



GOOD TIDINGS FROM ZION

Go and...have the conversation



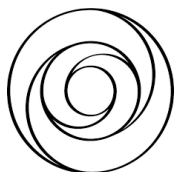
I have to confess I'm not sure where to go with this one. I feel like I could write the same things I wrote for Go and...ask; Go and...listen; Go and...be honest. Maybe even Go and...share your story. So maybe I'll just share a bit about conversations I've been having. I've joined a grassroots group called Justice in Action. Justice in Action is an interfaith, grassroots coalition of faith communities in Lancaster County, Nebraska. Their goal is to harness the power of organized people to address big community problems. It's divided into three research and action groups. I'm involved in the group focusing on affordable housing. The other two are mental health navigation and adult pre-trial diversion.

Since the folks in these groups are pretty like-minded, the conversations are mostly not contentious. The interviews with local stake-holders are pretty carefully scripted so they don't become heated. The goal isn't to argue. I'm mostly still in the very early learning stages. The conversations have been interesting. They are outside my area of expertise and very different from anything else I've been a part of. But I'm finding it very energizing. It's easy to get very frustrated, and even despair at the political scene at the federal and even state level. These conversations that we're having are ways to focus on improving things at the closer to home level. The Justice in Action group will interact with local leaders in Lincoln and Lancaster County to encourage some very specific changes. The sense that this is something I can be a part of that might actually help is a good antidote to the frustration over politics at higher levels.

So maybe a conversation to think about having is one where you focus on learning about something outside of anything you've done or learned before. It could be a conversation with someone from another culture; an someone who's worked in a field you don't know much about but find interesting...an expert in something you know nothing about. Go to a small ethnic restaurant like Tiru Ethiopian or Afghan Village Cuisine and learn about the food. Have the conversation, not with the idea of discussing anything super controversial, but just with the goal of learning something you didn't know before.

Christ's peace,

Pastor Kris



Seeking the Spirit By Virg Unverferth

We all make decisions as we start our day. I get up, brush my teeth, drink 1-2 glasses of water while I'm making coffee. I then decide if I will exercise or take a shower. If you're employed, you are likely more frantic moving around the house getting yourself ready, eating breakfast, packing a lunch, getting others out the door as well. However, order and distribution of our time, throughout the day, become more firm when they originate from prayer. During my spiritual direction training, we were asked to do centering prayer on a daily basis and journal about it. What I found was that by quieting my mind and focusing on God, my day had a different perspective. Morning prayer doesn't have to be extensive however. Here are some options:

1. As you are driving to work, you can say a prayer asking God to guide you through your decisions and demands made at work and other tasks throughout your day. We can also pray and ask God to be alongside us in our day.
2. Psalm 5: 1-3. "Listen to my words, O Lord; attend to my sighing. Listen to the sound of my cry, my King and my God, for to you I pray. O Lord, in the morning you hear my voice; in the morning I plead my case to you and watch."
3. A beautiful poem to contemplate:
"I got up early one morning and rushed right into the day;
I had so much to accomplish that I didn't have time to pray.
Problems just tumbled about me, and heavier came each task;
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."
I wanted to see joy and beauty, but the day toiled on gray and bleak;
I wondered why God didn't show me. He said, "But you didn't seek."
I tried to come into God's presence; I used all my keys in the lock.
God gently and lovingly chided, "My child, you didn't knock."
I woke up early this morning, and paused before entering the day;
I had so much to accomplish, that I had to take time to pray".

I challenge you to try some form of morning prayer during our remaining Lent season and then reflect on how you might have looked at your days differently.

Live Streaming – I've been using YouTube Live for our Livestream with a laptop and very cheap AV equipment. Our setup is fine for spoken words, less so for music. I've started streaming on Facebook Live with my phone to get better music sound.

If we can get 50 subscribers on our YouTube channel (it used to be 1000) we can stream on YouTube Live from my phone. That actually seems possible - 1000 did not. So, **if you have not already subscribed to the Zion YouTube channel, go to the YouTube link I send in the Monday eNews, find the blue button beneath the video that says "Subscribe" and click it.**

Thank you!



The back of our SUV was packed with items for Clinic With a Heart collected by the Zion and Grace confirmation class. Here I'm posing with several of the staff at CWH.

Clinic With a Heart provides free health and dental care for uninsured and underinsured patients. They are sponsored by various churches and health care organizations.

Lent and Holy Week Schedule

Remaining Midweek Schedule:

March 6—6:30 Zion

March 13—6:30 Bethlehem

March 20—6:30 Zion

Holy Week

Maundy Thursday March 28 6:30 PM Bethlehem, 8:00 PM Zion

Good Friday March 29 6:30 Bethlehem

Easter—March 31. Breakfast at 9:00 am, worship at 10:15

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

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

Calendar

March 3	9:00 am—Worship with Holy Communion
March 6	6:30 pm—Midweek at Zion
March 10	9:00 am—Worship
March 13	6:30 pm—Midweek at Bethlehem
March 17	9:00 am—Worship
March 20	6:30 pm—Lent Midweek at Zion
March 24	9:00 am—Worship with Holy Communion—Palm Sunday
March 28	Maundy Thursday worship with communion 6:30 pm at Bethlehem, 8:00 pm at Zion
March 29	6:30 pm—Good Friday Tenebrae worship at Bethlehem
March 31	9:00 am—Easter Breakfast 10:15 am—Easter worship

March helpers

Cleaners—Harvey and Carol Mintzmeyer

Usher—Gary Otto, George Nygren

Lector—Rine

Communion Asst.— Carol

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