



# Zion Episcopal Church

*We share Christ's love and grace with joy, respect, and compassion.*

Telephone: (304) 725-5312 | Email: [office@zionaepiscopal.net](mailto:office@zionaepiscopal.net)

## **Parish Office Hours**

Monday through Thursday | 9:00 am — 2:00 pm

## **Rector's Office Hours**

Monday through Thursday | 10:00 am — 3:00 pm, *or by appointment*

*If you have news you would like to share with our congregation, please send word to our parish office at [office@zionaepiscopal.net](mailto:office@zionaepiscopal.net). News items received each week by Wednesday morning will be published in our Weekly Tidings on Friday.*

## *Upcoming Services and Events at Zion...*

**Sunday, May 31<sup>st</sup>**

**Pentecost 1 | Trinity Sunday**

*This week's altar candles are given for the glory of God and in loving memory of Mr. and Mrs. James W. Strider, Mr. and Mrs. Forrest A. Brown, and Mr. and Mrs. James W. Strider, Sr. by Sarah Strider Seemann and Mr. and Mrs. J. William Strider. Our altar flowers today are given for the glory of God and in loving of Frances Grantham Upright by Linda Work and Ralph Dinges by Willetta Dinges.*

**8:00 am — 9:00 am**

**Holy Eucharist: Rite I**

### **Scheduled to Serve**

Altar Guild

Kathleen Willis

Lay Eucharistic Minister

Phil Porterfield

Ushers

Jim and Laurie Ruddy

Hospitality

Jim Ruddy, Linda Work

**9:15 am — 10:15 am**

**Bible Study | The Parlors**

**10:30 am — 11:30 am**

**Holy Eucharist : Rite II**

**Scheduled to Serve**

Altar Guild  
Vergers  
Crucifer  
Torchbearers  
Gospel Book  
Lay Reader  
Intercessor  
Lay Eucharistic Minister  
Ushers  
Hospitality

Joanne McIsaac, Sandy Coughlin  
Lee Wilson  
Colin Harp  
Isla Wildman, Rightly Wildman  
Winnie Wildman  
Ken Fanelli  
Don Twyman  
Don Twyman  
Eileen Davis and Joanne McIsaac  
Candy Cane

**Monday, June 1<sup>st</sup>**

**Tuesday, June 2<sup>nd</sup>**

5:00 pm — 6:00 pm

Community Meal Ministry | Social Hall

**Wednesday, June 3<sup>rd</sup>**

9:00 am — 12:00 pm

Thrift Store Open

5:00 pm — 6:00 pm

Community Meal Ministry | Social Hall

**Thursday, June 4<sup>th</sup>**

**Friday, June 5<sup>th</sup>**

Parish Office Closed

5:00 pm — 6:00 pm

Community Meal Ministry | Social Hall

**Saturday, June 6<sup>th</sup>**

Altar Guild Setup Beverly Raines

11:00 am — 12:00 pm

9:00 am — 12:00 pm Thrift Shop Open

Zion Meal Ministry | Social Hall

**Sunday, June 7<sup>th</sup>**

**Pentecost 2**

**8:00 am — 9:00 am**

**Holy Eucharist: Rite I**

**Scheduled to Serve**

Altar Guild  
Lay Eucharistic Minister  
Ushers  
Hospitality

Dawn and Chris Pritzer  
Richard Seckinger  
  
Jim Ruddy, Linda Work

**9:15 am — 10:15 am**  
**10:30 am — 11:30 am**

**Bible Study | The Parlors**  
**Holy Eucharist : Rite II**

**Scheduled to Serve**

Altar Guild

Beverly Raines, Ann McKee

Verger

Lee Wilson

Crucifer

Torchbearers

Wildman

Gospel Book

Lay Reader

Julia Yuhasz

Intercessor

Kenny Floyd

Lay Eucharistic Minister

Kenny Floyd

Ushers

Hospitality

5:00 pm — 6:00 pm

Community Meal Ministry | Social Hall

*WV Fest News...*

**WV Fest, Saturday, June 13<sup>th</sup>**

**Outreach Opportunity | 10:00 am — 5:00 pm**

Our vestry has once again affirmed Zion's hosting a water station during WV Fest. The water station will be in front of our Gym on Saturday, June 13<sup>th</sup> from 10:00 am to 5:00 pm (set up begins at 9:30 am). We are still in need of individuals/families to serve at the water station between the hours of 12 pm and 5 pm. Sign up for a time slot by clicking on the link below to help us make a positive impact!

[WV Fest Sign Up](#)

*JCCM Food Pantry News...*

JCCM is asking for specific donations of the following food items: spaghetti sauce, canned meat, cereal, jelly, rice, instant mashed potatoes, cases of bottled water. Also the following personal care items are requested: laundry detergent, dish soap, shampoo and conditioner, and deodorant. This past week Zion contributed 38 pounds of food to JCCM's food pantry.



*From Rev. Johanna...*

This past weekend, Joe and I found ourselves in Harpers Ferry — that remarkable place where the Potomac and the Shenandoah rivers converge. We walked for hours. Through the woods, around the cemetery, across bridges, along the soft, muddy banks where the two rivers come together into something wider and more beautiful than either one alone.



We didn't have an agenda. We didn't have a list of things to accomplish. We were simply moving through the world together, noticing things, and talking. At one point we stood at the confluence of the two rivers and just watched the water. The way the currents met and merged, neither one losing itself entirely, both becoming part of something greater. It was, I realized later, one of the most healing things I have done in a very long time. And I think God knew exactly what was happening in that moment — even if I didn't have the words for it yet.

Our first reading this coming Sunday comes from the very beginning of Genesis. It's a *long* reading, and at its end we'll hear: *"So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation."* Blessed. Hallowed. These are the words we use for sacred things — for altars and sacraments and the name of God. And here, in the very first pages of scripture, God applies them to rest.

So many of us have been quietly taught — by our culture, sometimes even by our own inner voices — that rest is something we have to earn. That we should feel a little guilty about resting. That there is always something more productive we could be doing instead. But Genesis will not let us hold onto that story. God does not rest on the seventh day because the work was somehow incomplete, or because God was tired and needed to recover. God rests because rest itself is good. Because pausing, stepping back, simply being — these things are woven into the very fabric of creation as a gift and a necessity. God blessed that day. God hallowed it. And in doing so, God told us something important about who we are and what we need.

This Sunday we celebrate Trinity Sunday — that beautiful, mysterious feast day when we hold together the fullness of who God is: Father, Son, and Holy Spirit. Three persons, one God. And at the heart of that mystery is not power or achievement or productivity. At the heart of the Trinity is relationship.

Communion. Love freely given and freely received. The theologians sometimes speak of the Trinity as a kind of divine dance — three persons eternally present to one another, delighting in one another's company, each one turned toward the others in love.

There is no striving in that image. Just the profound fullness of being together. And this is the God in whose image we are made. This is the God who blessed the seventh day and called it holy. When we rest — really rest, in the way that Genesis is pointing toward — we are not stepping away from God. We are, in fact, stepping closer to God. We are reflecting, however imperfectly, the very life of the Trinity itself. A life rooted in being. Not in accomplishment, but in love.

Back in Harpers Ferry, Joe and I walked through a cemetery perched on a hillside above the rivers. The graves were old — some dating back to the Civil War. We read the names and the dates and stood quietly in that place where so many stories had come to rest. And then we walked on, back down toward the water. As our walk continued to unfold, I noticed the more we simply allowed ourselves to be together — without purpose, without checking the time, without rushing toward the next thing — the more expansive everything felt. Our conversations went deeper. We laughed more easily. We noticed things we would have walked right past on an ordinary day — turtles sunning themselves on stones and logs, and little creepy crawly things crossing our pathway. The world seemed to slow down and open up all at once!

That's what sacred rest does. It doesn't shrink our lives — it enlarges them. It doesn't steal time from us — it gives it back. When we lay down the weight of everything that must be done *long enough* to simply be present to one another and to God, something healing begins to happen. Something that no amount of busyness can manufacture. We don't do enough of that — as individuals, as couples, as families, as communities, as a people. We get carried away with all the things that feel urgent, and we set aside the most important things. Being together. Being present. Being still enough to notice that we are loved. Genesis tells us God *blessed* the seventh day and *hallowed* it. That blessing has not expired. It is still here, still extended to us, still waiting to be received.

Pace é bene,  
Johanna+

### *Zion's Community Care Pantry News...*

*Collaborating together to transform one another by welcoming the stranger, providing hospitality, and restoring community where all people are treated with dignity and respect.*

If you have been wondering how to get involved with any aspect of this important ministry, please contact Kay Kodak, our Community Care Pantry coordinator, and let her know you are interested in learning how you can serve in the pantry.

**Kay's email address is: [kcnk88leo@gmail.com](mailto:kcnk88leo@gmail.com)**

The donations listed below are most need this week. Your generous donations may be brought to our parish office during parish office hours. Thank you for your generosity.

**Food Items:** Maseca (corn flour), Beans, Lentils, Rice, Canned Tuna Fish and Chicken Breast, Fruit Packs.

**Personal Care Items:** Diapers (Sizes Newborn, 3, 4, or 5), Enfagrow Formula (Toddler), Similac (0-12 M), Feminine Hygiene Products, Soap, Shampoo, Conditioner, Deodorant, Toilet Paper.

### *Diocesan News...*

#### **Grow Church 2026—2027: Registration Now Open!**

*2026—2027 Registration for Grow Church, The Diocese of West Virginia's Congregational Development Program, is now open.*

**Grow Church** is a two-year program that gathers four times per year (eight times over two years) to form participants as a community and as members of the Diocese of West Virginia; teach congregational development skills including planned change, understanding levels of conflict, life cycles of organizations, and more; and offer opportunities for continued spiritual formation and worship.

Click [here](#) to learn more or register.



### *June is LGBTQ+ Pride Month...*

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.

Celebrations include pride parades, picnics, parties, workshops, symposia and concerts. LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

### *Parish News...*

**Doris Starks** has shared a note of appreciation from Dr. Frank Speizer of the Harvard University School of Medicine. Dr. Speizer developed the Nurses' Health Study in 1976 to study Women's Health. Doris reports that she joined the study when it was developed and she is still a participant! She notes her intent in joining the study was to improve health outcomes for women.



*Dear Ms Stark:*

*Francine Laden sent me a copy of a picture of her with you and indicated how much you have been involved in Nursing career development. She also indicated that you were (and continue to be) a faithful participant in the Nurses' Health Study. When we started, we hardly believed we would last more than 50 years. Whatever success the NHS has had can only be attributed in large part the women like yourself who put the time, interest, and faith in us as we moved through the years. I wanted to personally thank you. I wish you well.*

*Sincerely,*

*Frank E. Speizer, MD*

*E.H. Kass Distinguished Professor of Medicine, Harvard Medical School,  
Professor of Environmental Science, Harvard TH Chan School of Public Health,  
Channing Division of Network Medicine,  
Brigham and Women's Hospital*

### *Prayer Requests...*

*"Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed."*  
— Matthew 8:8

#### **For Those Who Are Housebound...**

Marian Auer, Jean Hale, Earl and Bertha Kelican, Edna Phillips, Doris Starks.

#### **For Those on our Parish Prayer List...**

Those in nursing homes, assisted living, and rehabilitation centers, Alex, Edna, Doris, Annette, Pat, Doug, Michael, Mary Bruce, Jim, Leo, Peggy, Donna, Lucas, Ava, Owen, P.T., Tom, Sharon, Jim, Mary Jane, Bobbie, Don, Cassidy, Kelly, Ruth, Lousie, Becky, Barbara, Wanda, Jennifer, Karmen, Tyler, Bob, Alison, Ned, Richard, Dennis, Renee, Lori, Evan, Bertie, Brad, Robert, Rusty, Joshua, Diane, Michele, Patrick, Karen, Brian, Joyce, Phil, Melissa, Velma, Ruby, Debbie, Chris, Donna, Kimberly, Megan, and Thomas.

#### **For the Men and Women Serving in our Armed Forces...**

Andrew, Amy, Blake, Bill, Bridget, Sean, Dakotah, and Andrew.

#### **For Those Who Have Died...**

Mrs. James W. Strider, Mr. and Mrs. Forrest A. Brown, and Mr. and Mrs. James W. Strider, Sr., Frances Grantham Upright, Ralph Dinges, and Ned Wilson.

#### **For Those Celebrating Birthdays End of May and June:**

Robbie Salisbury, May 29 <sup>th</sup>	Kelsey Smith, 10 <sup>th</sup>	Craig Chesley, 22 <sup>nd</sup>
Edna Philips, May 30 <sup>th</sup>	Peggy Coulter, 10 <sup>th</sup>	Sam Byrer, 23 <sup>rd</sup>
Lyn Widmyer, May 30 <sup>th</sup>	Frankie Amore, 10 <sup>th</sup>	James Ruddy, 24 <sup>th</sup>
Tom Cain, 2 <sup>nd</sup>	Earl Jr. Carson, 14 <sup>th</sup>	Tyler Burke, 26 <sup>th</sup>
Arenwald Smith, 2 <sup>nd</sup>	Wendy Kirby, 15 <sup>th</sup>	Rowen Davis, 27 <sup>th</sup>
Kassidy Noble, 4 <sup>th</sup>	Jenny Caling, 16 <sup>th</sup>	John Custer, 29 <sup>th</sup>
Rusty Morgan, 5 <sup>th</sup>	Ben McCormick, 17 <sup>th</sup>	Derel Carson, 29 <sup>th</sup>
Betsy Cordell-Crewe, 6 <sup>th</sup>	Ted Kroos, 19 <sup>th</sup>	Becky McDonald, 29 <sup>th</sup>
John Jr. Skinner, 9 <sup>th</sup>	Olivia Jenkins, 22 <sup>nd</sup>	Anne Stryder, 29 <sup>th</sup>
		Sonny Smith, 30 <sup>th</sup>

*If you are celebrating a birthday this month and your name does not appear on the list above, please send an email or call our parish office so that we can add your birthday to our birthday list! (Email: [office@zionaepiscopal.net](mailto:office@zionaepiscopal.net) or phone: (304) 725-5312)*