

ZION LUTHERAN CHURCH

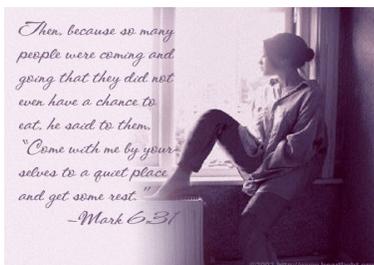
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(718) 981-3151 www.zion505.org

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Messenger



Facing Anxiety and Stress

It is no doubt that we all have had a stressful year. In the Gospel stories, it is often mentioned that Jesus goes off to a quiet place to pray, whether at the seaside or upon a mountain, Jesus takes time to commune, listen, and be with God. Many times, particularly in the Gospel of Luke, this time of communion with God is followed by a significant miracle or mission moment in Jesus' life. It also was a way that Jesus was able to focus on what purpose God had for his life.

In our busy, often rushed, rarely unplugged lives, it can be challenging to take this time to meditate, even though, it is a positive spiritual practice that is patterned for us by Jesus. It is also very practical as well, as meditation is a simple fast way to reduce stress. According to the Mayo Clinic even a few minutes in meditation can restore your calm and inner peace. The beauty is that anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment, and you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting. As we can see with Jesus, meditation has been practiced for thousands of years, and along with the benefits of stress reduction, it can help deepen and strengthen our understanding or awareness of the sacred and mystical forces around us. Here are some of the emotional and spiritual benefits to meditation:

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

Gaining a new perspective on stressful situations
Increasing self-awareness
Reducing negative emotions
Increasing patience and tolerance
Being more open to God

Building to manage your stress
Focusing on the present
Increasing imagination and creativity
Being more open to wonder

Here are some everyday ways to practice meditation.

First, don't let the thought of meditating or meditating the 'right' way add to your stress. You can make meditation as formal or informal as you like, however it suits your lifestyle and situation. Some people build meditation into their daily routine. For example, they may start and end each day with a few moments of meditation.

Here are some ways you can practice meditation on your own, whenever you choose:

Breathe deeply. This technique is good for beginners because breathing is a natural function.

Focus all your attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing. Franciscan monk, Richard Rohr once wrote, I cannot emphasize enough the importance of the Jewish revelation of the name of God. As we Christians spell and pronounce it, the word is *Yahweh*. In Hebrew, it is the sacred Tetragrammaton YHWH (*yod, he, vay, and he*). I am told that those are the only consonants in the Hebrew alphabet that are not articulated with lips and tongue. Rather, *they are breathed*, with the tongue relaxed and lips apart. In essence, the name of God is our breath, and therefore the very act of breathing is a prayer. The moment we are born, we pray God's name, and every second after, we utter that name, until our last word is also a prayer, the speaking of God.

Scan your body. When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's pain, tension, warmth or relaxation.

Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body. One simple technique is to envision breathing in the Spirit of God, and exhaling out the troubles or worries of the day.

Repeat a mantra. You can create your own mantra, whether it's a biblical verse or just repeating a phrase such as I am a beloved child of God. Examples of religious mantras include the Jesus Prayer in the Christian tradition, and the holy name of God in Judaism.

Walk and meditate. Combining a walk with meditation is an efficient and healthy way to relax. You can use this technique anywhere you're walking, such as in a tranquil forest, on a city sidewalk or at the mall. When you use this method, slow down your walking pace so that you can focus on each movement of your legs or feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as "lifting," "moving" and "placing" as you lift each foot, move your leg forward and place your foot on the ground.

Engage in prayer. Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions.

You can pray using your own words or read prayers written by others. Read and reflect. Many people report that they benefit from reading poems or sacred texts, and taking a few moments to quietly reflect on their meaning. You can also listen to sacred music, spoken words, or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or the pastor.

Focus your love and gratitude. In this type of meditation, you focus your attention on a sacred image or being, weaving feelings of love, compassion and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the image.

As you begin this journey, don't judge your meditation skills, which may only increase your stress. Meditation takes practice.

Keep in mind, for instance, that it's common for your mind to wander during meditation, no matter how long you've been practicing meditation. If you're meditating to calm your mind and your attention wanders, slowly return to the object, sensation or movement you're focusing on.

Experiment, and you'll likely find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you reduce your stress and feel better overall, and it gives us a moment to listen to God. We have a good model in Jesus to follow.

If you would like to talk more about meditation, please don't hesitate to talk to me directly.

Blessings!

Pr. John



On Sunday, May 16th, our 8:30 a.m. worship will begin worshipping Outdoors. As we did last summer, you can bring a chair, or sit in your car to listen. We will even have live music at the outdoor worship with our organist/pianist Paul Shinn providing music through an electronic keyboard.

We will also be having a special Outdoor Coffee Hour beginning that Sunday at 9:30 a.m. between the 8:30 a.m. and 10:30 worship services.



Beginning Sunday, May 16th Sunday Schedule:

8:30 a.m. – Outdoor Worship

9:30 a.m. – Outdoor Coffee Hour

10:30 a.m. – Worship in Sanctuary



Wednesday Mornings at 10:00 a.m. Weekly



Wednesday Bible Study will begin a series exploring for a few weeks, famous Sunday School stories through an adult lens. What can we learn from the Garden of Eden, Noah and the Ark, David and Goliath, Jonah and the fish, Daniel and the Lion's Den, and whatever stories you wish to explore from your days in Sunday School.

Greetings Zion Lutheran Church,

Thank you for your continued support of the ministry of Zion Lutheran Church. This past year has taught us that our faith is not only vital to our lives, but needs to be adaptable to meet the challenges of our world. This message of God's love is constant and unshakable. The vehicle that carries that message through times of crisis has been passed on from the spoken word, to print, to media, to technology, to the virtual world, and back again, but the real lives that are transformed through the Word of God begins to reshape the world for the better.

We are sharing a link below for you to make donations to support the ongoing ministry of Zion Lutheran Church through VANCO, the leading provider and host for online giving for the Lutheran Churches of the Evangelical Lutheran Churches of America. This is a secure site.

Click on the link below, and Vanco will lead you through how you can give directly to the mission of the Church.

Again, thank you for partnering with us in this important work.

<https://secure.myvanco.com/YH40>

VANCO

Blessings to you!

Pr. John Saraka





CONNECTION

Greetings Dear Community,

We are offering two opportunities for connection and prayer, both virtually and in person. This is a time to gather, and share our struggles, find support and lighten the load we carry through mutual understanding.

Wednesdays at 7:00 p.m. on Zoom, *(link provided in weekly email)*

Saturdays, 10:00 a.m. in person in the Upper Room

Please check church website and your email weekly for links and information for Wednesday evening (7:00 pm) Zoom meetings and Saturday mornings (10:00 am) in person meetings.



May Birthdays

May the Lord’s blessings continue to be with you and your family, and may His words continue to move you from strength to strength. I wish you all the best and many more birthdays to come.

Leah Abildnes	John Cayton	Lillian Jaccarino	Dawn Rhodes
Amanda Accornero	Ella Chiarulli	Claire Jakubowski	Ashley Richiusa
Cheryl Accornero	LoriAnn Chierchio	Harry Kuell	Ryan Rosenberg
Michael Accornero	James Chin	Sonja Kuell	Tara Ruggiero
Erin Amaty	Victoria Chiusano	Ruth Lake	Vincent Ruggiero
Jennifer Barrett	Bobby Cino	David Lee	Frank Russel
Kayla Bergen	Karin Costa	Steven Leslierandal	Lisa Siminson
Patricia Biunno	Ronald DaBruzzo	Ryan Macwan	Doris Spinelli
James Boardman	Anthony Luke Figueroa	Leonard Myrhol	Ernie Thorkildsen
Brittany Cabanas	David Giordano	Ian Neckin	Christine Thorsen
Debbie Capic	Deanna Giordano	Tina Pryce	Steven Torressen
Jessica Carilli	Eileen Holmes	Mark Qualben	Kristine Twaite
Nickolai Carlucci	Bruce Holmgren	Robert Retzlaff	Philip Weisberg

If we missed your Birthday or would like to add your Birthday please **email lisam@zion505.org** or **call** the church office:, **718-981-3151**.



We are looking for volunteers to make a difference in our mission: Become an usher, a reader, an assisting minister, work with the altar guild, or acolyte at Worship. These are all ways you can make a difference in the life of our community by helping create a wonderful worship experience for all. If interested in serving in any of these areas, speak to Pastor John and he will connect you with training and support. *Thank you!!!*

Operations & Finance Committee Report

May2021

Hello Zion Congregants and Friends of the Church!

Spring has sprung and along with all of nature coming alive, our church is also surging back to life!

In mid-April, we held an outdoor /indoor “Spring Clean-Up/Work Party” that turned out to be a great success. It was successful not only for the work that was accomplished but for the opportunity to come together in fellowship. Old friends were re-acquainted and new friends made. A really exciting part was the number of Zion youth that participated in the clean up. These are all positive signs for our church as a whole. I wish to thank everyone who participated and those who donated refreshments that was added to the delicious breakfast and lunch that was provided! Details to follow.



**Please note that as the attached picture was taken at the end of the Spring Clean-Up day. Unfortunately, at least 5 or 6 of the 20+ people who participated in the Spring Clean Up are missing from the picture - including the Pastor who worked until the last second before attending to another obligation.*

Spring Clean-Up/Work Party:

Members and friends of Zion met together on Saturday, April 17th for the Spring Clean-Up/Work Party. The main targets were cleaning the grounds in front of and around the main building and parking lot of all of the brush, branches, etc. that accumulated over, at least, the past year... since a Fall Work Party was not possible due to Covid. The walkways were pressure washed in addition to a gentle cleaning of the exterior of front and sanctuary portion of our facility. The garden surrounding the brick-faced Church "sign" located on the corner of Willowbrook and Watchogue Road was restored to its original condition by removing overgrown shrubs and replacing with more suitable plants to enhance our welcome sign to the community! The shrubs that were removed were than transplanted to the walkway along the Fellowship Hall (Gym). Indoors, the pews were all wiped down and "pledged," the bibles and hymnals were replaced in the pews, storage closets reorganized and work was begun on restoring the Lien Library and the Youth Room on the second floor. While all this was happening, we had a great kitchen committee working to support all of this with Martin Gignac and Stacy Olsen working to keep the troops happy and fed. We would like to return to our former practice of having Spring and Fall "clean up" work parties and we will be adding this to our yearly church calendar schedule. I am hoping to hold two or three work parties to be focused on mainly on indoor "sprucing up" and the completion of some outdoor jobs. Thanks again to all who came out to help.

Annual Report Preparation and Budget work:

Operations has engaged in a lot of work over the past year together with our Interim treasurer, James Chin, who has provided a lot of his time in order to assist the Committee find the best financial path going forward. At the moment, we are looking at a tough deficit for this year but there are some bright spots as we began to open to rentals and the investment program begins to get traction. The supporters of the church, through their time and their generous offerings have helped soften the blow of Covid, and as such we have a chance to recover. As always, we must be good stewards of the Church and its resources as we engage in continuing our mission. We are looking at the first weekend in June for the Covid timed Annual Meeting.

Fund Raiser "Pathway of Remembrance":

One of the unfilled plans the Church had in the past, was to create a memorial garden (in the sloped grassy area located between the Fellowship Hall (Gym) and the Administrative Wing of the Church) looking out to the parking lot. A fundraising idea was recently proposed and accepted by both the Operation and Council Boards to look into creating a "**Pathway of Remembrance**" featuring commemorative bricks which would be offered to members and friends of Zion. The goal of this proposed project would be to help support the upkeep of the Church property and to go forward with the long ago proposed memorial garden. This is still in the investigative stage and more on this subject will be reported in the near future.

Zion Sound System:

A portion of the unrestricted memorial funds will go to help pay for a new sound system in the church. As our world has changed, and online streaming of church services is now a norm and not a luxury, we are looking to create a formal system of cameras and microphones tied into the new system. This would allow for a clear crisp sound over the internet and seamless transition of video. We are currently (approximately) \$7,000 short of this goal, but we are looking to do some fund raising and try to find the funds to move forward on this. If there are any questions in regard to the upgrading of our sound system and online streaming capabilities, please feel free to call me at 917-902-1871 or give the Pastor a call. Either one of us can share in more detail the hope of this program.

In door Church service:

We have reduced the "blocked off" sections of the pews to every other pew. This will allow greater potential attendance at our in-person services.

Parking lot repair work:

We will begin to do temporary repairs to the parking lot, and hopefully with our fundraising efforts, we can begin to explore repaving the parking lot in the next year or two.

Contract negotiations:

We have been working to renegotiate the copier and phone contracts the Church currently has. We have managed to get a \$4,000 a year savings on the copier contract which will result in a \$12,000 saving over the next three years. We have not had success yet with the phones, but we will continue to explore options.

Count Committee Volunteers Needed:

The count committee is a very important subcommittee of Operations. In following the ELCA's best financial practices for Congregations, this committee exercises good stewardship and care of the resources entrusted to them for accounting purposes of the financial intake part of the church. As such we are looking for volunteers who may be willing to serve or to be "alternates" and as such learn how the count committee works. Lillian Eidhammer heads up the count committee. If you are interested in participating on this committee, please contact myself or the Pastor to learn more.

Again, I wish to thank everyone in the congregation for your continued support, especially during this long and difficult "Covid" year "plus" that we have all had to deal with. Special thanks to Pastor John who has filled in and covered for so many of the jobs that some of our usual volunteers were unable to fulfill. We all pray together that come September life will be a little more normal and our regular programs can be scheduled once again.

Respectfully submitted.

David Thorsen

Operations and Finance Chairman

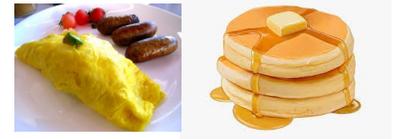


June 6th, 2021

All reports need to be submitted by May 10, 2021, please email lisam@zion505.org.

Please call church office for hardcopy of report they will be available by mid-May

Zion's Pick Up Breakfast



Breakfast will be, pancakes, an omelette and sausage, packaged to go. Serving times will be from 8:00 am to 9:00 am. Our next breakfast will be on Wednesday, May 5, 2021.

The Zion Breakfast has historically been a 3-dollar donation to help pay for the cost of goods. Donations are appreciated but not mandatory. If you are interested in picking up a breakfast, **please call Lisa Mazzone at 718 981-3151 or email lisam@zion505.org to sign up and reserve your breakfast.**

“Tablet” Pilot Program

As we have moved into the world of being able to stream our services and have interactive online bibles studies, it has become apparent that some people may not have the best access to these services. Dave Thorsen approached the pastor with an idea to get a program going to get computer “tablets” to seniors and those in need so they can take part in our activities virtually. The pastor thought this was a great idea. After this initial discussion, we were able to reach out to Mike Jakob (our insurance agent from Carrier Insurance Company) with our idea to get a pilot program going. Mike has generously donated a total of 6 “tablets” to the church. In addition, we have two “tablets” (that we were able to re-purpose from the suspended preschool program) which allows us to offer 8 tablets to start off with. If this program is successful, we hope to be able to raise funds to expand it. If you are interested in receiving a “tablet” to be part of this pilot program, please contact Pastor John so he can add your name to the list. We hope to begin this Pilot Program by the end of February.



Calling all 7th and 8th graders; if you haven't made your Confirmation and are ready for classes, contact Pr. John immediately, as Confirmation Class will begin soon.



First Communion Celebration



Christian William Kranzke Maya Perciballi Michael Ruggiero
Jayden Soto David Villamarin Sofia Villamarin



Sundays, 8:30 a.m. Sanctuary

(in person worship or virtual live stream)

Sundays, 10:30 a.m. in Sanctuary

(in person worship or virtual live stream)



Beginning Sunday, May 16th Sunday Schedule:

8:30 a.m. – Outdoor Worship

9:30 a.m. – Outdoor Coffee Hour

10:30 a.m. – Worship in Sanctuary

Virtual Bible Study



*Bible Study, Wednesday, 10 a.m. in person and virtual.
We are exploring Sunday School stories.*

Please look for the invitation in a blast on Tuesdays.

Zion Lutheran Church Contacts

Rev. John Saraka	Pastor	pastor@zion505.org
Lisa Mazzone	Administrator	LisaM@zion505.org
Sandra Mormile	Council President	presidentSM@zion505.org
Donald Thorsen	Council Vice Pres.	vicepres@zion505.org
James Chin	Treasurer	treasurer@zion505.org
David Thorsen	Council Secretary	secretary@zion505.org
David Thorsen	Operations Chair	operationsDT@zion505.org
Joe Bruzzese	Faith Form. Chair	blueblazer10314@aol.com



Please contact Lillian Eidhammer to purchase ShopRite gift cards
cell phone: 347-277-2630 or
email: eidhammer8@aol.com



In Loving Memory

Sally Ann Lorentzen

April 3rd, 2021

Marilyn Rehm

April 6th, 2020



Amanda Abdelmessih, Daniella Abdelmessih, Peter Abdelmessih, Sr, Debbie Agrell, Family of Diane Andersen, Elna Ballarino, Dennis Bell, Larry Bianco, Charles Bilezikjian, John Buttermark, Kurt Carlsen, Angelina Rose Carlson, Connie Chorman, Frank Chorman, Carmen Cogna, Michael Curley, Mildred Curley, Marg Dellacotto, John Dellacotto, Lois Deland, John Demeter, Billy Durney, Lillian Eidhammer, Stephanie Fergersen, Rosie Fitzsimmons, Martin Gignac, Mary Gilligan, Carmela Giordano, Kolbrun Giordano, Christa Gutheil, Dorothy Hatibov, Linda Herman, Bruce Holmgren, Pastor Lauren Kirsh Carr, Linda Klein, Jessica Lew, Bunny Lewand, John Lewand, Jaime Light, Anna Lisk, Barbara Mak & Family, Judith Minenno, Janet Miseri, Gerd Molton, Carolyn Ligon, Anne O'Halloran, Daniel Olson, Ole Olson, Meghan Ortega & Family, Monica Peter, Thomas Pezzengrilli, Marina Rebmam, Skip Rehm, Richard & Linda Reinhartsen, Connie Retzlaff, Joan Roitzsch, Joann Ruggiero, Peter Ruggiero, Hap and Ingrid Russell, Anita Russo, Patrick Russo & Family, Lisa Salberg, Abraham Isaac Saraka, Judith Saraka, Kathy Schulz, Joli Steinberg, Catherine Tuppatsch, Corine Urciuoli, Ronnie Urus, Frances Vassallo, Michael Vassallo, Joe Virga, Matthew Virga, Nancy Virga, Rachael Villamonte, Fred & Sue Vokral, Jack Vokral, Jenna Warmbier, Lisa Whalen, Nicole Wildes, John Wisniewski, Richard Wisniewski, Jane Yelacic, Joan Yuskevich

Dear Prayer Circle members please remember MaryAnn, Wilhelmina, Juli Musgrave, and Minnie Bubeleh in your prayers.

To all who have been infected or in contact with COVID 19



ZION LUTHERAN CHURCH

505 Watchogue Road, Staten Island, NY 10314

MASK REQUIRED – SOCIAL DISTANCING REQUIRED

ZION LUTHERAN CHURCH will sponsor a Spring Craft Fair.

June 12th, from 10 am to 3 pm. Rain date: June 19th, 2021

Zion will supply – a 10 ft. space on our lawn

Vendor will supply – Table, chairs, tent – (if desired).

Vendor Fee - \$40.00 per 10-ft. space. The fee will go to the church.

Please:

1. Complete the form on the bottom of this page
2. Tear off the form and include it in an envelope with your check made payable to
ZION LUTHERAN CHURCH
3. Mail it to Margaret Sallemi, 37 Orange Avenue, Staten Island, NY 10302 by June 1st.

Spaces will be on the church grounds.

Set up time begins at 8:00 am the day of the sale. Please be set up by 9:30 am. You must park on the street, as the parking lot will be reserved for customers. Please do not break down before 3:00 pm. Customers coming late will be disappointed if they see the vendors packing up.

If you have any questions, Margaret Sallemi can be reached at 718-727-1158

-----CUT OFF AND LEAVE WITH CHECK-----

I agree to rent a space at ZION LUTHERAN CHURCH'S Spring Craft Fair for a cost of \$40 per space.

I agree to be set up by 9:30 am and not break down before 3 pm.

I agree to park on the street and not in the customer parking lot.

My name: _____ My address: _____

Number of tables: _____ Amount enclosed: _____

Merchandise description: _____

Telephone No.: _____ Email: _____

Signature: _____ DATE: _____