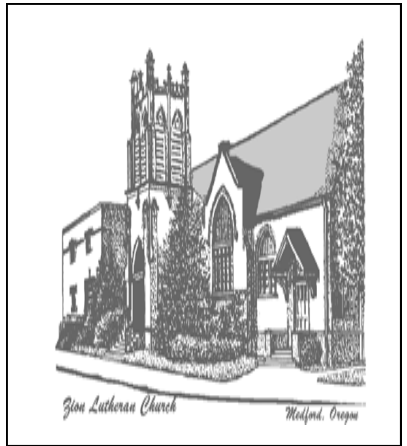


Zion Lutheran Church
 516 W. 4th Street
 P.O. Box 1051
 Medford, OR 97501

The FOCUS

March/April
 2011

Reaching out and sharing God's Love with all
 ...through worship, service, teaching, and caring.



Upcoming dates

March

- 1st Altar Guild, 9:45 a.m.
- 7th Mary Circle, 10:00 a.m.
- 8th Council, 6:30 p.m.
- 9th Ash Wednesday, beginning of Lent
- 13th St. Patrick's Day Potluck
- 15th Sarah Circle, 6:30 p.m.
- 16th Esther Circle, 12:00 noon
Lenten Soup Supper & Devotions, 6:00 p.m.
- 23rd Lenten Soup Supper & Devotions, 6:00 p.m.
- 30th Lenten Soup Supper & Devotions, 6:00 p.m.

April

- 6th Lenten Soup Supper & Devotions, 6:00 p.m.
- 11th Mary Circle, 10:00 a.m.
- 12th Council, 6:30 p.m.
- 13th Lenten Soup Supper & Devotions, 6:00 p.m.
- 17th Palm Sunday
- 19th Sarah Circle, 6:30 p.m.
- 20th Esther Circle, 12:00 noon
- 21st Maundy Thursday Service, 6:00 p.m.
- 22nd Good Friday Service, 6:00 p.m.
- 24th Easter Sunday Service, Potluck,
Easter Egg Hunt & Children's party



Easter Joy

Jesus came to earth,
 To show us how to live,
 How to put others first,
 How to love and how to give.

Then He set about His work,
 That God sent Him to do;
 He took our punishment on Himself;
 He made us clean and new.

He could have saved Himself,
 Calling angels from above,
 But He chose to pay our price for sin;
 He paid it out of love.

Our Lord died on Good Friday,
 But the cross did not destroy
 His resurrection on Easter morn
 That fills our hearts with joy.

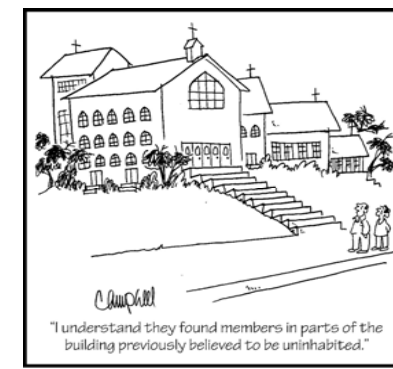
Now we know our earthly death,
 Like His, is just a rest.
 We'll be forever with Him
 In heaven, where life is best.

So we live our lives for Jesus,
 Think of Him in all we do.
 Thank you Savior; Thank you Lord.
 Help us love like you!

By Joanna Fuchs
 (reprinted by permission from POEMSOURCE.com)



Jesus Prays
 in Gethsemane
 Mark 14:32-34



"I understand they found members in parts of the building previously believed to be uninhabited."



Adult Bible Study: 8:15 a.m.
 Worship Service: 9:30 a.m.

STAFF

Pastor Cyril Hunkler, 659-2032
 Office hours and times of visitations:
 See weekly bulletins or call the Church Office.

Secretary: Penny Birger
 Office hours: 9:00-1:00, Monday—Friday
 541-772-4674

Email: office@lutheranswired.org
 www.lutheranswired.org

CHURCH COUNCIL MEMBERS:

President: John Winkler
 Vice President: Bud Cullmer
 Secretary: Nancy Swan
 Treasurer: Karen Thomas

Jeanne Hopkins
 Linda Mustain
 Rod Voss



"My whole family's giving up something for Lent. Mom's giving up cookies, Dad's giving up cake, and I'm giving up squash."

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Pastor's thoughts for the upcoming Lenten season



March 9th marks the beginning of the season of Lent, traditionally a time to meditate more on all that Jesus has done for us, especially His death and resurrection. Thinking of Him, talking to Him and the Father, in the Holy Spirit can be thought of as prayer. What is prayer after all? In its simplest definition it **IS** our relationship to God and how we express that relationship.

During the six weeks of Lent leading up to Holy Week and Easter, the Church throughout the ages invited Christians to embrace individually selected disciplines such as fasting, prayer and extra works of love, compassion and mercy directed towards those who are needy—the purpose of these disciplines is not to “earn favor” with God but to more deeply appreciate God’s love and kindness to us. The God of the Christian does not demand strong faith and deep insights before He takes us to Himself. Rather, a sort of “spiritual spring training” during the forty days of Lent is intended to deepen our awareness of the loving God that we already know!

As earth-bound persons, we have the **need** of prayer.....when our **strength** fails us, for comfort in times of **pain**, for **direction** when we don't know which way to turn, for someone to talk to when we're **lonely**, for **courage** to keep on going when everything is going wrong—and certainly to **celebrate** when great things happen! It **feels good** to pray, to know that God is there for our **needs**, to **listen** to us, to share our **joys** and **sorrows**, our **fears** and **hopes**, our **dreams** and **disappointments**, our **friendships** and **loneliness**, our **family concerns** and **innermost thoughts**.

God is in our **innermost being**, helping us, encouraging us, energizing us, lifting us up, literally to heaven (Col. 3:1-3). There is no one, no thing that cannot be helped, lifted up, healed and made utterly whole through prayer, since “Things that are impossible for man are possible for God” (Luke 18:27)!

Our Wednesday Soup Suppers during Lent will be followed by devotions focusing on the different types of prayer in God's Word, such as hope, healing, praise, comfort, repentance, lamentation, intercession, and so forth. I hope you can come and share with us our love for prayer and our love especially for God who hears our prayers!

God loves you and I do too!
Pastor Cyril

MEMBERSHIP is a special way of saying, “I'll be here; I'm committed to participating in the mission of Zion to share Jesus and His saving grace with my/our world; **Count me in!**” If you are interested in becoming a member, please contact Pastor Cyril. The opportunity will be given to celebrate **membership** monthly.

LEGACY-- a way to ensure that your faith will live on when you go to your heavenly reward is to remember Zion Lutheran in your will.

Pastor Cyril Hunkler, 659-2032
Office hours and times of visitations:
See weekly bulletins or call the Church



Church Office Hours:
9:00 a.m.-1:00 p.m.
Monday—Friday.

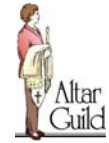







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School	4	5	6 Bible Study 9:00 a.m. Choir Practice 5:30 p.m.  6:00 p.m.	7	8	9
10 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School	11 Mary Circle 10:00 a.m.	12  Council meeting 6:30 p.m.	13 Bible Study 9:00 a.m. Choir Practice 5:30 p.m.  6:00 p.m.	14	15	16
17 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School Palm Sunday 	18	19 Sarah Circle 6:30 p.m.	20 Bible Study 9:00 a.m. Choir Practice 5:30 p.m. Esther Circle 12:00 noon	21 Maundy Thursday Service 6:00 p.m. 	22 Good Friday Service 6:00 p.m. 	23
24 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School Easter Sunday 	25	26	27 Bible Study 9:00 a.m. Choir Practice 5:30 p.m.	28	29	30



Pastor Cyril Hunkler, 659-2032
Office hours and times of visitations:
See weekly bulletins or call the Church Office.



Church Office Hours:
9:00 a.m.-1:00 p.m.
Monday—Friday.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Altar Guild 9:45 a.m. 	2	3	4	5
6 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School Transfiguration Of Our Lord	7 Mary Circle 10:00 a.m.	8  COUNCIL MEETING 6:30 p.m.	9 Bible Study 9:00 a.m. Choir Practice 5:30 pm Beginning of Lent Ash Wednesday	10	11	12
13 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School 1st Sunday in Lent St. Patrick's Day potluck	14	15	16 Bible Study 9:00 a.m. Choir Practice 5:30 pm  6:00 p.m.	17 	18	19
20 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School 2nd Sunday in Lent First day of Spring 	21	22 Sarah Circle	23 Bible Study 9:00 a.m. Esther Circle 12:00 noon Choir Practice 5:30 pm  6:00 p.m.	24	25	26
27 8:15 Adult Bible Study 9:30 Worship Service 10:45 a.m. Sunday School 3rd Sunday in Lent Begin Daylight Savings time 	28	29	30 Bible Study 9:00 a.m. Choir Practice 5:30 pm  6:00 p.m.	3		

March Activities



St. Patrick's Day Potluck
Sunday, March 13th
following the Worship Service.
All are Invited

“Top O’ the Mornin’” to you all. Wear green and bring your favorite ‘Irish’ Potluck dish — maybe corned beef and cabbage or Irish soda bread, or any green salad or green dessert.



Table service, as well as coffee, tea, and a ‘green’ punch will be provided.



Bring your good ol’ Irish appetites and have some good Irish fellowship. No Blarney about it, just a happy St. Patty’s Day for all.

If you have any questions, please contact Debi



Please join us for Lenten Soup Suppers and Devotions
Wednesdays during Lent, March 16th through April 13th.
Supper: 6:00 p.m.
Devotions: 6:30 p.m.

Soup and bread will be provided.
Please bring your own soup bowl and spoon.

A sign-up sheet for providing soup or bread has been placed on the bulletin board in the hallway.

If you have any questions, please contact Debi or Sandy.



“You know you’re getting old if you can remember when frugality was considered a Christian virtue.”
—Author unknown

April Activities



EASTER SUNDAY BRUNCH

Easter Sunday
after the Worship Service



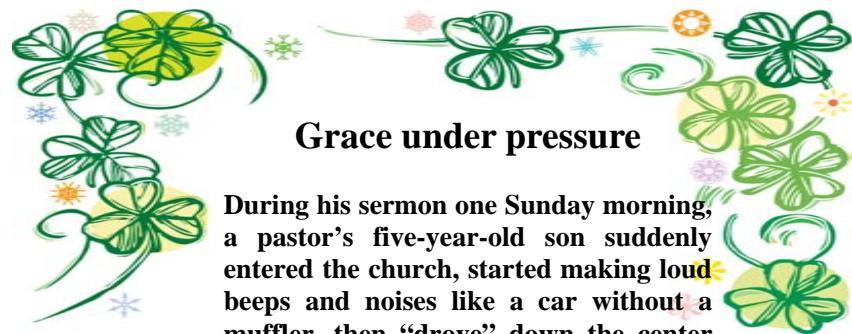
Everyone is invited to attend.
Bring your favorite Easter Brunch dish:
entrée or fruits, pastries, or any brunch dessert.

Table service, as well as coffee, tea, and drinks will be provided.

If you have any questions, please contact Debi or Sandy.



Youth and Sunday School Activities



Grace under pressure

During his sermon one Sunday morning, a pastor's five-year-old son suddenly entered the church, started making loud beeps and noises like a car without a muffler, then "drove" down the center aisle toward his father. The pastor stopped his sermon, pointed at his son, and commanded, "Luke, park the car immediately beside your mother in that front pew, turn off the ignition, and hand her the keys." He then continued the sermon undisturbed.

—via Rev. Dr. Karl R. Kraft
Glassboro, NJ

Helpful Pastor

A pastor was walking down the street one day when he noticed a very small boy trying to press a doorbell on a house across the street. However, the boy was very small, and the doorbell was too high for him to reach.

After watching the boy's efforts for some time, the pastor moved across the street and walked up behind the little fellow. Placing his hands kindly on the child's shoulder, he leaned over and gave the doorbell a solid ring. Crouching down to the child's level, the pastor smiled benevolently and asked, "And now what, my little man?"

To which the boy replied, "Now we run!"



March 2011

	<u>Assistant</u>	<u>Usher</u>	<u>Greeter</u>	<u>Acolyte</u>
Mar 6	Ellen Cullmer	Bud Cullmer	Lila Gast	Zack & Brady Williams
Mar 9 Ash Wednesday	Karen Thomas	Jerry Thomas	Jeanne Hopkins	
Mar 13	Linda Mustain	Dres Thiel	Myrtle Petruck	Hailey Schwenn
Mar 20	Youth	Brady Williams & Paul Hansen	Sandy Knutson	Zack & Brady Williams
Mar 27	Rod Voss	Jerry Thomas	Jeanne Hopkins	Steven Rader

April 2011

	<u>Assistant</u>	<u>Usher</u>	<u>Greeter</u>	<u>Acolyte</u>
Apr 3	Diane Lewis	Jerry Lewis	Lila Gast	Zack & Brady Williams
Apr 10	Karen Fredenberg	Dres Thiel	Myrtle Petruck	Hailey Schwenn
Apr 17 Palm Sunday	Youth	Brady Williams & Paul Hansen	Sandy Knutson	Zack & Brady Williams
Apr 21 Holy Thursday	Ellen Cullmer	Bud Cullmer		
Apr 22 Good Friday	Karen Thomas	Jerry Thomas		
Apr 24 Easter Sunday	Nancy Swan	Jerry Thomas	Jeanne Hopkins	Steven Rader

Please call Karen at 541-664-4433 if you are unable to assist at the scheduled time! Thank You



Bulletin Folders:

Month of March
Jeanne Hopkins

Month of April
Bob & Barbara Simmons



OFFERING COUNTERS

March & April

Debi and Sandy



April 17th
Palm Sunday: Youth program?

April 24th
Easter Sunday: The Youth will present an Easter puppet play during the Worship Service, and after the Service they will hold both an egg hunt and an Easter party for the Sunday School children.

NEWS Notes



The jokes, cartoons, and items sent to me for use in The Focus are greatly appreciated, but please also send info on sources and/or authors of printed items (except jokes and cartoons), as I must give credit in order to put the item, stories, etc. in our newsletter.
Blessings and Joy,
Penny

Newsletter DEADLINE
April 18th



If you no longer wish to receive The Focus newsletter, please let us know. Just drop a note via email (office@lutheranswired.org), call Penny in the office (541-772-4674), or just drop by during office hours.

What is God calling *you* to share by way of ministry?
Please pray about our continuing ministries here at Zion. Are there any changes or new things that we want to do as individuals or as a congregation?
Pastor Cyril

The TOPS Chapter that meets weekly at Zion will be having a number of fundraisers to help defray the cost for members attending the annual TOPS State Convention, which will be held April 8th—10th in Eugene. Our Debi Bowman is one of those members hoping to attend the convention.



Ron Bender and Marilyn Sandau

became the newest members of Zion on February 6, 2011.

We heartily welcome them both to our Zion family!



- A reminder that Pastor's sermons are recorded on tape weekly and will be sent to any who request a copy, just for the asking.

Prayer requests: If you would like to be included in our speedy email alerts to prayer needed, please send an email to office@lutheranswired.org and mention that you'd like to be included on the list. That's all you need to do.

National American Miss
Our own Emily Cushman is in the state finals for National American Miss and is looking for sponsors. The pageant will be held May 29th and 30th in Portland. A brochure with sponsor information has been posted on the bulletin board.

Moses on His Walkie Talkie

Nine year old Joey was asked by his mother what he had learned at Sunday School.

"Well, Mom, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt.

When he got to the Red Sea, he had is engineers build a pontoon bridge and all the people walked across safely."

"Then he used his walkie-talkie to radio headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved."

"Now, Joey, is that really what your teacher taught you?" his mother asked.

"Well, no. But if I told it the way the teacher did, you'd never believe it!"



TOPS

(Take Off Pounds Sensibly)

TOPS continues to welcome new members and is great support for losing weight. Anyone interested is invited to come and check out the group.

We meet Saturdays at Zion, 9:00 — 11:00 a.m.

If you have any questions or need more information, please contact:

Debi Bowman: 541-646-6300

or

Sarah Felder, Leader: 541-326-5360



"I'm seeking, but I'm seeking a traditional church."



As of newsletter publication these were the only dates taken for the March & April Coffee Hours and flowers. Please let Penny know if you can fill in any of these dates. Thank you

March
6th: Mike & Linda Mustain
13th: St. Patrick's Day potluck
20th:
27th:

April
3rd:
10th:
17th: Palm Sunday
24th: Easter Sunday

March
6th:
13th:
20th:
27th:
April
3rd:
10th:
17th: Palm Sunday
24th: Easter Sunday



"These are vegetables, mother. You wouldn't want me to eat something I've given up for Lent, would you?"

To All Members and Friends: Friendly Reminder!

Do you have household items you no longer need, want, or use?

We have posted an information sheet on the bulletin board from *Quality Consignment* in Medford. Anyone wishing to may take items there for re-sale.

If you would like to make use of your unused items to support Zion, just tell *Quality Consignment* to credit Zion's account and they will send us your proceeds from the sale. *It's that easy.*

A list of acceptable items for re-sale has been posted on the bulletin board.

Thank you for supporting Zion !!

Can you help?
The Food Pantry is in need of the following:
Egg cartons—1 doz. count size
Plastic bags, i.e. grocery bags
Sm or med size empty pill bottles (for dispensing laundry soap).

Esther Circle
March and April 2011
Meets the 3rd Wednesday of each month at 12:00 Noon. The meeting place varies each month.

Wednesday, March 16th:
At Zion
Hostess, Lila Gast

Wednesday, April 20th:
At Zion
Hostess, Florence Yasuda

If you have any questions, contact Lila Gast at 541-830-8219.

WELCA
Ladies, take a look at the WELCA bulletins and Oregon Synod WELCA Grapevine on the bulletin board in the entry hall.

The National Triennial Gathering will be July 14th -17th in Spokane this year! To register, see the www.elca.org website.

The 2011 Biennial Oregon SWO Convention will be at Newport, September 30—October 2nd.

Thank you to the ladies who helped make name tags and arrange for fruit for our local Cluster Retreat March 11th—13th!

Nancy Swan,
WELCA liaison

WELCA
20th Annual
Crater Lake Cluster Women's Retreat
Celebrating 20 years in friendship, fellowship, and faith together!

March 11-13
St. Rita's Retreat, Gold Hill, Oregon

More info has been posted on the WELCA bulletin board. If you have any questions, please contact Nancy Swan.



Mary Circle
March and April 2011

Meets the 2nd Monday of each month at 10:00 a.m., in the Church Library for Bible study and fellowship.

Monday, March 7th
(1st Monday, March only)

Monday, April 11th

If you have any questions, contact Nancy Swan at 541-770-1689 or Diane Lewis at 541-772-1710.

Sarah Circle
March and April 2011

Meets the 3rd Tuesday of each month 6:30 p.m.

For dinner and Christian fellowship

Tuesday, March 15th

Far East Restaurant
N. Front St., Medford

Tuesday, April 19th

Bella Union Restaurant
Jacksonville

All ladies are invited to join us!

If you have any questions, contact Karen Thomas at 541-664-4433.



March Birthdays

3rd Jonathan Bowman, Jr.
 4th Zack Williams
 17th Jerry Thomas
 23rd Wayne Bennett
 26th Shantil Reid
 31st Florence Yasuda

April Birthdays

3rd Hailey Schwenn
 14th Chelsey Boyd
 19th Ellen Cullmer
 22nd Brady Williams
 26th Sally Corriveau



Anniversaries

March:
 21st Leon & Doris Evans
 April:
 1st Bud & Ellen Cullmer
 10th Steve & Karen Fredenburg
 24th Dale & Virginia Garner
 27th Jerry & Karen Thomas
 28th Jerry & Diane Lewis



Sick/Surgery/Other:

Ariel	Patrick Lewis
Brandyn Bowman	Dan McCormick
Kathy Carboni	Lisa Mustain
Bob Cordova	Doug Pierce
Diane Cordova	Helen Platzke
David Cullmer	Joy Proper
Steve Dutton	Jeannine Reddell
Mike Felder	Shantil Reid
Karen Fredenberg	Trinity Reid
Steve Fredenberg	Clayton Schneider
Ilse Hargrave	Max Shott
Pastor Cyril Hunkler	Virginia Stanfield
Marie Hutchison	Karen Thomas
Dale Janzen	John Van Slack
Jenna Jenkins	Bud Van Vrimm
Jenny Lewis	Lisa Williams



Shut Ins:

Ed Andren
 Vonnie Fichtner
 Myrtle Hoover
 Gloria Hannaford
 Evelyn Phelan



Joined in Prayer



Andrew Bates
 Jonathan Bowman
 Alex Bustard
 Andrea Castagnato
 Michael Chamberlain
 Donald Fichtner
 Chaplain Mark Gilderhus
 Chad Hoover
 Justin Schneider

Note About Prayer List:

We will be reviewing names monthly on the prayer list. Names will be removed unless we are informed that they still need to be on the list.

Thanks for your help in keeping our prayer list up to date.



Harriet M. Creel
 2/21/1913—1/14/2011

Watch your thoughts; they become words.
 Watch your words; they become actions.
 Watch your actions; they become habits.
 Watch your habits; they become character.
 Watch your character; it becomes your destiny.

Frank Outlaw

Sign outside St. Johns Avenue Baptist Church in Palatka, FL:

“An enemy takes up more space in our head than a friend in our heart.”

—via Bill Reynolds, Jr.
 Palatka, FL
 Reprinted by permission from the JoyfulNoiseletter

Most of us spend our lives as if we have another one in the bank.

Brn Irwin



WHY ME?

A few weeks ago I developed this terrible pain in my left ankle and couldn't figure out just what I had done! One minute, no pain and then—wham! After a week of limping around I finally decided to visit my friendly doc and after examining my ankle he said he needed a blood test but was pretty sure I had GOUT! Me? I eat right and I'm not old! Okay, I'm up there but I picture Kings and rich old people with GOUT! Blood tests showed my Uric Acid level was high and that, my friends, tells the story. I HAVE GOUT!

Actually, GOUT is a type of arthritis. It can cause an attack of sudden burning pain, along with stiffness and swelling in a joint, usually a big toe. These attacks can happen over and over unless the GOUT is treated. Over time, these attacks can harm your joints, tendons, and other tissues. Get this, GOUT is most common in men!

GOUT is caused by too much uric acid in the blood. Most of the time, having too much uric acid is not harmful. Many people with high levels in their blood never get GOUT. But when uric acid levels in the blood are too high, that uric acid may form hard crystals in the joints. Hence PAIN!!!!

Your chances of getting GOUT are higher if you are overweight, drink too much alcohol, or eat too much meat and fish that are high in chemicals called PURINES. I've found out, also, that some medicines, such as water pills (diuretics), can bring on GOUT.

My doctor gave me a prescription for Colchicine and the relief from the GOUT attack began within 24 hours. It was amazing to see and feel the change in such a short period of time!

So, now I'm, really paying attention to what I eat and am working on getting my weight down as well. It's important to know which foods are high in PURINES; so knowing that, I'm surely on my way to not only preventing any more GOUT attacks but also getting into better shape by eating right.

Foods high in PURINES are beef, pork, lamb, and all organ meats. Alcohol, especially beer, and the majority of all sea foods - especially shellfish - are high in PURINES. Vegetables to stay away from are spinach, asparagus, mushrooms and cauliflower. Chicken is great along with turkey and—get this—chocolate and sugar are okay. I always knew chocolate was a GOOD thing.

I hope this information is helpful to you and I know I've learned a lot, so I thought I'd share with you all. Take care and God Bless.

Beryl J. McCray (McCollough), R.N.