



# GOOD TIDINGS FROM ZION

## Go and...be intentional



This month's Go and...theme is Go and be intentional.

Being intentional is one of those “pop psychology” ideas that has become trendy. Nonetheless, I think it can be helpful in a couple of ways.

The first is to be intentional about your faith practices. Setting aside time for Bible reading, prayer, meditation, a meditation in nature, or whatever your practice is will make it more likely to happen. Schedules get busy, and our plans can fall by the wayside.

And sometimes we simply waste time, which brings us to another helpful thing about being intentional. If you get to the end of the day and feel like you've wasted it watching TV or scrolling through your phone, a little intentionality might help. Maybe you turn off the TV and set a timer for an hour to do something else – read a book, call a relative or friend, go for a walk.

For those whose wasted time involves a computer or mobile device, there's a cute app my daughter introduced me to. It's called *Forest*. On the app, you plant a seed then set a timer. If you leave the app to look at Facebook or Instagram or Tik Tok or a game, or whatever, your tree dies. You get coins for a certain number of trees you grow. Then you can turn those in, and the company will plant a real tree somewhere. It's a cute way to be intentional... for yourself and ultimately for the planet.

Or how many car trips do you make mindlessly? Can you be more intentional about consolidating trips, so you use less gas?

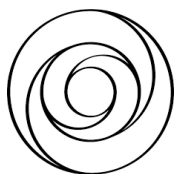
Maybe the most important way for busy families to be intentional is to really take stock of all the things that use up your time. If you're frantically going from one activity to another, is it time to take a look at what gives the most value? Are there things you could cut out and be more intentional about the ones you keep?

The areas of your life which could be more intentional are many. Don't get too obsessed with focusing on goals. Not everything has to have a goal. Maybe your intention is going to be to sit on the patio on a nice spring day and let your mind wander. That's a different sort of intentionality. You're not accomplishing any particular goal, but you are intentionally taking time to tune out for a while.

So, what do you want to be more intentional about?

In Christ,

*Pastor Kris*



## Seeking the Spirit By Virg Unverferth

Compassion is a concern for the sufferings of others. Self-compassion is concern for your own well-being. We just finished the season of Lent which can sometimes lend itself to more individual reflection and spiritual practice and I hope you took some time for that. Bethlehem showed compassion for those living on the margins as we collected hygiene products for Matt Talbot. Thank you for your generosity!!!

When we think of self-compassion, one of the keys is the ability to cultivate positive emotions about ourselves. There are several ways we can do this:

**Physical:** taking a nap, going on a walk or bike ride, getting a pedicure or manicure especially with someone else, or even just holding a warm mug of tea.

**Mental:** feeling more calm after doing some meditative practice, repeating a mantra to yourself, or just talking to someone about how you are feeling especially if angry, sad, or anxious.

**Emotional:** what activities make you feel happy. My happy places are working my hands through the soil, mowing, going to church, and playing the piano.

**Relationships:** spending time with friends, being humble and kind when interacting with others, saying Hi to a stranger in a store.

**Spiritually:** attending church or mid week Lenten services, talking to others about your faith, or praying with someone who is struggling.

Take a few minutes and identify what form of self-compassion you can practice this month in each of these areas.

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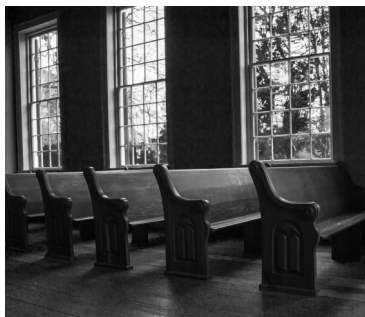
Justice in Action is an inter-faith group that chooses a small number of local justice issues to address. After a year of research and brainstorming, they present their ideas for solutions to local officials at a large gathering called The Nehemiah Assembly. I've been a part of the team working on housing for the six months.

I'd like to invite people from our congregations to attend the Nehemiah Assembly with me and to consider becoming a member congregation.

**The Assembly is May 2, 6:30 pm to 8:00 pm at St. Mark's United Methodist, 8550 Pioneers Blvd.**

## A View from the Pew

By Preacher Woman's Husband



I'm a little slow. Here it is a week after Easter, and I am still stuck on the parable of the Good Samaritan (Luke 10:25-37) which PW chose to lead off Lenten mid-week services with as she took us on this journey of the parables. This man is laying in a ditch after being robbed and beaten, stripped of his clothes, and left to die. A priest and a Levite both walk past the man and cross to the other side in order to avoid the man – who we don't really know if he is a Jew, Gentile, or some other make and model. It doesn't matter, he is a human being, our neighbor. I can't help but think this man is lying there, unable to help himself, and wonders, "Surely somebody will help me." Yet until the Samaritan comes along, nobody has helped the man in the ditch.

So like the comic Family Circus, we meet NOBODY first and then SOMEBODY comes along and feels sorry for the man and takes care of him. So I am left to ponder, when am I SOMEBODY or when am I NOBODY? I will likely be a NOBODY when it might cause me to be inconvenienced, or at least I think I will be inconvenienced. This recently was reinforced with me when I kept driving past this pile of discarded particle board and a bag of trash on the way to the gym. Every time I drove by I kept thinking "SOMEBODY ought to stop and pick that stuff up, its been here at least a couple of months!". Then I attended mid-week services and was reminded of the Good Samaritan and had an epiphany; I can be that SOMEBODY, the good neighbor, called by Jesus to help, whether it's picking up somebody else's trash or lending a helping hand to someone I don't even know.

Worship is at 9 am Sundays, in person or online—or you can join us later on YouTube or on our Facebook page. Links to the bulletin, Facebook page, and YouTube channel can be found on our website:

<https://www.zionithaca.org/worship>

## ***Calendar***

<b>April 7</b>	9:00 am—Worship with Holy Communion
<b>April 10</b>	7:00 pm—Wednesday school and confirmation
<b>April 14</b>	9:00 am—Worship
<b>April 17</b>	7:00 pm—Confirmation
<b>April 21</b>	9:00 am—Worship
<b>April 24</b>	7:00 pm—Confirmation and Wednesday school
<b>April 28</b>	9:00 am—Worship

### **April helpers**

Cleaners—George and Megan

Usher—Jerry, Harvey

Lector—Carol

Communion Asst.—Megan

### **Contact Information**

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