



August 2019

Good News

Mt Zion – St Luke Lutheran

August 2019

- 8-4 SS/Worship 11:00 a.m.
Blessing of Back Packs
- 8-5 Grace Circle 10:00 a.m.
- 8-6 Centering Prayer 8:30
- 8-7 Soup Kitchen Noon
Bible Study 7:00 P.m.
- 8-11 Council Meeting 8:45
SS/Worship 11:00 a.m.
- 8-13 Centering Prayer 8:30
Quilting 10:00 a.m.
- 8-14 Bible Study 7:00 p.m.
- 8-15 Lingle Room Reserved
- 8-18 SS/Worship 11:00 a.m.
New Member Welcome
Family Day Meal
Mutual Ministry
Newsletter Deadline
- 8-20 Centering Prayer 8:30 a.
- 8-21 The Oaks 10:00 am
Bible Study 7:00 p.m.
- 8-25 SS/Worship 11:00 a.m.
Evangelism Mtg. Noon
- 8-27 Centering Prayer 8:30
- 8-28 Bible Study 7:00 p.m.

An Invitation...

Have you felt a desire to be closer to God but Are not sure how to begin? Then Centering Prayer may be the answer! Centering Prayer is a different way of praying in that you don't come before God asking for anything; not even a message from God. It is simply a time of coming together with a small group of people to sit quietly and rest in God's presence. Praying in a group setting creates an atmosphere where the mind is quieted more easily, a sacred community is formed, and participants experience a depth that noticeably bears fruit in body, mind and spirit.

*Be still
and know
that I am
God*
-PSALM 46:10

Several of us began praying together at MZSL in 2016. When all have arrived, the leader, usually me, lights a candle as a reminder that God is present in our midst. A brief devotion is read to prepare us for the silence. We sit comfortably with our eyes closed, our feet on the floor, hands open and the body relaxed. The leader sets a timer for 20 minutes, during which time we sit together in silence and just be with God. When the bell chimes, we slowly come out of the silence of our own hearts prepared to embrace whatever God has planned for us for the day. We close our time together by saying the Lord's Prayer.

The connection you make with God through Centering Prayer has been likened to plugging into an energy source. Most people leave the prayer time feeling more rested and energized than after a full night's sleep! Certainly, we feel more ready to meet the challenges and blessings that lie ahead. It is recommended that you pray this way twice a day to really reap the benefits, so participants are encouraged to practice Centering Prayer daily on their own, as we only come together once a week at MZSL. We meet in the sanctuary Tuesday mornings at 8:30 am. We invite you to join us!

If you have any questions about Centering Prayer, or if you would like to start a group that meets at a different day or time, please come see me.

Blessings, Pastor Barb <><

"Silence is God's first language; everything else is a poor translation."

Thomas Keating, a founder of Centering Prayer

Serving Our Lord in August 2019

Communion Assistant

Gail Coogle

Ushers

Duck Koch and Will Haigler

Altar Guild

Duck Koch and Tommy Martin

Lectors

David Haigler and Max Wood

Acolytes:

Aiden Hobbs

Kyrie:

Jon Coogle

Coffee Hour:

8-4 Dale Godfrey

8-11 Renee Collier

8-18 Karen Hatten

8-25 Tricia Trask

Family Day Dinner: Dale Godfrey, Jon & Karen Coogle, Jimmy and Tricia Trask,
Tommy and Gail Coogle

Flowers:

8-4 Jim and Tricia Trask in honor of their children and grandchildren,
Mary Catherine, Mattie, John Henry, Charlie and Riley

8-11 Jamey and Mary Ellen Peaster in loving memory of Teresa Childs and
Bill Peaster

8-18 Jimmy and Mary Kay Watson in loving memory of her parents,
Thelma and Maynard Melton

8-25 Arthur Jackson in honor of his children, Amanda and Austin

Soup Kitchen: August 7th, Noon

Sunday School Teachers:

K-5th Grade – Angela Cannon

6th – 12th Grade – Susan Martin

Adult Class Lingle Room – Jon Coogle and David Haigler

Adult Class Conference Room – Wendi Martin

August Birthdays and Anniversaries

8-7 Tony & Renee Collier

8-23 Jennifer Kleckley

8-9 Jeremy & Susan Martin

8-24 Haley (Cannon) Stewart

8-11 David & Mary Haigler

8-26 Tommy Coogle

8-14 Jessica Coogle

8-29 Rainey Elizabeth Collier

8-21 Jim Trask

8-31 Zach Martin

Get Ready for ‘God’s Work. Our Hands.’ Sunday!

On Sunday, September 8, ELCA congregations will again have the opportunity to gather together for “God’s Work. Our Hands.” Sunday. Whether helping repair or clean up public places, visiting the elderly and homebound or baking cookies and writing thank-you notes to first responders, this dedicated day of service celebrates who we are as the ELCA – one church, freed in Christ to love and serve our neighbor.

MZSL will participate in the “God’s Work. Our Hands.” Sunday. The exact work project, day and time of the event will be announced in church after Council meets August 11th, so stay tuned! In the meantime, we pray that the Spirit will guide us in discerning what we as a church should do that day, thanking God for blessing us to be...a blessing to our community!

Mark Your Calendars for Sunday School RALLY DAY!

On *September 8th at 9:30 a.m.* we will gather in the Lingle room for our Annual Sunday School Rally Day! We will enjoy a lite breakfast together, do a little singing, then each of our teachers will give a brief overview of what their class will be learning in 2019-2020. We have classes Sunday Morning at 10.00 a.m. for Youth, K-5 and 6-12th grades and two different Adult classes. On Wednesday night at 7:00 p.m. we have an Adult Bible Study group. Grace Circle also does a Bible Study the first Monday of the month. Studying the Word of God is invaluable for growing closer in our relationship with God and with each other. If you are not currently involved in a Sunday School class or Bible Study, we hope you will considering joining one. We have something available for everyone! Thank you, and hope to see you there! *Renee Collier, Christian Education Committee Chair*

God’s Spa October 18-20, 2019

Ladies! Come join us for a weekend of Holy Hospitality at Lutheranch, led by Program Director, Gretchen Ahrens. This is a wonderful retreat to reward yourself for all of the hard work you do each and every day! We will focus on how lesser known women in the Bible not only served others, but found time to take care of themselves, as well. The spa will relax your mind, body, and spirit by connecting with God and other women. We will practice some ancient rites of hospitality and selfcare, including ancient oils and a biblical meal with holy hand washing.

Massages are available for an extra charge and should be scheduled at time of booking. For more information, please call (828) 209-6301 or email www.lutheranch.org. Cost is \$199 for Double and \$249 for Single Room.

The Best Memory System

Forget the kindness that you do, as soon as you have done it;
Forget the praise that falls on you, the moment you have won it.
Forget the slander that you hear, before you can repeat it;
Forget each slight, each spite, each sneer, wherever you may meet it.

Remember every kindness done to you, whate'er its measure;
Remember praise by others won, and pass it on with pleasure.
Remember every promise made, and keep it to the letter;
Remember those who lend you aid, and be a grateful debtor.

Remember all the happiness that comes your way in living;
Forget each worry and distress, be hopeful and forgiving.
Remember good, remember truth, remember heaven's above you.
And you will find through youth and age, true joy and hearts to love you!

Author Unknown

Mt. Zion – St. Luke Lutheran Church

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Prayer List

Please Pray for Members: Jim Arnold, Al Coogle, Mary Jane Ethridge, Brenden Fitzgerald, Jr, Mary Hammock, Sharon Martin, Zack Martin, Tony Webb, for our college students, for all the ministries of our church and for our Military.

For Friends and Family: Matthew Anderson, John Arnold, Cuyler Barr, Gene Bradley, Charles Cannon, Trey Chapple, Chic Cole, Brian *Dietz*, Karen Drysdale, Chris Fox, Bob Futrell, Trey Futrell, Allison Greene, Langdon Harp, Freddie & Linda Hartley, Joseph Hill, Bobby Hosley, Greg Kirk, Connie Johnson, Curtis Johnson, Jenny Joiner, Nancy Joyce, Mary Lamberth, Harris Lott, , Bob Melvin, Crystal Miller, Charlene Oliver, Charles Perry, Leigh Powell, Tiffany Richards, Ron Ricklef, Kim Sangster, Pastor Mike Scarborough, Douglas Smith, and Jacob Vickers.

Serving Our Nation: *John Edwards*



August 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
4 SS/Worship 11 a.m. Blessing of the Back Packs	5 Grace Circle 10:00 a.m.,	6 Centering Prayer 8:30 a.m.	7 Soup Kitchen Noon Bible Study 7:00 pm Tony Collier & Renee Collier	8	9 Jeremy & Susan Martin	10
11 Council Mtg. 8:45 SS/Worship 11 a.m. David & Mary Haigler	12	13 Centering Prayer 8:30 a.m. Quilting 10:00 a.m.	14 Bible Study 7:00 pm Jessica Coogle	15 Lingle Room Reserved Miller Shower	16	17
18 SS/Worship 11 a.m. New Member Welcome Family Day Meal Mutual Ministry Newsletter Deadline	19	20 Centering Prayer 8:30 a.m.	21 The Oaks Nursing Home 10:00 a.m. Bible Study 7:00 p.m. Jim Trask	22	23 Jennifer Kleckley	24 Haley (Cannon) Stewart
25 SS/Worship 11 a.m. Evangelism Mtg. Noon	26 Tommy Coogle	27 Centering Prayer 8:30 a.m.	28 Bible Study 7:00 pm	29 Rainey Elizabeth Collier	30	31 Zach Martin