

# ZION LUTHERAN CHURCH

AUGUST 27, 2023

## THE THIRTEENTH SUNDAY AFTER PENTECOST SETTING 10

### PRELUDE ANNOUNCEMENTS

#### **LEADER: CONFESSION AND FORGIVENESS (ELW p. 94)**

Blessed be the holy Trinity, ✝ one God,  
who forgives all our sin,  
whose mercy endures forever.

**Amen.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

**Amen.**

Let us confess our sin in the presence of God and of one another.

Most merciful God,

**we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.**

**Amen.**

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of ✝ Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

**Amen.**

#### **GATHERING SONG *Christ Is Made the Sure Foundation (WESTMINSTER ABBEY)* (ELW 645)**

1 Christ is made the sure foundation,  
Christ, our head and cornerstone,  
chosen of the Lord and precious,  
binding all the church in one;

holy Zion's help forever  
and our confidence alone.

2 To this temple, where we call you,  
come, O Lord of hosts, and stay;  
come, with all your lovingkindness,  
hear your people as they pray;  
and your fullest benediction  
shed within these walls today.

3 Here bestow on all your servants  
what they seek from you to gain;  
what they gain from you, forever  
with the blessed to retain;  
and hereafter in your glory  
evermore with you to reign.

4 Praise and honor to the Father,  
praise and honor to the Son,  
praise and honor to the Spirit,  
ever three and ever one:  
one in might and one in glory  
while unending ages run!

Text: Latin hymn, c. 7th cent.; tr. John Mason Neale, 1818-1866, alt. Text: Public Domain.

**LEADER: GREETING (ELW p. 203)**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**And also with you.**

**CANTICLE OF PRAISE (ELW p. 204)**

**Glory be to God in heaven; peace, goodwill to all the earth.**

**Mighty God of all creation, Father of surpassing worth:**

**we exalt you, we adore you, we lift high our thanks and praise.**

**Saints and angels bow before you; here on earth our songs we raise.**

**Glory be to Christ forever, Lamb of God and Lord of love.**

**Son of God and gracious Savior, you have come from heav'n above;**

**on the cross you died to save us; now you reign at God's right hand.**

**Hear our prayer; restore, forgive us; in your promise firm we stand.**

**Holy One we now acclaim you; Lord alone, to you we call;**

**Holy One in faith we name you, God most high, yet near to all:**

**Jesus Christ, with God the Spirit, in the Father's splendor bright.  
For the peace that we inherit, glory be to God on high!**

**ASSISTANT: PRAYER OF THE DAY (ELW p. 205)**

Let us pray.

O God, with all your faithful followers of every age, we praise you, the rock of our life. Be our strong foundation and form us into the body of your Son, that we may gladly minister to all the world, through Jesus Christ, our Savior and Lord.

**Amen.**

**FIRST READING: Exodus 1:8-2:10**

A reading from Exodus.

<sup>8</sup>Now a new king arose over Egypt, who did not know Joseph. <sup>9</sup>He said to his people, "Look, the Israelite people are more numerous and more powerful than we. <sup>10</sup>Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." <sup>11</sup>Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. <sup>12</sup>But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. <sup>13</sup>The Egyptians became ruthless in imposing tasks on the Israelites, <sup>14</sup>and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them. <sup>15</sup>The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, <sup>16</sup>"When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live. <sup>17</sup>But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. <sup>18</sup>So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" <sup>19</sup>The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." <sup>20</sup>So God dealt well with the midwives; and the people multiplied and became very strong. <sup>21</sup>And because the midwives feared God, he gave them families. <sup>22</sup>Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live."

<sup>1</sup>Now a man from the house of Levi went and married a Levite woman. <sup>2</sup>The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. <sup>3</sup>When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. <sup>4</sup>His sister stood at a distance, to see what would happen to him.

<sup>5</sup>The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. <sup>6</sup>When she opened it, she saw the child. He was crying, and she took pity on him. "This must be one of the Hebrews' children," she said. <sup>7</sup>Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" <sup>8</sup>Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. <sup>9</sup>Pharaoh's daughter said to her, "Take this

child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. <sup>10</sup>When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

### **PSALM: Psalm 124**

<sup>1</sup>If it had not been the LORD who was on our side — let Israel now say — <sup>2</sup>if it had not been the LORD who was on our side, when our enemies attacked us, <sup>3</sup>then they would have swallowed us up alive, when their anger was kindled against us; <sup>4</sup>then the flood would have swept us away, the torrent would have gone over us; <sup>5</sup>then over us would have gone the raging waters. <sup>6</sup>Blessed be the LORD, who has not given us as prey to their teeth. <sup>7</sup>We have escaped like a bird from the snare of the fowlers; the snare is broken, and we have escaped. <sup>8</sup>Our help is in the name of the LORD, who made heaven and earth.

### **SECOND READING: Romans 12:1-8**

A reading from Romans.

<sup>1</sup>I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

<sup>3</sup>For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. <sup>4</sup>For as in one body we have many members, and not all the members have the same function, <sup>5</sup>so we, who are many, are one body in Christ, and individually we are members one of another. <sup>6</sup>We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; <sup>7</sup>ministry, in ministering; the teacher, in teaching; <sup>8</sup>the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Word of God, word of life.

**Thanks be to God.**

### **LEADER: GOSPEL ACCLAMATION (ELW p. 205)**

**Alleluia! Lord and Savior: open now your saving word.**

**Let it burn like fire within us; speak until our hearts are stirred.**

**Alleluia! Lord, we sing for the good news that you bring.**

### **GOSPEL: Matthew 16:13-20**

The holy gospel according to Matthew.

**Glory to you, O Lord.**

<sup>13</sup>Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" <sup>14</sup>And they said, "Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets." <sup>15</sup>He said to them, "But who do you say that I am?" <sup>16</sup>Simon Peter answered, "You are the Messiah, the Son of the living God." <sup>17</sup>And

Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. <sup>18</sup>And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. <sup>19</sup>I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” <sup>20</sup>Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

The gospel of the Lord.

**Praise to you, O Christ.**

**SERMON – Rev. Paul Gehrs**

**Assistant to the National Bishop, Justice and Ecumenical and Interfaith Relations**

**ELCIC National Office**

I am speaking to you today from Treaty One Territory: the land of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples, and homeland of the Métis Nation.

The ELCIC acknowledges that its buildings and ministries, from coast to coast to coast, are on traditional territories of Indigenous Peoples. Working for reconciliation between Indigenous and non-Indigenous Peoples, respecting Indigenous Rights and learning from Indigenous wisdom is essential to climate justice and renewed relationships with the land.

My name is Paul Gehrs. My pronouns are he/him, and I serve as Assistant to the Bishop for Justice and Ecumenical and Interfaith Relations at the national office of the Evangelical Lutheran Church in Canada. Thanks for joining me today: to reflect on, and listen for, God’s word to us for the 13th Sunday after Pentecost.

Every year, from September 1st to October 4th, the global ecumenical community observes the *Season of Creation*<sup>1</sup> as a time for prayer and action to care for our common home. Each year a Celebration Guide is produced; the information I share with you about the season draws heavily on the 2023 guide. (You can learn more at [www.SeasonOfCreation.org](http://www.SeasonOfCreation.org).) Season of Creation is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together.

Ecumenical Patriarch Dimitrios I proclaimed September 1st as a day of prayer for creation for Orthodox Christians 1989. In fact, the Orthodox Church year starts on that day with a commemoration of how God created the world.

The World Council of Churches was instrumental in making the special time a season, extending the celebration from September 1st until October 4th. October 4th is the feast day for St. Francis, and many traditions view St. Francis as an inspiration and guide for those who protect creation.

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<sup>1</sup> Resources can be found at <https://seasonofcreation.org/>

The 2023 theme is Let Justice and Peace Flow,<sup>2</sup> based on Amos 5:24: *But let justice roll on like a river, righteousness like a never-failing stream!* The Guide comments:

*We are called to join the river of justice and peace, to take up climate and ecological justice, and to speak out with and for communities most impacted by climate injustice and the loss of biodiversity.*

For me, every gathering of the church includes the purpose of listening for a word from the Holy Spirit. The disciples with whom I gather help me to listen for the Spirit's call, and they inspire me with their stories, ministries, wisdom, questions, challenging questions, commitment, and love. Dare I say, sometimes I have to do some internal work to embrace the hard questions as a gift.

I also believe that God's ongoing formation and transformation is part of the life of discipleship. It is one of the reasons I gather with the church. Dare I say transformation is not always comfortable and sometimes I have to do some internal work to embrace transformation as a gift.

The Season of Creation invites us to pay attention the climate crisis. Multiple voices, including the earth, are crying out. Climate justice deserves our attention and our discernment.

The Season of Creation invites us into deeper relationships with all creation. We need to be in respectful, living relationship with four-leggeds and two leggeds; with swimmers and fliers and crawlers; with rocks and trees and plants; with earth and air and water. We need to engage all our relations as neighbours, friends and family.

The Season of Creation invites us honour worship and prayer as part of the journey to healing and transformation. Worship opens us to the Holy Spirit and helps us to muster the courage act boldly for the love of creation. In water, bread, and wine, we are blessed with grace. In beauty, image, movement, and ritual, the Spirit acts.

In today's Gospel reading, Jesus asks "But who do you say that I am?"

Peter seems to knock it out of the park with his answer: "You are the Messiah, the Son of the living God."

However, I wonder if we need to let the question be the question.

After all, Jesus does tell the disciples not to give the answer away.

Perhaps each one needs to wrestle or play with the questions.

Perhaps our first job is to listen, rather than to give answers.

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<sup>2</sup> Season of Creation Celebration Guide, Let Justice and Peace Flow, 2023

Today when I hear Jesus ask, "Who do you say that I am?", these things come to mind:

Jesus is the Word becoming flesh and dwelling among us.

When my daughter was born, I remember her tiny fingers. They looked so fragile, and yet they were resilient enough to have just made the journey through the birth canal. Beings are fragile and resilient. Jesus came to live among us, in fragile resilient flesh, and with the reality of God in his being.

Jesus wandered around, plucking grain to eat, and pointing to the lilies, the birds, the fig trees.

I remember an eagle flying over a Vacation Bible School group in rural Manitoba: circle above the lawn, the church, the cemetery, the people. A blessing of love.

We are invited to pay attention to creation and to creation's witness to the Source of all love.

Jesus is the one who told religious leaders that if the people didn't sing praises, then the stones would shout out. Creation knows how to honour God. I can learn.

Jesus is the one who stopped and asked, "who touched me?" when a desperate woman received healing. Many said "it's too hard to tell" or "don't bother," but Jesus took the time to hear the story.

To his first disciples, Jesus said, "follow me." And they left everything and followed him.

I do wonder sometimes what I am being asked to leave behind, so that I might follow more faithfully.

What do I need to leave behind help care for creation?

What do I leave behind to help the community heal?

What do I leave behind to hear the Spirit more clearly?

What do I leave behind to see the fragility and the resilience in every neighbours?

Sometimes with Jesus the questions are not any easier just because you know the answer. And sometimes the questions get just get harder.

I do know I am glad that I am following Jesus. And I am glad that I am following with you.

I look forward to hearing how you respond to the questions you hear, with prayer and action.

*Let Justice and Peace Flow.*

**HYMN OF THE DAY *My Hope Is Built on Nothing Less (MELITA) (ELW 597)***

1 My hope is built on nothing less  
than Jesus' blood and righteousness;  
no merit of my own I claim,  
but wholly lean on Jesus' name.

**Refrain**

On Christ, the solid rock, I stand;  
all other ground is sinking sand.

2 When darkness veils his lovely face,  
I rest on his unchanging grace;  
in ev'ry high and stormy gale  
my anchor holds within the veil. Refrain

3 His oath, his covenant, his blood  
sustain me in the raging flood;  
when all supports are washed away,  
he then is all my hope and stay. Refrain

4 When he shall come with trumpet sound,  
oh, may I then in him be found,  
clothed in his righteousness alone,  
redeemed to stand before the throne! Refrain

Text: Edward Mote, 1797-1874, alt. Text: Public Domain.

**ASSISTANT: APOSTLES CREED (ELW p. 206)**

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.\***

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,**



**the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

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\*Or, "he descended into hell," another translation of this text in widespread use.

### **PRAYERS OF INTERCESSION**

Confident that God receives our joys and concerns, let us offer our prayers for the church, those in need, and all of creation.

God of Sarah and Abraham, inspire your church to pursue righteousness in its ministry. Equip us to share your compassion that unites us as one family of faith. Hear us, O God.

**Your mercy is great.**

Remind us that from the beginning of creation, you knit together a world meant for harmony. Protect and restore the wasted places to joy and gladness. Hear us, O God.

**Your mercy is great.**

Stir the leaders of nations and towns. Respond to your teachings. Let your call for justice reach all people and bring deliverance where there is oppression. Hear us, O God.

**Your mercy is great.**

Show your steadfast love and faithfulness to those in despair. Increase their strength, care for all who feel low, keep safe any in the midst of trouble, and protect vulnerable people from harm. Hear us, O God.

**Your mercy is great.**

Encourage those who offer their gifts and talents in service to your church. Energize this congregation's rostered and lay leaders, musicians, teachers, greeters, and administrators so they may be transformed in sharing your grace. Hear us, O God.

**Your mercy is great.**

God of all the saints, death is overcome in Christ's resurrection. We rejoice with the faithful departed. Sustain us in hope until we come at last to our heavenly home. Hear us, O God.

**Your mercy is great.**

Into your hands, O God, we commend all for whom we pray, in the name of the one who reconciled all creation to himself, Jesus Christ our Savior.

**Amen.**

### **PEACE (ELW p. 206)**

The peace of Christ be with you always.

**And also with you.**

**OFFERING *Praise God, from Whom All Blessings Flow* (ELW 884)**

Praise God from whom all blessings flow,  
praise him, all creatures here below;  
praise him above, ye heav'nly host;  
praise Father, Son, and Holy Ghost.

Text: Thomas Ken, 1637-1711. Text: Public Domain.

**ASSISTANT: OFFERING PRAYER (ELW p. 206)**

Let us pray.

Blessed are you, O God, maker of all things. Through your goodness you have blessed us with these gifts: ourselves, our time, and our possessions. Use us, and what we have gathered, in feeding the world with your love, through the one who gave himself for us, Jesus Christ, our Savior and Lord.

**Amen.**

**LORD'S PRAYER (ELW p. 208)**

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

**For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen.**

**LEADER: BLESSING (ELW p. 209)**

The Lord bless you and keep you.

The Lord's face shine on you with grace and mercy.

The Lord look upon you with favor and ✝ give you peace.

**Amen.**

## **SENDING SONG *O Savior, Precious Savior* (ELW 820)**

1 O Savior, precious Savior,  
whom yet unseen we love;  
O name of might and favor,  
all other names above:  
we worship thee; we bless thee;  
to thee alone we sing;  
we praise thee and confess thee,  
our holy Lord and King.

2 O bringer of salvation,  
who wondrously hast wrought,  
thyself the revelation  
of love beyond our thought:  
we worship thee; we bless thee;  
to thee alone we sing;  
we praise thee and confess thee,  
our gracious Lord and King.

3 In thee all fullness dwelleth,  
all grace and pow'r divine;  
the glory that excelleth,  
O Son of God, is thine.  
We worship thee; we bless thee;  
to thee alone we sing;  
we praise thee and confess thee,  
our glorious Lord and King.

4 Oh, grant the consummation  
of this our song above,  
in endless adoration  
and everlasting love;  
then shall we praise and bless thee  
where perfect praises ring,  
and evermore confess thee,  
our Savior and our King!

Text: Frances R. Havergal, 1836-1879. Text: Public Domain.

## **DISMISSAL (ELW p. 209)**

Go in peace. Serve the Lord.  
**Thanks be to God.**

### **THIS WEEK AT ZION: August 28 – September 3**

Monday:	1:00 pm	Senior Exercise Class
	7:00 pm	Narcotics Anonymous
Wednesday:	1:00 pm	Senior Exercise Class
Thursday:	7:00 pm	Healing Vets
Friday:	1:00 pm	Senior Exercise Class
Sunday:	10:00 am	Worship Service

### **TODAY'S SCHEDULED WORSHIP VOLUNTEERS**

Worship Leader:	Wayne Kirk
Worship Assistant:	Lorraine MacKenzie
Guest Organist:	Lillian Michel
Sexton:	Don Boldt
Projector Operator:	Ellen Vandersleen
Video Recorder:	Korbin Smith
Sound Operator:	Brian Smith
Counters:	Kathy Godin, Kathy Hoffman, Christine Booth
Altar Care:	Cheryl Sack
Ushers:	Stan & Debbie Sitkiewicz

### **NEWS & ANNOUNCEMENTS**

Please pray for those who are ill, in hospital, or requested special prayers: Ann Beech, Jason Godin, Erna Handke, Richard Hubert, Martha Kodzynski, Charlotte Layden, Ella Lehman, Rhonda Mau, Heather Miller, Aileen Roesler, Douglas Sperberg, Ruth Thom, Anneliese

Trautrim, Kaitlyn Vaillancourt, Vaughan Rosien, Joan Lehman, Denise Schizkoske, Mervin Bimm, Ty Phannenhour, Don Markus, Jack Zadow, Margaret King.

The Family of the late Ann Watt, deceased March 29 2023, will have a graveside service for Ann at Zion Lutheran Cemetery Wednesday August 30th at 10:00 am.

### **AUGUST SUMMER HOURS**

The church office summer hours for the month of August are Wednesday only from 9:00-12:00. The phone will be checked daily and messages will be returned promptly.

### **SOCIAL MINISTRY MEETING**

The next Social Ministry Meeting is Wednesday September 13<sup>th</sup> at 2:00 pm.

### **EXERCISE CLASSES**

Please join us on Monday Aug. 28, Wednesday Aug. 30, and Friday September 1 at 1:00 pm for our Senior Exercise classes. Bring a friend!

### **BROADCAST & RECORDING**

We are blessed to be able to broadcast our worship services to our parishioners and to people of the Valley on Cogeco TV. We couldn't do it without the equipment we are fortunate to have. However, to be able to continue this service we are in need of \$2000 to upgrade. We ask you to consider this vital ministry, possibly donating to this fund so that we may continue to provide the recordings and broadcast to our community.

### **ZLW**

Please join us on Wed. September 6, 2023, at 3:00 pm (new time) For "Exploring Roots and Wings" program with Pam and Ellen. Special Offering to Fellowship of the Least Coin, Pot Luck Supper to Follow!

### **GRACE LUTHERAN CHURCH, RANKIN, to celebrate with Anniversary service!**

Grace Evangelical Lutheran Church, Rankin, will be celebrating 160 years as a church family, with a special service on Sunday, September 10th @ 3pm. Blaine Sack has been asked to share music and play for their afternoon Anniversary service – thank you Blaine! Please contact Delores Lamkay at 613-649-2616 for more information about the service, tickets to a catered dinner, or refer to the Grace Lutheran Church facebook page.

### **UPDATE from ANNIVERSARY COMMITTEE**

Zion's Anniversary Committee met twice over the summer; most recently on August 23rd. Good discussions and brainstorming have led to the planning of different celebratory events for the Fall. An Anniversary banner is also being designed for the lawn on the corner of Miller and Munroe Streets. Please speak to Committee members Lorraine MacKenzie, Kathy Nieman or Blaine Sack if you have any questions, ideas, or would like to join our planning team. Stay tuned for more information on special events as we roll into September.

***140th Anniversary Worship Project***

*For the 140th Anniversary we will be purchasing the new ‘All Creation Sings’ supplement, to the current ELW hymnal (2006). Please consider donating a copy of this new resource in memory of loved ones, birthdays, or celebrations. Cost per copy is \$20.*

**HOLD THE DATE! 140<sup>th</sup> CELEBRATION**

Zion Lutheran Church is celebrating their 140<sup>th</sup> Anniversary! Sunday, November 26<sup>th</sup>2023, Bishop Michael Pryce attending. Further details to follow.

**EVERYONE LOVES A PARADE!**

On Saturday, September 16th, Carefor Health and Community Services will be hosting a super-fun, family-friendly fundraising walk called ‘The Grand Parade’. The walk will be held at The Pembroke Marina and waterfront, on the Kiwanis Walkway. Funds raised from the walk will go to offering services to Ottawa Valley seniors, by ensuring that the monthly rent at Carefor’s retirement homes stay within reach of all seniors, that the local transportation program continues to help seniors get to essential medical appointments, and that the meal delivery program keeps seniors fed and healthy!

Please consider donating, and also walking on September 16th, to help celebrate seniors every step of the way! You can either walk or run 2.5kms or 5 kms. Tax receipts will be issued for donations of \$20 or more. More information can be found online at *thegrandparade.org*, or please refer to the letter from Andrew Chenard, Fundraising Specialist/Communications at Carefor, Pembroke, that was included in the summer edition of The Guiding Light.

A team from Zion has been created called ‘Team Zion’, and will be led by Captain Blaine. Please speak to Blaine for more information, to pledge him, or to obtain your own pledge form; he can also be reached by email at *pianobyblaine@gmail.com*, or by phone at 343-369-8700. You can also join ‘Team Zion’ online, by visiting *the grand parade.org*, click register, create account, select location, accept the waiver, click ‘join a team’ (or, register individually if you wish), search for Team Zion, and then select our team and complete your registration.

<p style="text-align: center;"><b>ATTENDANCE</b></p> <p style="text-align: center;"><b>Sunday August 20th – 44</b></p>
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