arts
council

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council.

Saturday,
October 24th
5:30 pm

Celebrate
60 YEARS
of **HANGING
LOOSE PRESS**

with
**Paula Cisewski,
Wang Ping &
Joanna Fuhrman**

with music by
Jeff Lambert

ARTS ON LAFOND

1697 Lafond
Avenue
St. Paul, MN 55104

Hanging
Loose
Press



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-8 pm— Community Meal & Market	2	3 9 am –3 pm-- Kitchen deep clean
4 10:00 am— Zion's Worship & on Zoom Fellowship time after service	5	6 5—8 pm — Community Meal & Market	7	8 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-8 pm— Community Meal & Market 7 pm — Experimental Jazz Series	9 5-9 pm — Food & Wellness Fundraising Dinner	10
11 10:00 am— Zion's Worship & on Zoom 4 pm — Guitar Series	12	13 5—8 pm — Community Meal & Market	14	15 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-8 pm— Community Meal & Market	16	17 9:30 am— 12:30 pm — The Diamond Approach Series
18 10:00 am— Zion's Worship & on Zoom 5:30 pm — New works for Guitar	19	20 5—8 pm — Community Meal & Market 7 pm — Soundbath with Marc Anderson	21	22 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-8 pm— Community Meal & Market	23	24 5:30 pm — Celebrate 60 years of Hanging Loose Press
25 10:00 am— Zion's Worship & on Zoom	26	27 5—8 pm — Community Meal & Market	28	29 11:15 am — Enneagram via Zoom 1-3 pm — Food & Wellness Program 5-8 pm— Community Meal & Market	30	31 Halloween 