

The Mustard Seed



July / August 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: stjohsarnprior.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

For emergency Pastoral care please contact Pastor Ritva at 613-408-2087.

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!

Pastor's Message

Greetings! Thank you for the opportunity to walk alongside you during this time of transition. I am looking forward to getting to know you all and hear your stories. To get us going here's a wee bit of my story

I was born in Helsinki, Finland. A year later my family moved to Sweden where our family grew with addition of my brother. From there we immigrated to Canada, originally settling along the shores of Lake St. Clair in southern Ontario (and added another brother). We moved to Ottawa where I was confirmed at St. Peter's Lutheran Church, attended Glebe Collegiate High School, and met my husband John in geography class. We married right out of high school and began our family (a daughter and two sons).

John began his working career in the family business, Williams Plumbing and Heating, then moved on to become a plumbing inspector for the City of Nepean, and finally a plumbing instructor at Algonquin College. My working life consisted of being stay-at-home mother, an in-home-daycare provider, and a full-time student attending Carleton University (BA, MA in Religious Studies) and the University of Ottawa (PhD in Early Christian Literature).

In 1998 I accepted a position as Professor of New Testament at Augustana College in Rock Island, Illinois. During my years there I taught, wrote articles and books, served as Chair of the Religion Department, and completed my seminary studies at Wartburg Theological Seminary. Ordained in 2007 I was called to serve as a part-time associate pastor at Zion Lutheran Church in Davenport, Iowa. By that time John was already two years into teaching plumbing at Kirkwood Community College in Cedar Rapids. In 2011, after several years of double commutes, I accepted a call to be the pastor of St Stephen's Lutheran Church in Cedar Rapids where I served until retiring on June 15, 2025. John had already retired in 2021.

We moved back to Ottawa in July, found a condo across from Mooney's Bay and settled in to explore retirement. Our daughter Anne, is an ordained pastor, serving Bethlehem Lutheran Church in Vinton, Iowa. Our son Adam and his family live in LaPeche, Quebec, with whom we , delight in weekly visits. Our youngest James died in 2000 of complications arising from congenital central hypoventilation syndrome. We have siblings living in Carleton Place, Halifax, Nova Scotia, and Chicago, Illinois.

On a more personal level, in addition to my passion for scripture, early church history and ancient cultures, I enjoy knitting, cross stitch, and diamond/bead art. Together John and I enjoy slow mornings, walks along the Rideau River and Canal, traveling and visiting historical sites in Canada and abroad.

Pastor Ritva



Draft Minutes of June 15, 2026 Council Meeting



Attendance:

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

Ryan called the meeting to order 12:10 pm. Pastor Norine opened with devotions.

1. **Approval of May 25th, 2026 council meeting minutes:** – Dave moved that the minutes be accepted as presented and Pastor Norine seconded, CARRIED.
2. **Chairperson's Report:** Council went into an in-camera session for discussions on the search for interim Pastor and treasurer duties.
3. **Pastor's Report:**
Pastor Norine outlined her activity for the period for the past month. Pastoral Visitations / Hospital Visits / Meetings and Admin.
4. **Financial Report:** Enid submitted a written report. Both income and expenses are below budget (surplus at this point of \$5,740). Expenses are lower than budget mainly due to lower costs for Pastoral leadership. Commitments are lower than budget by \$3,800.
5. **Property:**
 - A sign is needed for the Hall door to the washroom hallway and front stairs. "Do Not Obstruct Door" needs to be affixed as sometimes tables are placed blocking the door.
 - We need to decide if we are moving to the basement for summer worship. Certain prep work is needed for both staying in the sanctuary and moving to the basement. Ryan will talk with the supply pastors about this.

Meeting closure: Meeting closed with prayer. Next regular meeting: July 20th, 2026, at 12:00 p.m.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day	2 Jeff & Debbie Kargus	3 1-2pm Muslim Community	4
5 <u>6th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement Social	6	7	8 Noon – 1pm Music 'n Motion	9	10 1-2pm Muslim Community Kalin Brohart Kevin Steinke	11 Maxzene Zimmerling
12 <u>7th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement Social	13	14	15 Noon – 1pm Music 'n Motion	16	17 1-2pm Muslim Community Barbara Formuziewich	18
19 <u>8th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement Social	20 Council Meeting Alison Burkett	21	22 Noon – 1pm Music 'n Motion	23	24 1-2pm Muslim Community	25
26 <u>9th Sunday after Pentecost</u> No Service	27	28	29 Marion Leeck	30	31	

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 <u>10th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement	3	4 Zach Zimmerling	5 Noon – 1pm Music 'n Motion	6	7 1-2pm Muslim Community Greg Steinke Linda Robertrs	8
9 <u>11th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement	10	11 Ryan & Julie Zimmerling	12 Noon – 1pm Music 'n Motion	13 Joy Statham	14 1-2pm Muslim Community	15
16 <u>12th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement Social	17	18	19 Noon – 1pm Music 'n Motion	20	21 1-2pm Muslim Community	22
23 <u>13th Sunday after Pentecost</u> 10:30 Service of the Word Service in the basement No social	24	25 Mark Boese	26 Noon – 1pm Music 'n Motion Russell & Shaundra Craig	27 Lorne Rueckwald	28	29 Mel & Marion Bretzlaff
30 <u>14th Sunday after Pentecost</u> 10:30 Holy Communion Service in the basement	31 Marion Koops					

July Celebrations

July 10th – Kalin Brohart
 Kevin Steinke
 July 11th – Maxzene Zimmerling
 July 17th – Barbara Formuziewich
 July 20th – Alison Burkett
 July 29th – Marion Leeck

July 2nd – Jeff & Debbie Kargus

August Celebrations

August 4th – Zach Zimmerling
 August 7th – Greg Steinke
 –Linda Roberts
 August 13th – Joy Statham
 August 25th – Mark Boese
 August 27th – Lorne Rueckwald
 August 31st – Marion Koops

August 11th – Ryan & Julie Zimmerling
 August 26th – Russel & Shaundra Craig
 August 29th – Mel & Marion Brewtzlaff

Volunteer Schedule – July

Date	Ushers / Greeters	Altar Guild	Reader	Communion Assistant	Music	Counters	Social
5	Bob W & Cory W.	Barbara F.	Bob Witt	Greg S.	Electronic	Cheryl & Cory	Randy & Cathy
12	Bob W & Cory W.	Barbara F.	Seth Malina	Seth M.	Electronic	Cheryl & Cory	Lynn
19	Bob W & Cory W.	Barbara F.	TBD	Cory W.	Lynn Z.	Cheryl & Cory	
26							

Volunteer Schedule – August

Date	Ushers / Greeters	Altar Guild	Reader	Communion Assistant	Music	Counters	Social
2	Steinke Family	Cheryl S.	Joy Statham	Greg S.	Lynn Z.	Elmer & Marion	
9	Steinke Family	Cheryl S.	Enid Blackwell	Greg S.	Ukulele	Elmer & Marion	
16	Steinke Family	Cheryl S.	Bob Witt	Bob W.	Craig B.	Elmer & Marion	Dave & Alison
23	Steinke Family	Cheryl S.	Seth Malina		Electronic	Elmer & Marion	
30	Steinke Family	Cheryl S.	Maureen R.	Greg S.		Elmer & Marion	

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

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



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

As noted on the calendars – our worship services for the summer will be in the basement – where it is cooler.

The Big Give

The Outreach Team thanks you for supporting “THE BIG GIVE” Each year, churches across Canada host a “day of giving” in their communities where EVERYTHING IS FREE!

Thank you to those of you who generously donated their time to set up tables, chairs, tents, BBQ and serve food + drinks.

We had many families stop in for a hotdog or hamburger and a drink. Most stayed to chat and catch up with friends, neighbours and in some cases make a new friend.

It was a fun filled day had by all!



Baby Quinn is on vacation in New Zealand with her parents Megan and Chris. It is almost winter there, so the weather is cool and damp. Quinn is rocking her handknit booties.



Red & White Sunday

As always, the Sunday before Canada Day we all wear red & white to church and have an annual picture. We may be a small group but we are mighty and proud.

Neighborlink Foundation



Recently at our June 7th service, the NL Fountain Board chairperson, Barb Cowal spoke to us about the work of the local NL Fountain.

She outlined the community services provided by NL Fountain (in partnership with local churches) including:

- acting as a centre that supports and provides referrals to other agencies for those requiring assistance.
- community kitchen and café -hot meals provided 3x week and frozen meals for those requiring emergency food support.
- thrift store with clothing and household items available at nominal prices and gifted free of charge to those in dire need.
- provision of Boutique and gift cards for gas and groceries for those with validated requirements.
- activity and support centre;
- games, discussion, and help from other agencies such as first line assessment by paramedical staff, and contact with social services for addiction treatment, counselling and contacts for temporary housing assistance.

NeighbourLink Fountain has been helping those who most need it for a number of years in our area.

2025 stats:

35-65 visits/month to NL Fountain Resource Centre.

19-44 Boutique gift cards distributed/month.

27-51 Grocery gift cards (Metro/No Frills/Giant Tiger) -distributed/month.

3-89 meals/and or personal hygiene items given out/month.

Approximately 10-15 connections with donors for furniture, etc.

In partnership with our local food bank, NL Fountain has been/is leading the fight to address food insecurity locally.

How you can help:

- pray for the board, the over 50+ volunteers and staff at the NL Fountain.
- consider making a donation of gently used clothing or household items.
- cash/cheque donation either directly to NL Fountain (Canada helps online) or through our church (specify that the donation is for NL Fountain.)
- take a few moments to drop in and see the NL Fountain's activities located at 128 Mary Street in Arnprior.

If you wish to drop off donations, please call the NL office at 613-623-4200.

Randy Zimmerling.



Community Events

Concerts in the Park

Concerts in the Park is an annual summer series, on Sundays, showcasing local talent from Eastern Ontario. This year will see a split between two parks (Hydro Park East and McLean Park) as Robert Simpson Park undergoes a renovation. Performances run from 2:00pm-4:00pm for ten Sundays, June 7 right through to August 16th. Come join us at the park and listen to some great entertainment. Remember to bring your own lawn chairs.

Arnprior Market

Every Sunday (rain or shine) from 9:00 - 2:00 pm on John Street North
Started on June 7 and goes to Sept 27th.

Shop 40 vendors along with the amazing downtown businesses.

Location: John Street North, Downtown Arnprior

July 1st

Canada Day

Enjoy with national pride and your favorite spot. Many communities are putting on events – Arnprior, Braeside, McNab, White Lake.

July 9th

Dinners' Club

Hosted by the Arnprior-Braeside-McNab Seniors at Home

5 – 7 pm at Jim's Restaurant

Tickets are \$25 and must be purchased before July 3rd

Menu option is chicken breast or port chop – yes soup/juice and dessert is included.

Entertainment by Steve Williams and Nick Smithson

July 12th

Goshen Cemetery Decoration Service

July 18th

Dragon Boat Festival

9am to 4pm

Come out and watch from the Arnprior Marina the wonderful teamwork and beautifully decorated boats.

July 26th

Herbfest

10am – 3pm

Waba Cottage Museum & Gardens, White Lake

Live music, 50+ local vendors, food trucks, beer tent, bouncy castles & so much more

August 8th

Valley Agricultural Festival

Hosted by the Arnprior Agricultural Society

Starting at 10 am

Our annual Valley Agricultural Festival is back on August 8th, 2026 for a day of family filled fun!!

Located at 2473 Russet Drive

August 22nd

Cultural Night Market

4 – 9 pm

35 Madawaska Street

Our Cultural Night Market returns to the historic downtown core that showcases artists, vendors, and artisans from a variety of cultures.

August 26th

Arnprior Cemetery Decoration Service

Lessons for Life

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

Lesson 4 –The obstacle in Our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the King's' wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand!

Every obstacle presents an opportunity to improve our condition.

Lesson 5 –Giving When it Counts

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister.

I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded.

He looked up at the doctor and asked with a trembling voice, "Will I start to die right away".

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.



PRAYER LIST

Please include these people in your daily prayers.

Rory, Gerald, Stella, Jacqueline, Vicki, Joy, Tere B., Briar & Alicia, Claude, Mary, Claudette, Marion K.

Prayers for Others

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

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.

