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Easter Egg Hunt & Party

Saturday, March 31 | 10:00 a.m.

The Early Childhood Ministry Team is hosting the annual Easter Egg Hunt and Party. Join us for snacks, music, crafts, stories, and a good old fashioned Easter Egg Hunt. We'll be making Easter baskets, but if you'd like to bring your own feel free to do so. This event is geared towards the very littlest of toddlers to middle elementary age (3rd/4th grades) children.

The Resurrection of our Lord

Sunday, April 1 | 8:15 a.m. & 10:45 a.m.

With jubilant music and praise we celebrate Jesus' victory over death and the grave with the return of the "Alleluias", Holy Communion, and the good news of the Resurrection.

Easter Breakfast = Books for Kids!

Sunday, April 1 | 7:30 a.m.-10:30 a.m.

Join us for a full Easter Breakfast. The menu includes: pancakes, scrambled eggs, sausage links, fruit, homemade baked-goods, milk, juice, and coffee. This youth fundraiser will help to purchase new books for students in Houston, as a part of the Book Drive that's happening at the Youth Gathering this summer! If you're unable to attend the Easter Breakfast but would like to make a donation, checks can be directed to Zion Lutheran (memo: BOOK DRIVE) and delivered to the church office. Thanks for your support!

Butterflies and Noisy Offering

During the season of Easter, we celebrate our new life in Christ. Zion is joining congregations from across the SEIA Synod in supporting ELCA Water projects throughout the world. And as children come forward to participate in the noisy offering, they will receive butterflies as a sign of new creation. Some of these butterflies will find a home in our sanctuary and continue to increase in number as we move through the seven weeks of Easter. Other butterflies will travel home with the children and remind them of the new creation they are becoming because of Christ.

High School Senior Recognition Sunday

Sunday, April 29 | 8:15 a.m. service

It's hard to believe, but high school graduation is just around the corner! Graduating seniors and their families are invited to worship on **Sunday, April 29 at 8:15 a.m.** for a special recognition and "sending" blessing. As our seniors prepare for graduation and new adventures, we send them on their way with love and prayers from the people of Zion. Following the worship service, please join us in the Parish Hall for a reception honoring our 2018 graduates.

If you have a high school senior, you'll be receiving more information very soon. In the meantime, if you have questions, please contact [Maggie Atkinson](#), or [Pam Cantrell](#).

From the Interim Pastor

Members and Friends of Zion Lutheran Church,

First, I just want to take this opportunity to thank you for the warm and gracious welcome so many of you have extended to me as I begin my work here as your Interim Senior Pastor.

One question that many of you have asked me is “are you commuting or are you staying here in town”? The answer is that Zion is providing an apartment in Coralville. I typically come over from my home in West Des Moines on Tuesday and return home on Sunday. My wife, whose name is Paula Connolly, works in Central Iowa, and we have one son at home with us.

One personal thing you might want to know is that Paula and I are preparing to move into the City of Des Moines later this month. We will close on a house on April 26, which happens to be my birthday. The house is located in one of the historic districts of the city, and we are excited to be making the move. This means that I will likely be away the last week of April to facilitate the move.

I have been an interim pastor for almost 20 years now. When I begin a new assignment, I focus on trying to learn everything I can about the congregation. In this particular setting, I have been trying to learn how it is going with the implementation of your strategic plan, and I have been spending a lot of time getting to know your staff.

I’m also enjoying getting to know your city. There are a lot of places to go and things to do here!

In the coming months, I will likely use this space to share what I am observing in the congregation as you move through this time of transition between Senior Pastors. But for now, I just want to say thank you for having me along for the ride.

In Christ,
Duane E. Miller
Interim Senior Pastor

This Present Moment

Sometimes in worship, I wish all of you could sit where I do up in the chancel. As I write this near the end of Lent, it especially provides a unique perspective. On the left side of the chancel, the wooden cross towers over me. I literally must peer through the lilac branches surrounding it to look out at the congregation. In itself, that seems like a rather theological statement to me. The cross of Christ stands at the center of our life together. I can only see others with Jesus also in view.

On the 5th Sunday in Lent, I noticed something else of interest from my vantage point. The lilac branches on the front side of the cross were coming to bud and flower while the branches on the back side of the cross were slower in their development. I assume that Sue Schmidt and Rose Fisher astutely arranged the branches in this way to form the most attractive display to the congregation. However, this occurrence too seemed theologically significant to me. During this season of Easter, it reminds me of the new life we have in Christ. On the front side of the cross, the new life is clearly evident like a bud coming to flower. On the back side of the cross, the new life is coming, but we will have to wait to see it in its fullness. Our new life in Christ is both here now and, at the same time, not yet what it will be.

For us, as a congregation, there are clear signs of the new life bursting forth around us. Our music and worship lifts our hearts in praise to God. Children and adults are growing in faith and relationship with one another through Sunday School, Bible studies, choirs, ministry teams, and the many opportunities we have for service and fellowship. Solar panels soon will be installed on the roof of our church. And our new life in Christ bursts forth in the many ways that I witness your care for one another.

In other aspects of our life together, the new life is coming, but we must wait to see it in its fullness. Our call committee is hard at work prayerfully listening and gathering feedback from the congregation as they discern who God is calling to be our next senior pastor. Yet this process most likely will extend through most of 2018. Fifteen of our high school youth will be traveling to Houston for the National Youth Gathering in July, but the impact of this experience on their faith may not be fully known, even to them, for years to come. Zion joined the newly formed Johnson County Interfaith Cluster in January to work for racial and economic equity in our community. This group has already taken action on local racial issues, but there is so much more to come. As Zion's group receives more training, partners with other religious groups, and shares this learning with the congregation, this experience will change our awareness of white privilege and make a difference in the community in which we live. New Life at Zion and in the body of Christ as a whole is always now and not yet. This Easter look for these signs of new life bursting forth all around us, but also know there is far more new life to come.

-Pastor Lutz

Congregational Happenings

Message from the Council

Ken Fate, Council President

Here are some highlights from our Council meeting of March 13th, 2018:

Following devotions we took some time to thank Pastor Lutz on Tuesday night. As you are aware pastor had been serving our congregation without a senior pastor two and one half months. As a council, representing the congregation, we took some time to thank her for her hard work by giving her a thank you card and bonus for her efforts.

Upon approving our secretary's and treasurer's reports we heard from Steve Panther. Steve shared some information about Bread for the World. In particular, how we at Zion can become a Covenant Church. In essence there are three things that we would need to do in making this commitment:

1. Pray- observe Bread for the World Sunday and focus on hunger concerns through prayer, worship, stewardship, and educational activities.
2. Act- Participate in Bread for the World's annual Offering of Letters and engage in ongoing advocacy for an end to hunger.
3. Give- Make an annual financial contribution to Bread for the World, support local anti-hunger efforts and our wider church's hunger programs. The council supported becoming a Covenant Church with Bread for the World.

There are still two openings for Lutheran Campus Ministry Board. If you are interested in this please contact the church office. This is an important ministry that Zion has always had connections with.

The Equip Personnel team has developed a charter. This charter was shared by Diane Baumbach, team chair. She took questions from the floor and it was adopted as presented. This team will provide guidance to the church council

on matters of employment relationships and policy. The Equip Personnel team is in the process of finding three members to begin its work.

It was noted that we are in the final stages of getting the contract approved to start the Solar Panel Project. Suggestions by the property team as well as others have been submitted for inclusion. Thank you to Michael Kennedy who has given us oversight on this contract that is so important on a project as large as this. We also thank Dave Gosse for continuing to network with all parties on this endeavor. Eagle Point should be providing us with the contract for council approval soon.

Kairos Mission Updates:

Equip Ministry: Ken shared request from Equip Ministry co-chair Gene Knutson. The council discussed the request which involves developing best practices for seeking and selecting volunteers. This involves studying past processes as well as developing suggestions for new procedures. Amy Little will be networking with this team as they study recent initiatives.

Worship: Phyllis Chang noted that the worship team is going to meet with the Youth and Family Team to discuss things for future worship services.

Pastor Miller reminded us that the Call Committee has as its first task to complete a site ministry profile. He also noted he has been meeting with all staff members to develop rapport. Finally, he shared some information from the writings of Susan Beaumont about church size and how that affects challenges related to growth, the pastor's role, staff, council and assimilation in the church. He will be sharing more about this in the near future.

In closing, I would like to wish you and your family a joyous Easter season.

Congregational Happenings

Message from the Treasurer

Ed Scheetz, Treasurer

Income and Expenses fell back to normal levels in February. Expenses will jump when we spend the Lambo School money and the Solar Panel money. Thanks to everyone who participated in these projects.

	Feb-18	YTD 2018	% BUDGET
Income	88,441	251,259	23%
Expense	78,237	173,283	16%
	Feb-17	YTD 2017	% BUDGET
Income	106,875	200,037	19%
Expense	72,490	191,757	18%

Membership Updates

Birthdates

Lorraine Turnipseed (2), Dick Turnipseed (5), Hazel Wenmen (5), Bea Beyerhelm (8), Orville Nelson (13), Shirley Hassman (16), Betty Sternitzke (19), Verla Williams (28), Helmut Arnold (29),

Baptisms

Edward Andrew Smith, baptized March 31.
Parents are Andrew and Hayley.

Wynnifred Elizabeth Ahlers, baptized March 31.
Parents are Ryan and Lynn.

Trista Jennings, baptized March 31.
Parent is Samuel Jennings.

New Member Sunday = Name Tag Sunday | April 22

New members will be received on Sunday, April 22. Everyone will be invited and encouraged to wear a name tag that day. The beautiful hand made name tag carousels will be in the Narthex so make an effort on New Member Sunday (Name Tag Sunday) to pick up your name tag from the carousels. Blank name tags will be available for anyone to make a name tag on the spot.

If you like to use your name tag regularly, pick it up from the carousel and either take it with you or leave it at the Welcome Center.

Saying Good-Bye to the Annual Zion Plant Sale

Thank you to all for your support and kind words about the plant sale. After many years, our supplier has decided to retire, which left us with a lot of questions on how to proceed. In looking for alternatives, we came to the conclusion that this might be a good year to "sunset" the sale. It was not an easy decision, but seemed to be the best one for us. Again, thank you so much for all your support for so many years.

~Clarice Faber

Worship Assistants Always Welcomed

It takes a community...

On any given Sunday there are 18-24 volunteers (in addition to choirs and musicians) who help to make worship happen – ushers, worship coordinators, communion assistants, sacrament coordinators, lectors, and prayer petitioners. Interested in serving in this area? Contact [Mary Merulla](#). It takes a community!

Worship Happenings

Worship Highlights for April 2018

The Resurrection of our Lord – April 1

- Saturday 3/31 – Easter Vigil, 4:00 p.m.
- Sunday 8:15 a.m. & 10:45 a.m.
- The Return of the Alleluias
- Easter Breakfast between worship services

2nd Sunday of Easter – April 8

- Saturday 5:15 p.m., Sunday 8:15 a.m. & 10:45 a.m.
- Noisy Offering & New Life Butterflies
- Holy Baptism of Wyatt Scott Webb (8:15 a.m.) & Baylor Hansen (10:45 a.m.)

3rd Sunday of Easter – April 15

- Saturday 5:15 p.m., Sunday 8:15 a.m. & 10:45 a.m.
- Noisy Offering & New Life Butterflies
- Blessing of Quilts for Lutheran World Relief

4th Sunday of Easter – April 22

- Saturday 5:15 p.m., Sunday 8:15 a.m. & 10:45 a.m.
- New Members Received/Name-Tag Sunday
- Noisy Offering & New Life Butterflies

5th Sunday of Easter – April 29

- Saturday 5:15 p.m., Sunday 8:15 a.m. & 10:45 a.m.
- Noisy Offering & New Life Butterflies
- Milestone Ministry – Blessing of High School Seniors (8:15 a.m.)

Music Schedule for April 2018

Sunday, April 1 (Easter Sunday): Senior Choir; Zion Brass

Sunday, April 8: Musical Ensemble: Charles Velte, Anita Mischuk, Barb Michaelson, Chuck Michaelson; Zion Flute Choir

Sunday, April 15: Kleiner Chor; Zion Bell Choir

Sunday, April 22: Senior Choir

Sunday, April 29: Zion Youth Choir (Final Sunday); Zion Brass

Final Sundays for the Choirs

During April and May Zion's choirs will have their final time to sing or play in church before their calendar break. The Zion Youth Choir's final Sunday will be Sunday, April 29. We will be saying "goodbye" to our special seniors: Lindsey Parrott, Lauren Aird, Meleah Chang and Bridget Brown. These young people have made church choir part of their lives, many of them since they were Cherubs! We wish them God's blessings as they move on to pursue their vocations.

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter Sunday 7:30a Easter Breakfast Begins 8:15a Worship 10:30a Easter Breakfast Ends 10:45a Worship	2 Office Closed	3 6:30p Bell Choir 7:00p Flute Choir 7:00p Global Missions Team	4 6:30a Men's Bible Study 8:30a Shalom 9:00a Quilt-tiers 9:45a Staff Meeting 5:30p Cherub Choir 6:00p Junior Choir 6:45p Confirmation	5 6:30p Senior Choir 8:00p Brass	6 7:00p Jr. High Fun Night	7 9:00a New Member Class 1:00p Meals for the Heartland @ Holy Trinity 5:15p Worship
8 8:15a Worship 9:30a Fellowship/Learning 10:15a Youth Choir 10:45a Worship 4:00p Free Lunch Prep	9 9:30a Moms Meet-Up 11:00a Free Lunch 7:00p Stephen Ministry Team	10 10:00a Prayer Shawl Team 5:30p Men's Ministry Team 6:30p Council 6:30p Bell Choir 7:00p Flute Choir	11 6:30a Men's Bible Study 8:30a Shalom 9:00a Quilt-tiers 9:45a Staff Meeting 5:30p Cherub Choir 6:00p Junior Choir 6:30p Journeymen Bible Study 6:45p Confirmation	12 6:30p Senior Choir 8:00p Brass	13	14 8:00a Men's Ministry Breakfast 5:15p Worship
15 Blessing of the Quilts 8:15a Worship 9:30a Fellowship/Learning 10:15a Youth Choir 10:45a Worship	16 11:30a Senior Singles 6:30p Youth & Family Team 6:30p Welcome Team @ Oaknoll 6:45p Women's Reading Group 7:00p Prayer Group	17 9:30a Gather Bible Study 5:00p Property Team 5:30p Men's Ministry Team 6:30p Stewardship Team 6:30p Bell Choir 7:00p Flute Choir	18 6:30a Men's Bible Study 8:30a Shalom 9:00a Quilt-tiers 9:45a Staff Meeting 1:30p Afternoon Book Club 2:00p Health & Caring Team 5:30p Cherub Choir 6:00p Junior Choir 6:45p Confirmation	19 6:00p Diversity Team 6:30p Senior Choir 8:00p Brass	20 11:30a Prime Timers	21 4:00p Caregivers Group 5:15p Worship
22 New Member Received 8:15a Worship 9:30a Fellowship/Learning 10:15a Youth Choir 10:45a Worship 1:00p Houston Huddle @ Christ the King	23 9:30a Moms Meet-Up	24 6:30p Bell Choir 7:00p Flute Choir	25 6:30a Men's Bible Study 8:30a Shalom 9:00a Quilt-tiers 9:45a Staff Meeting 5:30p Cherub Choir 6:00p Junior Choir 6:30p Journeymen Bible Study 6:45p Confirmation	26 6:30p Senior Choir 8:00p Brass	27	28 5:15p Worship
29 HS Senior Recognition 8:15a Worship/High School Sr. Recognition 9:30a Fellowship/Learning 10:15a Youth Choir 10:45a Worship	30 7:00p Stephen Ministry Team					

Learning Happenings

Meet (Franz) Joseph Haydn!

Sunday's, April 8, 15, 22 & 29 | 9:30 a.m. | Gathering Room

Having enjoyed Adult Learning sessions on J.S. Bach and Felix Mendelssohn, we now look forward to the latest presentation by Charles Velte on Joseph Haydn. Haydn was a superbly gifted Christian, but like all of us, had some flaws. Charles will explore the life and accomplishments of Haydn using video and commentary. Mr. Velte's sessions are highly informative as well as entertaining.

April Sunday School Schedule

April 1 Easter Sunday – No Sunday School

April 8 – Sunday School Resumes!

Special Delivery!

Whether your young adult is away at college, traveling, or off on some other adventure, please let us know where he or she is so that Zion may send a care package. It's our way of letting our young adults know that the people of Zion are thinking of them and wishing them blessings on their way. Care packages will be sent in late April. Submit your request online by Monday, April 16 at www.zionlutheran-ic.org.

VBS News!

Mark Your Calendar: June 18-22, 2018

Vacation Bible School is for Preschool age children through 5th grade. Please add this joyful and fun week to your family calendar as you begin planning for summer vacation.

The Preschool program, for children age 3 to entering Kindergarten, meets from **9:00 a.m. to 11:30 a.m.** Monday through Friday. Day Camp, for children completing Kindergarten through 5th grade, meets from **9:00 a.m. to 3:00 p.m.** Monday through Thursday, with a half-day on Friday. Pre-Camp care is available beginning at 7:30 a.m.

VBS is a team effort in which Ewalu counselors, Zion volunteers, parents, and campers serve together to make the program exciting and enriching. To make it all work, we'll need the help of willing volunteers:

- Teachers to plan and staff the morning Preschool program
- Junior High and High School age helpers (Kool Aids) for Preschool and Day Camp
- Adults to help plan the Day Camp afternoon program, participate in bible study, lead craft projects, prepare snacks for hungry children, and more!

Monetary gifts and donations of snacks and supplies are another way that you can help. Did you know that VBS nearly pays for itself because of the generous contributions of our donors?

Please consider supporting VBS this year with the gift of your time or a contribution. For more information, contact [Pam Cantrell](#) at 319-338-0944.

VBS Registration will be up and running very soon on the Zion website. Watch your Zion ENews or check our Facebook page for more details.

Learning Happenings

Zion Library Team Highlights The Little Free Library

The Zion Library Team recently agreed to be the Little Free Library custodians. The Little Free Library organization began in 2009 and was incorporated in 2012 as a nonprofit organization. Its mission is to “To promote literacy and the love of reading...To Build a sense of community... To build more than 2,510 libraries around the world (to surpass the number built by Carnegie)”. As of November 2016, there were 50,000 registered Little Free Libraries in all 50 of the states, and over 80 countries.



Zion’s Little Free Library origins began in 2014 when Lyn Dee Kealey proposed adding a library to the Zion grounds as an outreach tool to our neighborhood. She vetted the idea to the Zion Women’s Reading Group and they supported the idea and financed the project with the offerings they collect at their meetings. Pastor Pries asked Vinnie Wagner to present plans to the Property Team who approved them and then Vinnie built our library. Lyn Dee commissioned an artist, Holli Schneckloth to paint the library, giving her free creative license.

Our Little Free Library is on the southwest corner of Zion, and as you can see by the picture it complements the church. It is painted on the west side with covers of books geared towards older readers, and the east side with covers of books of interest to children. It is very well stocked, and thus very much used by people in our neighborhood, including staff and visitors at Mercy Hospital.

Zion Office staff accepts donations for the Little Free Library, but please feel free to “take a book, return a book” or simply take a book directly from the library!



~Kathy Penick

Zion’s Wednesday Afternoon Book Group

All are welcome.

April 18 | [The Underground Railroad](#) by Colson Whitehead

May 16 | [The Snow Child: A Novel](#) by Eowyn Ivey

Evening Reading Group

Zion’s Evening Reading Group (ZERG) will meet meeting on Monday, April 16. Come for treats and coffee at 6:45pm in the Parish Hall. Discussion of the book [AMERICAN ULYSSES: A Life of Ulysses S. Grant](#) by Ronald C. White, Jr. will be led by Sharon Hanson.

The January meeting was canceled due to the very cold weather. The group decided to discuss *AMERICAN ULYSSES* in April. We will read the book *My Grandmother Asked Me To Tell You She’s Sorry* next fall.

AMERICAN ULYSSES: The author shows Grant to be a generous, curious, introspective man and leader—a willing delegator with a natural gift for managing the rampaging egos of his fellow officers. After winning election to the White House in 1868, he used the power of the federal government to battle the Ku Klux Klan. He was the first president to state that the government’s policy toward American Indians was immoral. His wife, Julia Dent Grant, long marginalized in the historic record, emerges in her own right as a spirited and influential partner.

Youth and Family Happenings

Zion's Youth Ministry News

Maggie Atkinson is your Go-To-Gal, if you'd like more info about youth events, OR to let her know that you're able to attend!

Text/call 563.349.2313, email maggie@zionlutheran-ic.org or send a carrier pigeon!

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Confirmation Class is Back!

Wednesdays: April 4, 11, 18, and 25 | 6:45-8:00pm | Parish Hall

Parents of 8th Graders= Please joins us on April 4!

Junior High Fun Night!

Friday, April 6 | 7:00 pm

Friends and shareable snacks are all welcome!

Food Packing Event

Saturday, April 7 | 1:00 pm | Holy Trinity, North Liberty

Zion teams will be packing food bags for our neighbors, locally & worldwide.

High School Youth Group

Friday, April 13 | 6:00 pm | Zion

Supper, then games, and a service project!

Houston Huddle

Sunday, April 22 | 1:00 pm | Christ the King Lutheran Church

We're gathering with the other church groups who we're sharing a bus with to/from Houston!

High School Senior Recognition

Sunday, April 29 | 8:15 am

This special milestone will take place during Worship.

Nursery Care Options

Pop Up Nursery

Need to step out of worship with your little one? Bring your little one to the Pop Up Nursery located in the Parish Hall. You can stay & play with them there and still hear & be a part of worship. Come and go as you need too. Activities and toys for various ages are available. The Pop Up Nursery is not staffed but welcomes you to be part of the activities with your little one.

You are also welcome to use the regular Nursery on the lower level, however it is not staffed.

Nursery Care – Solutions and Possibilities?

What could the nursery care look like at Zion? Ideas range from the current Pop Up Nursery to establishing a Co-operative, to hiring paid staff. Are you interested in discussing Nursery Care @ Zion? Looking for 3 – 5 individuals to explore possibilities. Please contact [Mary Merulla](#).

What's Happening @ Zion

Women's Evening Gathering

Thanks to the many who participated in the Interest Survey. 129 people responded!

Those who are interested in organizing/leading are: Andrea Krupa, Barb Reck, Beth Noyes, Liz Maas, Johanna Tomlinson, Mandy Blau, Maggie DeZeeuw, Amy Little, Connie Brinton, Jacque Aanestad, Amber Jackson-Elwer, and Brenda Bassingthwaite. The leadership group will gather, review the survey data, and plans will develop. Information will be shared in the Piccolo, Trumpet newsletter, and in the Zion eNews.

New Member Class in April 2018

Interested in learning more about Zion membership and what that means?

Come to the New Member class on Saturday, April 7 from 9 a.m. – Noon.

Class overview:

- Worship – Why we do what we do
- On Being Lutheran – Bible & Theology
- Stewardship – What does it mean to belong to the ministry of Zion
- Engagement – Opportunities to connect, serve & grow
- Conclusion – What to expect at New Member reception

Please register for the class by contacting the office (319-338-0944) or [Mary Merulla](#).



Join Zion's CROP Hunger Walk Team!

Sunday, April 8, 2018 | 1:00 p.m.

Walk starts at 1105 Gilbert Court, Iowa City



We're going to fight hunger one step at a time. This 3-mile walk is a great family activity-- you can even bring your dog along!

There are 2 ways to join the team:

- 1) Register in person on Sundays in March at the Welcome Center. Walkers pick up a donations envelope at Zion, gather donations from friends and relatives, and turn in envelopes on April 8.
- 2) Register online at: <https://www.crophungerwalk.org/iowacityia>. Then, select the "Zion Lutheran Church" team. You can collect all of your donations online.

The Crisis Center of Johnson County receives 25% of the donations, and Church World Service takes the remaining 75% to fight hunger globally. They provide food, water, and resources that empower people to meet their own needs, from seeds and tools to wells and water systems. Questions? Contact [Ann Roller](#).

What's Happening @ Zion

Moms Meet-Up

April 9 & 23 | 9:30 a.m.

Meet-up at 9:30am. We'll meet in the Gathering Room at Zion. All stay at home parents/caregivers welcomed. Bring your kiddo if they are still home with you. If they've gone off to school on Mondays, come on your own. Friends always welcome!
Snacks for kiddos & coffee for grownups provided. Questions? Contact [Mary Merulla](#).

Men's Ministry Breakfast

Saturday, April 14 | 8:00 a.m.

Bring a friend and meet for conversation and fellowship at Zion in the lower level, Gathering Room.

Senior Singles

Monday, April 16 | 11:30 a.m.

Senior Singles will meet at Wig & Pen in Coralville for lunch and fellowship.

Prime Timers

Friday, April 20 | 11:30 a.m.

Prime Timers will meet at Café Dodici (122 S. Iowa Ave., Washington, Iowa) for lunch and fellowship. Invite "oldtimers" and "newcomers" to join this wonderful group!

Blue Zones @ Zion



Many residents living in the original Blue Zones® areas share nine healthy lifestyle habits that help them live longer, healthier, happier lives. The Power Nine® principles are the foundation of the Blue Zones Personal Pledge. The Power Nine® principles are:

- 1) Move Naturally – Walk, take the stairs, garden. Take a few extra steps in your daily routine.
- 2) Know Your Purpose - What are the things you like to do and the things you don't? Look for ways to put your skills into action in ways that will add meaning to your life and the lives of others.
- 3) Down Shift - find a stress-relieving strategy that works for you and make it a routine.
- 4) 80% Rule – A strategy that focuses on taking things out of everyday diets, instead of putting more things in.
- 5) Plant Slant - Eat a rich array of fresh fruits and vegetables, which are packed with disease-fighting nutrients.
- 6) Wine at Five -Wine has been shown to reduce the risk of heart disease, certain cancers and slow the progression of neurological disorders like Alzheimer's and Parkinson's Disease.
- 7) Right Tribe - Proactively surround yourself with social circles that support healthy behaviors
- 8) Community - Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.
- 9) Loved Ones First – Put your families first – parents, grandparents, committed long term relationships.

Interested in learning more? <https://iowa.bluezonesproject.com/>

Mental Health/Wellness

Mental Health Breakfast

Saturday, April 21 | 9:00 a.m.

Please join us at Zion Lutheran Church for another in the series of presentations and discussions on mental health:

"Depression With a Capital D, More than Just Sadness"

Jess Fiedorowicz and Amanda Miller will discuss mood disorders and distinguish them as a medical condition and distinct from the normal human emotion of sadness. We will review the how the diagnosis is made, how common the condition is, variations in course of illness and potential complications. Dr. Fiedorowicz is the Director and Amanda Miller is the Program Director of the Mood Disorders Center at the University of Iowa.



Earth Day 2018

Sunday, April 22 is Earth Day. Ride your bike, carpool, walk, or drive your hybrid car to church (or use any other alternative form of transportation) on Sunday, April 22 and receive a free gift!

Here are some simple and easy tips from Earthday.org. <https://www.earthday.org/earth-day-tips/> to help you protect the earth. You can make a difference!

NAMI Walk | Saturday, April 28



1 in 5 Americans live with a mental illness and this walk raises money to help them.

Zion's Mental Health Ministry Team (MHMT) invites Zion members of all ages and their friends to participate in this year's NAMI Walk. NAMI, which stands for "National Alliance on Mental Illness" works to improve the quality of life of individuals and families affected by mental illness. NAMI provides education and support groups, sponsors advocacy, and helps to fight stigma.

The NAMI Walk is on April 28, 2018 at the Terry Trueblood Recreation Area, 579 McCollister Blvd. Check-in starts at 8:30 a.m. and the walk starts at 10 am.

There's no registration fee. Participants gather donations (in person and online) from friends and family, which will be used to fund local programs. To join Zion's team, sign up at the Welcome Center between services, or online at www.namiwalks.org/johnsoncounty, and be sure to join the **NAMI@Zion** team.

Starting April 8, we'll be signing up volunteers and accepting donations at the Welcome Center. If you want to support NAMI, but are not able to walk with us on April 28, ask Ann Roller how you can be a "virtual walker." Ninety percent of the donations we raise fund programs in Johnson County, IA.

Hope is What We DO

Thanks to the work of Peace Not Walls, the Southeastern Iowa Synod, and Geneva Lecture at the University of Iowa, many were privileged to hear the Reverend Doctor Mitri Raheb discussing the role and fate of the Christian community in Palestine. As conditions in the West Bank, East Jerusalem, and Gaza have become more oppressive, it is harder for Palestinians to conduct their daily lives without losing hope and becoming more distraught and discouraged. Dr. Raheb stressed the need for hope. Hope is not blind optimism but looking with full analysis of the situation. It is God calling all of us to be God's instruments. Raheb encouraged action through the 4 Ps: Prayer, Pilgrimage to the Holy Land, Political advocacy with our governments, and Projects, like support for Bright Stars of Bethlehem and the ELCJHL, the Lutheran Church in the Holy Land, and LWF for Augusta Victoria Hospital.

Although the Christian community has dwindled to around 2 percent of the Palestinian population, it serves a significant role, at least 20 percent, in the of the Palestinian government and daily lives of the Palestinians in the West Bank and Gaza by administering a significant portion of non-governmental organizations.

Dr. Raheb has been working to counteract the despair and loss of identity by developing programs and theology for several decades. As theologian and Pastor of Christmas Lutheran Church in Bethlehem, he has helped articulate Christian Palestinian liberation theology, which sees God as a gentle, loving God who is with people in the midst of the suffering in their daily lives. Raheb's work strives to keep hope alive. He told the story of Honey, who wanted to have girls' soccer, so Christmas Lutheran founded a women's' soccer league; Honey is now a leading figure in FIFA, and an international ambassador for peace through sports.

In December, Dr. Raheb resigned from Christmas Lutheran and renounced his option to become bishop of the ELCJL in order to devote more time to the Bright Stars of Bethlehem, a non-profit he created and has developed into a multifaceted project. Dar al-Kalima College teaches arts, job training and tourism programs, which are critical employment, as there are few opportunities to find work in Palestine. The arts programs provide a means to find work, expression, preserve Palestinian heritage, and develop a sense of direction and self-esteem when it would be possible to resort to despair and violent frustration.

At Dar al-Kalima College, the goal is to redevelop a sense of identity for all Palestinians, Christian or Muslim. Starting with just a few students, the college has a new campus and has grown to 500 students. Scholarships are necessary and cost \$4000 per year. By learning arts, communication and theater students find their voices and ability to contribute to civil society and business. One of two such stories is a young Muslim art student, Haneen, who urged visitors through several turnstiles and check points to come see her mother in an impoverished village only 6 miles away: Haneen empowered her mother and other women in the village to go to Israeli court and demand the return of solar panels, their only source of energy, taken by soldiers in the Israeli settlement above the village. Rafeed, a Bedouin Muslim art student, illustrated the concept "I was lost but now I'm found" with his senior art installation, interpreting his view of the lighted city of Bethlehem and restoration of goals.

Please link to Bright Stars of Bethlehem through their website or Facebook page and LIKE. Stories through video, writings and artwork can be found through this [link](#).

Outreach

Update on Lambo, Tanzania

As you may know, Zion sponsored a farming initiative with Empower Tanzania for the Lambo community as one means to strengthen the economy. 33 farmers signed up for the sustainable agriculture training and access to different types of crops to help mitigate times of hunger when drought conditions arise. We are happy to say that the rains have started and Amaranth is beginning to grow. 10 farms received animal husbandry training as well and received either 2 goats or 2 sheep as part of the program. We are also happy to say that all of the livestock are expecting and healthy. When individual herds grow to a stated size, the obligation to pass on live stock to the next farm down the road is in play. Over the course of 4 years, we expect the economic impact to be felt across Lambo. Thank you all for making this possible! A photo of the graduating class of 2018 is posted across from the greeting area. Please take a look at what you have done. The smiles are hard to ignore. Gratefully, Zion's Global Mission Team.

The Horace Mann Elementary Learning Nights & Food Pantry Will Open Soon

Tuesdays: April 3, 10, 17, 24 and May 1

Volunteers are needed in the following areas:

1. Work with adults in various stages of learning English.
2. Nursery to watch the little ones while their parents are in class.
3. Food pantry support including pick up and drop off, stocking shelves, taking inventory.

You need not commit to every Tuesday; just sign up for what works for you.

For more information on the **Learning Nights**, contact Jill McKay at: rjmckayic@gmail.com and Diane Hedlund at [:Drwizdom1@msn.com](mailto:Drwizdom1@msn.com).

For more information on the **Goosetown Food Pantry**, contact Meg Kiekhaefer at megkiek@icloud.com.

Contact Us

Office Hours:

Monday-Thursday
9:00 a.m.-4:00 p.m.

Friday:

9:00 a.m.-3:00 p.m.

Tel: 319-338-0944

Email: office@zionlutheran-ic.org

Website: www.zionlutheran-ic.org



<http://www.facebook.com/zioniowacity>



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Zion is a Reconciling in Christ Congregation

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