

The Mustard Seed



May 2026 Newsletter

St. John's Evangelical Lutheran Church

47 McLachlin Street South, Arnprior, Ontario
K7S 2Z1

“The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds. But when it is grown it is greater than the herbs, and becomes a tree, so that the birds of the air come and lodge in it branches”

Matthew 13:31-32

Contact Information

Church Office Phone Number: 613-623-4562

You can find us on:

Facebook: St. John's Lutheran Church Arnprior
Web: stjohnsarnprior.com



Church Council

Ryan Zimmerling (Chair)	613-978-3900
Mellissa Watt	613-858-9932
Cheryl Supple	613-623-4514
Dave Burkett	613-618-5729
Cathy Zimmerling	613-899-8503
Other	
Enid Blackwell – Treasurer	613-623-7017

For emergency Pastoral care please contact Pastor Norine at 613-282-5032.

Getting involved at St. John's

A question that pulls us in many directions - church, family, community and friends - how can we help.

There are many avenues in the church that need help.....most activities / jobs actually take very little time - to a few chores that might take an hour or so. You might want to consider reading the lessons and prayers during the service? Are you interested in helping with the children and their lessons? Is hospitality your thing, bringing snacks/goodies for coffee hour, do you like meal planning?

It is the perfect time to get involved at St. John's. We all benefit when we share our time, talent and treasure with one another. Interested in seeing/starting something new, or bring back an old favorite item? Share your idea with one another, council and the pastor!

A note from Pastor Norine

On Sunday April 19, I read the gospel of Luke and the familiar account of Cleopas and an unnamed companion encountering Jesus on the road to Emmaus as they leave Jerusalem. The Easter story continues until Pentecost in May.

It feels like we are telling the same story over and over again. Each time the disciples unexpectedly meet the risen Christ, they do so with a mixture of fear, joy, disbelief and wonder. They think that he is a ghost! Even after all that had happened the disciples still did not believe.

We cannot escape our own fears & days of disbelief. Sometimes we are hiding behind a locked door. Our fear may be very personal, such as an illness. Other fears these days are loss, unemployment and loneliness. All of these fears are being played out today on our national level even on a global level. Underlying our fears is the one we cannot seem to talk about easily- the fear of death, our own, or that of someone we love. Our fears hold us captive. Hiding behind "locked doors" may help us feel more secure, but we are still left with our fears and mistrust. "How can we be released from those fears to be a proper witness?"

Jesus opened the minds of the disciples for them to begin to see that death is not the final word. The hope of the resurrection is grounded in the experience of those first followers. Christ plants the seeds of transformation.

We also enter the story, when we gather together with our own doubts, confusions, fears and misunderstandings. Martin Luther once described the church as a place of "conversation and consolation of the faithful."

We eat with Christ as we participate in Holy Communion, breaking and eating the bread of the resurrection in the Eucharist. In-between each breaking of the bread, we need to be reminded that we are known and loved in all of our brokenness and in all our self-absorbed concerns.

The Holy Spirit aids us in recognizing the risen Christ in our world. Spirit opens our hearts and minds. Christ, who holds us in love and grace and mercy forever, has also sent us out into the world, to be witnesses to this amazing news. Love and share this good news all around you this spring.

P+ Norine

Unity Within St. John's

St. John's is a community. It is this sense of community that provides a "sacred space" where we carry one another's burdens and celebrate each other's victories. It is within this fellowship that we find the strength to grow, the grace to forgive, and the collective power to serve those in need. By being "one in spirit and of one mind," St. John's becomes a light to the world, showing that true belonging isn't found in being the same, but in being united by a common purpose and a shared love. And so this unity is the very fuel for our mission. It represents the profound shift from a single voice crying out to a choir capable of moving mountains. As Ecclesiastes 4:12 teaches, "A cord of three strands is not quickly broken." This shared strength allows us to weather life's storms, sustain our ministries, and reach hearts in a way that no individual could ever achieve alone.

Ryan Zimmerling, Chairperson



Draft Minutes of April , 2026 Council Meeting

Attendance:

Pastor Norine Gullens
Ryan Zimmerling Mellissa Watt - regrets Cheryl Supple
Dave Burkett Cathy Zimmerling

Ryan called the meeting to order 12:20 pm. Pastor Norine opened with devotions.

Approval of March 23rd, 2026 council meeting minutes: – Dave moved that the minutes be accepted as presented and Cathy seconded, CARRIED.

Chairperson's Report: Council went into an in-camera session for discussion.

Interim Pastor: Pastor Norine is coordinating the recruitment and scheduling of supply pastors. Pastor requested council find someone to handle the logistics associated with a supply pastor – Ryan to handle finding someone.

Pastor's Report:

Pastor outlined her activity for the period March 23rd through April 20th 2026. Numerous Pastoral Visitations.

There will be a Celebration of Life for Judith Johnstone at All Saint's Anglican Church, Westboro, 347 Richmond Road, Ottawa on Saturday May 23, 2026 at 2:00 p.m.

Newsletter deadline is Friday the 24th of April.

150 bags were given to Linda Roberts for the Food Bank.

Financial Report: The Treasurer's report and the Profit and Loss documents were reviewed. At the end of March, ordinary income is now surplus to expenses by \$3,493. Council needs to review the grant monies held and applied for, Dave to liaise with Enid.

Council Transition: Cathy Zimmerling to handle Rental/Special Usage schedule and monthly volunteer schedule. Cheryl is investigating a rental option for Gary Patrois.

Property: Randy submitted a property report.

Monitoring continues for Hydro and Gas usage.

Thanks to individuals for spring water runoff prevention including roof snow removal and clearing snow around church perimeter. (Lorne, Fred, Jeff, Kevin S.)

Safety and security are under review, with plans for additional exterior lighting.

Have connected an amplifier to the electronic piano to help with sound volume.

Will be compiling a volunteer schedule for grass cutting this month.

Addressed concerns regarding audio recording on security cameras.

Standard maintenance inspection completed on chair lift. We have procured 2 additional keys for operating. Lift can now be operated from either top/bottom of the stairs or by person sitting in the chair.

Lift is being used on a regular basis now.

Examining options for refreshing main sign outside for church. Repainting or replacing recommendation to be brought back to council.

Front Step repairs are in the planning stage.

Meeting closure: Meeting closed with prayer. Next regular meeting: May 18th 2026 at 12:15 p.m.



May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1-2pm Muslim Community	2 Layperson Training at Grace Eganville Karen Greening Melissa Kargus
3 <u>5th Sunday after Easter</u> 10:30 Holy Communion Rev. Kathryn Gohms Social	4	5	6 Noon – 1pm Music 'n Motion	7	8 1-2pm Muslim Community	9
10 <u>6th Sunday after Easter</u> 10:30 Service of the Word Ryan Zimmerling Mother's Day	11	12	13 Noon – 1pm Music 'n Motion	14 9:30-1pm Lutheran Pastors Mtg	15 1-2pm Muslim Community Andy Kalnins	16 9am Men's Breakfast at Jim's
17 <u>7th Sunday after Easter</u> 10:30 Holy Communion	18 Victoria Day	19	20 Noon – 1pm Music 'n Motion	21 Keith & Beryl Richardson	22 1-2pm Muslim Community	23 2 pm Celebration of Life for Judy Johnstone Paula Mainprize
24 <u>Pentecost</u> 10:30 Holy Communion Rev Rick Durrett Social	25 Council Meeting Keith Richardson	26 Clara Zimmerling	27	28 Marion Bretzlaff	29	30
31 <u>Trintiv Sunday</u> 10:30 Holy Communion						

May Celebrations



May 2nd – Karen Greening
 – Melissa Kargus
 May 15th – Andy Kalnins
 May 23rd – Paula Mainprize
 May 25th – Keith Richardson
 May 26th – Clara Zimmerling
 May 28th – Marion Bretzlaff



May 20th – Lorne & Maureen
 Rueckwald
 May 21st – Keith & Beryl Richardson

Volunteer Schedule – May

Date	Ushers / Greeters	Altar Guild	Reader	Communion Assistant	Music	Counters	Social
3	Steinke Family	Cheryl S	Lynn R	Lynn R	Lynne Z		TBD
10	Steinke Family	Cheryl S	Lynn R		Jeff K		
17	Steinke Family	Cheryl S	Lynn R		Jeff K		
24	Steinke Family	Cheryl S	Lynn R	Lynn R	Lynne Z		TBD
31	Steinke Family	Cheryl S	Lynn R	Lynn R	Karen P		

If you would like to assist in any of the above tasks, please contact:

Readers – Bob Witt
 Counters – Enid
 Social – Debbie Kargus
 Birthdays / Anniversaries – Debbie Witt
 Communion Assistants – Pastor Norine
 Sunday School – Mellissa Watt
 Ushers/Greeters – Maureen Rueckwald



Sponsoring Social Coffee Hour

Are you interested in helping with a social after service, but are unable to host the social yourself - why not consider donating towards a social and leave the hosting up to someone else!

Your donation could be:

- homemade treats
- purchased treats, cheese, crackers or fruit that you bring in
- money to put towards the purchase of treats, cheese, crackers or fruit that the social team picks up

OR, are you able to host a social where the treats are provided by someone else and you do the set-up, make the tea and coffee and clean-up?

OR, perhaps you like fully hosting by providing the treats, setting-up and cleaning-up!

If any of these ideas are a possibility for you, or if you have any questions, please contact Debbie Kargus.

Congregational News / Updates



Future congregational member – Quinn.
Born and living in Australia to parents Megan Rueckwald and Chris Cowan.
Grandad Lorne & Granny Maureen.

We are all children at heart when
celebrating Easter....lol



Church Property Rentals

Cathy Zimmerling has taken over property rentals, special building usage schedule. Please contact Cathy should you wish to rent space.

Food Bank



Thank you Linda for giving us an update on what is happening at the Food Bank. I am pleased to say that St. John's was able to donate 160 grocery bags.....thank you everyone for your donation.

Celebration of Life for Judy Johnstone

A Celebration of Life will be held at All Saint's Anglican Church, Westboro, 347 Richmond Road, Ottawa on Saturday May 23, 2026 at 2:00 p.m. A service followed by interment will take place at New Finland Community Cemetery, Saskatchewan later in the year.

Thank You's

Many thanks to all who donated flowers for the Easter Season: April 5-May 24

Mel & Marion Bretzlaff - in memory of their parents
Barbara Formuziewich
Debbie and Jeff Kargus
Phyllis Rafter
Gwen Steinke and Family - in memory of Ed Steinke
Cheryl Supple

Pastoral Care at Easter:

Here are 2 pics from Pastoral Care who gathered April 1, to prepare Easter platters of treats, newsletters, Eternity for Today, and special cards coloured by Phoenix Barnhart, and then delivered them along with a personal Easter visit. Naturally coloured eggs (thank you, laying hens!) from the Zimmerling Farm, hardboiled and initialized for the in home/in care St. John's folks.



The history of Mother's Day



Did you know Mother's Day celebrations began as a day for women to come together and take action for peace, equality, and justice after the devastation of the American Civil War?

While modern Mother's Day celebrations tend to focus on gifts, flowers, and brunches, there are many reasons to reconnect with the social action roots of this day and consider the barriers that mothers and caregivers continue to face.

Pentecost

The Church celebrates the Festival of Pentecost as the fulfillment and conclusion of the Easter season. The name Pentecost, meaning “the fiftieth day,” originally referred to the Jewish Festival of Weeks, the time of thanksgiving for first fruits and the ingathering of the harvest (cf. Ex. 34:22). The Christian Church retained the name to mark the completion of the 50-day period after Easter—and the first in-gathering of believers into the Church



Lessons for Life

Here is the start of a series of **5 Life Lessons – It is Better To Be Nice Than To Be Right**, has been sent to us by Gerry Rosenquist – a cousin of Enid's.

Lesson 2 – Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car.

A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab.

She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read:

"Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's' bedside just before he passed away... God Bless you for helping me and unselfishly serving others."

Sincerely,
Mrs. Nat King Cole.

Community Events

May 1 & 2nd Celebrate the Classics

Hosted by the Arnprior Community Choir
Friday May 1, 7:30 pm
Saturday May 2, 2 pm

May 2nd

Lay Ministry Resources
Grace Lutheran Church Eganville
Please RSVP with Pastor by April 10th
More information see the poster on the bulletin board

May 3rd

Hike for Hospice Renfrew
Starting point is at 2pm at Hospice Renfrew
Anyone wishing to go, or to contribute, can contact Marilyn Kropp
at: normandmarilyn@gmail.com, if they would like to join or
support St. James Renfrew's hike team.



May 15th

Kids PA Day Camp
Outdoor sports, Scavenger hunt, park visit, lawn games and more
Location – John A. Gillies Recreation Centre
8am – 4 pm
\$45 for children ages 6-12
To Register your child:

<https://mcnabbraeside.recdesk.com/Community/Program/Detail?programId=616>

or call Valerie at 613-623-5756 x 232

May 30-31st

Quilting in the Valley
Hosted by the Arnprior & District Quilters' Guild
Located at the Nick Smith Centre
Join us for the highly anticipated Quilting in the Valley Quilt Show, hosted by the Arnprior & District Quilters' Guild. It will be a celebration of creativity, craftsmanship, and the timeless art of quilting. Whether you're a seasoned quilter or a curious newcomer, this event promises to inspire and delight! Explore a stunning array of quilts, ranging from traditional to modern designs, all created by ADQG



PRAYER LIST

Please include these people in your daily prayers.

Rory, Gerald, Stella, Jacqueline, Vicki, Joy, Tere B., Briar & Alicia, Claude, Mary, Claudette, Sandee Rosien and Mike Wurm

Prayers for Others

If you wish to add / delete a person(s) to the prayer list, please speak to the Pastor Norine.

Camp Lutheran

Summer youth camp still looking for Program Director, lifeguard and kitchen helper.

For more information or if you wish to apply, please do so through their website at <https://www.lutherlyncamp.ca/>



Programs 2026

CAMP LUTHERLYN

Summer Camps include:

- CHILDREN'S OVERNIGHT CAMP • Age 8-14
• Check dates on our website • Friends, Food & Fun • Small cabin groups
- LEADER IN TRAINING PROGRAM • Age 15 and up
• Theory and practical leadership experience • Make friendships to last a lifetime.
- FAMILY CAMP • Fun for the whole family

Camp Activities include:

- Archery • Canoeing • Gaga Ball • Arts & Crafts • Music • Sports
- Capture the Flag • Low Ropes • Campfires • Talent Show
- Swimming at the BEST BEACH ON THE LAKE
- And so much more!

For more information email: registrar.lutherlyn@gmail.com
Register For Camp:
www.lutherlyncamp.ca

We are so excited to announce that we will be running the following programs this summer!

Children's Overnight Camp (Age 7-14) Registration Fee
Week 1 July 5-10 \$525.00
Week 2 July 12-17 \$525.00
Leader in Training Program (teens aged 15 or soon to be 15)
July 2-17 (no weekends) \$900.00 ·

All programs include swimming, canoeing, kayaking, archery, games, crafts, campfires, and so much more!

Register at <https://www.lutherlyncamp.ca/childrens-camp/>
Email your questions to us at registrar@lutherlyncamp.ca

Camperships are available; complete the Campership Form during registration process

Newsletter Submissions

Hello everyone, please send any updates or new information you would like to add to the newsletter to Lynn by the 25th of each month. Submissions can be sent to Lynn by email at larosien@hotmail.com or you can give her a call at 613-621-1966.

