



# 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 Administrative Assistant, Kianna, 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...*

### **Saturday, May 2<sup>nd</sup>**

9:00 am — 12:00 pm

Churchyard Cleanup | 301 E Congress Street

9:00 am — 12:00 pm

Thrift Shop Open

### **Sunday, May 3<sup>rd</sup>**

#### **Easter 5**

#### **First Sunday: Birthdays & Anniversaries**

*This week's altar candles are given for the glory of God and in loving memory of Mr. 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 Cesarina Wysong, Forrest B. and Lucy Skinner Wysong, Charles L. Skinner, Edna E. Skinner, and John J. and Elizabeth K. Wysong by Mr. Locke Wysong and family.*

**8:00 am — 9:00 am**

**Holy Eucharist: Rite I**

#### **Scheduled to Serve**

Altar Guild

Kathleen Willis

Lay Eucharistic Minister

Richard Seckinger

Ushers

Donald and Patsy Noland

Hospitality

Jim Ruddy, Linda Work

9:15 am — 10:15 am

9:15 am — 10:15 am

10:30 am — 11:30 am

**Holy Eucharist: Rite II | St. Philip's**

**Bible Study | *New Location: The Parlors***

**Holy Eucharist : Rite II *together with***  
**Holy Baptism**

**Scheduled to Serve**

Altar Guild

Verger

Crucifer

Torch Bearers

Gospel Book

Lay Reader

Intercessor

Lay Eucharistic Minister

Ushers

Hospitality

Joanne McIsaac, Sandy Coughlin

Lee Wilson

Lucy Peyton

Isla Wildman, Rightly Wildman

Winnie Wildman

Donny Twyman

Jamie Wilson

Jamie Wilson

Betina Peyton, Ken Fanelli

Betina Peyton

**Monday, May 4<sup>th</sup>**

No Choir Rehearsal

**Tuesday, May 5<sup>th</sup>**

10:00 am — 11:00 am

5:30 pm — 6:30 pm

Morning Prayer | Hayes Chapel

Community Meal Ministry | Social Hall

**Wednesday, May 6<sup>th</sup>**

9:00 am — 12:00 pm

5:30 pm — 6:30 pm

Thrift Store

Community Meal Ministry | Social Hall

**Thursday, May 7<sup>th</sup>**

10:00 am — 11:00 am

Morning Prayer | Hayes Chapel

**Friday, May 8<sup>th</sup>**

10:00 am — 12:00 pm

**Office Closed**

Rainbow School Mother's Day | Parlors

**Sunday, May 10<sup>th</sup>**

**Easter 6**

**The Rt. Rev. Matthew Cowden**

**Presiding and Preaching**

**8:00 am — 9:00 am**

**Holy Eucharist: Rite I**

**Scheduled to Serve**

Altar Guild	Kathleen Willis
Lay Eucharistic Minister	Linda Work
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	Joanne McIsaac, Sandy Coughlin
Verger	Lee Wilson
Crucifer	Erin Grove
Torch Bearers	Isla Wildman, Rightly Wildman
Gospel Book	Winnie Wildman
Lay Reader	Ken Fanelli
Intercessor	Greg Harp
Lay Eucharistic Minister	Greg Harp
Ushers	Stephanie Harp and Randy Hilton
Hospitality	

*Property News...*

**Church Yard Clean Up**  
**Saturday, May 2<sup>nd</sup> at 9:00 am**

Please mark your calendars and plan to join in helping to clean-up our church yard. We will be gathering Saturday, May 2<sup>nd</sup> beginning at 9:00 am. Bring along a rake and don't forget to bring your gloves! Any time you are able to offer will be greatly appreciated! *Many hands make light work.*

*From Rev. Johanna...*

**Step by Step, Mile by Mile: A Reflection on Psalm 31:1-5**



When I was in junior high school, I walked to and from school on my own. The walk felt like it stretched on for miles — though in reality, it was probably just a little over a mile. You see, I didn't belong to any particular group of friends. I was what you might call a floater — someone who knew a lot of people but didn't quite fit neatly into any one circle. At lunch, that made me a table hopper. And before and after school, it meant I walked alone.

But even as a young girl I knew I was not truly alone. I understood that God was walking right beside me. Not in a dramatic, lightning-bolt kind of way, but in the quiet, unhurried way that only becomes more precious with time. I didn't discover this after the fact. I relied on it in real time, step by step, mile by mile.

When the road felt long and the loneliness crept in, I turned my heart toward God — and found God already there, already close, already moving alongside me. That accompanying love became my truest companion throughout my formative years. It shaped something deep in me — a conviction that God does not leave us to walk the hard roads of life on our own. God is simply there.

Maybe you know what that kind of season feels like. A stretch of life where you feel as though you are moving through something hard, uncertain, or lonely — and you are not quite sure who, or even *if* anyone, is walking beside you.

The ancient poet who wrote Psalm 31 knew something about hard and lonely roads:

*"In you, O Lord, I take refuge; let me never be put to shame; in your righteousness deliver me. Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me. You are indeed my rock and my fortress; for your name's sake lead me and guide me." (NRSV Psalm 31:1-5)*

These are not the words of someone sitting comfortably in an armchair. These are the words of someone in the middle of something hard — crying out, asking God to incline an ear, to lean in close and truly listen. And yet, tucked inside this cry for help is a quiet but profound declaration: You are indeed my rock and my fortress. Not, I hope you will be. Not, please become. But — you already are.

The psalmist may have felt alone. He may have felt the weight of life's circumstances pressing in on every side. But even in the midst of that, the psalmist knew — God had not gone anywhere. That is the beautiful paradox of this psalm. The psalmist cries out to a God he simultaneously trusts is already present. He is not searching for a God who is far away — he is leaning into a God who is already close and already walking alongside him. When we open our hearts to the truth that God is always alongside of us, it changes everything about how we walk through hard times.

Hard times have a way of narrowing our vision. They close in around us until all we can see is the difficulty right in front of us — the uncertainty, the grief, the exhaustion, the loneliness. And in that narrowed place, it can feel as though we are completely on our own. As though no one sees us. As though no one is near.

On my long walks to and from school, I didn't just stumble upon God's presence after the fact — I leaned into it in real time. When the road felt long and the loneliness crept in, I turned my heart toward God and found comfort in God's presence, comfort in knowing God was already there, already close, already moving alongside me. My conscious reliance on God's presence was a daily practice. A quiet act of trust, step by step, mile by mile.

Whatever roads we walk, whatever burdens we carry — we are not walking alone. God does not wait to be invited before walking beside us. God does not show up only when we have the right words or the right faith or the right amount of courage. God is simply there — steady, present, and full of love — accompanying us through every hard mile, every uncertain stretch, every quiet and lonely road.

That's the gift of Psalm 31. The reminder that we walk with God. That we walk in God's love. That God's love goes before us and follows behind us, holds us when the road is long and the way is unclear. It does not waver when we are weary, and it does not dim when the darkness feels heavy. It is simply, always, there. There is, in fact, nowhere we can walk that God is not already there. We are not just accompanied. We are enveloped. We are held on every side.

Pace é bene,  
Johanna+

### *Bishop Matthew's Annual Visitation...*

#### **Bishop Matthew's Visitation Sunday, May 10<sup>th</sup> | 8 am & 10:30 am Services**

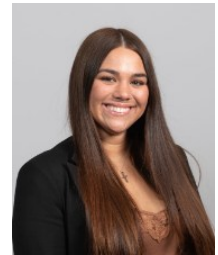
Bishop Matthew will preside and preach at both our 8 am and 10:30 am services on Sunday, May 10<sup>th</sup>. All are welcome to attend and to greet our Bishop during coffee hour immediately following our services.



### *Parish News...*

#### **Meet Zion's New Administrative Assistant Kianna Rodriquez**

Kianna is a native of Martinsburg, WV. She earned a Bachelor of Science degree in Advertising and Public Relations from West Virginia University. She possesses a strong foundation in strategic campaign development and digital marketing. In addition, she has a wealth of experience in office management, brand development, and customer engagement. Her background includes leadership roles in office administration, marketing, and hospitality. In her free time, Kianna enjoys cooking, baking, exploring new places, and spending time outdoors with her dachshund. Be sure to stop by our parish office to welcome Kianna to Zion!



#### **WV Fest | Saturday, June 13<sup>th</sup> | 10:00 am — 5:00 pm**

Plan to join us for WV Fest! 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). This is a wonderful opportunity to serve our community by offering free water and friendly conversation to festival goers. Event organizers provide the tent and all necessary supplies. We invite you to come be a welcoming presence and represent Zion.

Sign up for a time slot by clicking on the link below to help us make a positive impact!

**[WV Fest Sign Up](#)**

### *St. Philip's News...*

#### **Annual Women's Day Program | Women Dedicated to God's Work Saturday, May 17<sup>th</sup> at 3 pm at St. Philip's Episcopal Church**

**The** Episcopal Church Women of St. Philip's Episcopal Church cordially invite you to join them for Worship and Fellowship on Saturday, May 17<sup>th</sup> at St. Philip's Church, 411 S. Lawrence Street in Charles Town. Sister Delores Jackson Foster of Mt. Zion AME Church in Knoxville, MD will be speaking. Light refreshments and fellowship will follow the program.

### *JCCM News...*

**Thank you for your abundant generosity in helping to support those suffering from food insecurity. Your kindness is greatly appreciated. This past week Zion contributed 64 pounds of food to JCCM's food pantry.**



### *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.*

We have made great strides in establishing our new food and basic human needs pantry to support our neighbors in need of assistance and are now ready to take our next steps:

- Begin shopping for essential items to stock the shelves of our pantry.
- Create a list of individuals who are available to shop for pantry supplies.
- Develop a list of individuals who are available to deliver groceries to our clients.

The following donations are needed: Maseca (corn flour), Beans, Lentils, Rice, Pasta, Spaghetti Sauce, Canned Vegetables, Canned Fruit, Fruit Cups, Applesauce, Juice Boxes, Cooking Oil, Shelf-stable Milk, Shelf-stable meat/fish, Dental Care Products, Diapers (Sizes 3, 4, or 5), Enfagrow Formula (Toddler), Similac (0-12 M), Feminine Hygiene Products, Soap, Shampoo, Conditioner, Deodorant, Toilet Paper.

If you are available to shop for groceries or deliver groceries, please send an email to Rev. Johanna.

### *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, and Debbie.

### **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., Cesarina Wysong, Forrest B. and Lucy Skinner Wysong, Charles L. Skinner, Edna E. Skinner, and John J. and Elizabeth K. Wysong.

### **For Those Celebrating Birthdays in May:**

Laurie Ruddy, 5 <sup>th</sup>	Henry "IV" Davenport, 13 <sup>th</sup>	John A. Kirby, 24 <sup>th</sup>
Alexander Peyton, 5 <sup>th</sup>	Matthew Brashear, 14 <sup>th</sup>	Lillian Kirby, 24 <sup>th</sup>
Shea Smith, 5 <sup>th</sup>	Locke Wysong, 16 <sup>th</sup>	Stone Sinnett, 25 <sup>th</sup>
Luch Weatherholtz, 6 <sup>th</sup>	Laurie Delaney, 17 <sup>th</sup>	Robbie Salisbury, 29 <sup>th</sup>
Ellie Splawn, 8 <sup>th</sup>	Sandy Burke, 21 <sup>st</sup>	Edna Philips, 30 <sup>th</sup>
Cody Truitt, 8 <sup>th</sup>	Chris Pitzer, 22 <sup>nd</sup>	Lyn Widmyer, 30 <sup>th</sup>
Sarah McGivern, 11 <sup>th</sup>	Sonja James, 23 <sup>rd</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)*