



# Zion News

MONTHLY NEWSLETTER | FEBRUARY 2023 – VOLUME 64 ISSUE 2

*"The Lord is my portion," says my soul, "therefore I will hope in him."*  
**Lamentations 3:25**



Fast from hurtful words and speak kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints and contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness and fill your heart with joy.  
Fast from selfishness and be compassionate.  
Fast from grudges and be reconciled.  
Fast from words and be silent so you can listen.

~ Pope Francis

## A Challenge of Humility

Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.' "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

- Do I compare my actions to others?
- How does my heart approach God in prayer?

**ZION'S MISSION:**  
**TO SHARE THE**  
**GOSPEL OF CHRIST**  
**IN SUCH A WAY THAT**  
**WE FIND GOD,**  
**GROW OUR FAITH,**  
**DISCOVER OUR**  
**PURPOSE AND MAKE**  
**A DIFFERENCE**

Sunday Service: 11 am  
Sunday School: 9:45am  
Worship online:  
[www.zionreformed.church/worshiplive](http://www.zionreformed.church/worshiplive)

Address:  
201 N. Potomac St.  
Telephone:  
301-739-7244  
Email:  
[zionrucc@myactv.net](mailto:zionrucc@myactv.net)





***Christ has no body on earth but ours, no hands but ours, no feet but ours. Ours are the eyes through which the compassion of Christ looks out upon the world. Ours are the feet with which he goes about doing good. Ours are the hands with which he blesses his people now.***

***~St Teresa of Avila~***

We are linked together as one. We are stronger together than we ever are alone, all members of the body of Christ. And as members, we are each called to do the work God needs in our community, the hands and feet, eyes and ears, the heart and voice of God.

Our interdependence is what keeps the body alive and vibrant. Paul tells us that we need one another, and the need is mutual. He is NOT just saying that the poor need the rich, the sick need the healthy, and the weak need the strong to protect or rescue them; he's saying that we ALL need one another... the rich and healthy and strong need the others just as much. Each and every one of us makes a vital contribution and no one is excluded. The Spirit has given gifts to all, and each individual gift is needed by all of us. Even the smallest, seemingly weakest parts contribute to the health of the whole body. Each of us is indispensable. When one part is gone, the whole body grieves its loss.

The past few years have been times of loss and change. We are not the same as we were three years ago. Before the world shut down. But the lessons learned are not all hard ones! We have learned that Church is more than a building and that worship is more than what happens in a sanctuary. Our vision of who we are has expanded and taken on a new shape. And, we have been reminded once again that Christ's body needs each of us.

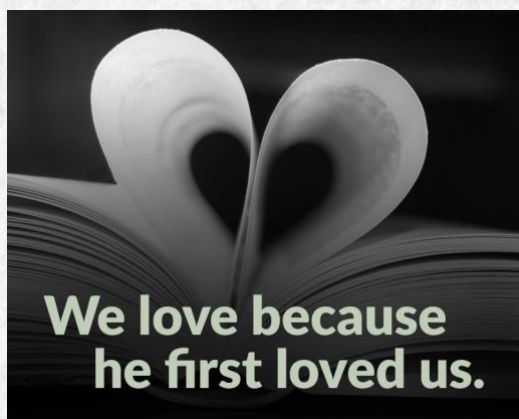
We are not just parts of \*a\* body; we're members of the whole Body of Christ. The gifts given to us by the Spirit are needed for the health of the whole body, because who we are as God's people is connected inextricably with our call to work for God's mission in the world.

We are Christ's hands and feet, eyes and ears, heart, voice and soul, in the world. God has made us one Body -- a living sacrament -- for the world to see what God's grace is doing in the world.

The presence of the Spirit continues in our lives: The same Spirit that descended at the Jordan and the same Spirit that lifted the people up at Pentecost blesses us today. That Spirit gifts us, and our gifts are special and unique. It is our combined gifts that strengthen us and make us whole. We are the hands and the feet, the eyes and the ears, the heart, voice and the soul of Christ. We are the ones that God needs today.

Blessings,  
Pastor Katie





February

02

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

03

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## FEBRUARY WEEKLY/MONTHLY EVENTS

**Sunday Worship** — 11am in person and virtually at [www.zionreformed.church/worshiplive](http://www.zionreformed.church/worshiplive)

**Sunday School** — 9:45am - Adult and Children's classes with hybrid options also available.

**Tuesday's Supper and One Stop Shop** — Every Tuesday from 5-6:30pm in the Fellowship Hall

**Wednesday Lunch Bunch**— Starting 2/15 weekly at 11:30am in the Burhans Room and Zoom.

**Wednesday Supper and Service (during Lent)** - Potluck dinner at 6:00 and meditation service "Looking for Love in All the Wrong Places" at 6:30 in the Chapel.

**Choir Practice** — 2/2, 2/9 and 2/16 at 4:00pm. Starting 2/22, moving to Wednesdays at 5 in the Chapel.

**4-H Club** — Every Thursday at 4:30pm in the Burhans Room.

**Executive Team Meeting**—2/2 at 2:00pm in the Burhans Room and Zoom.

**Consistory**—2/6 at 7:00pm in the Burhans Room and Zoom.

**Service Workers**—2/1 at 1:30pm in the Burhans Room.

**Search & Call Team Meetings** — 2/13 at 5:30pm in the Burhans Room and Zoom.

**Properties Team Meeting** — 2/2 at 4:00 in the Burhans Room.

**ONA Team Meetings** — 2/1, 2/14 and 2/28 at 12:30pm in the Burhans Room.

**Soup Kitchen Team Meeting** — 2/15 at 4:30 in the fellowship hall.

## February Birthdays

Ivan Dwyer	2/2	Angie Schaff	2/18
Michael Shultz	2/2	Linda Cantilena	2/20
Lenzie Weicht	2/5	William Wantz	2/21
Peggy Lowman	2/7	Kristin Kelly	2/28
Brett Hendershot	2/8		

We collect aluminum cans for the Tuesday Night Ministry. Bring your cans to church or to make other arrangements contact Dave Ridenour (240-313-07). The next pick up is the week of March 12<sup>th</sup>.

**did  
you  
know?**

You can take your cardboard to the Rescue Mission (128 N Prospect St); they sell the cardboard to support the Mission. Their hours are  
M-F: 8:30-1:30 and  
Sat: 8:30-11:30 a.m.

# Notes from the Consistory

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The first Consistory meeting of 2023 welcomed three newly elected members and one re-elected member to the group. Each member was then given a Consistory Binder of information including the Articles of Incorporation and Bylaws, the Personnel Policy, the Safe Conduct Policy, and the most recent membership list.

The committee/team reports were reviewed and there were no questions. All members were encouraged to consider joining one or more committees. The ONA, Personnel, and Youth committees are especially seeking additional members.

The Epiphany Pageant was celebrated and the families who participated in the pageant were thanked. Under Old Business, Kim announced that our Multimedia specialist, Brandon, is now a permanent part-time employee. The Congregational Annual Meeting will be held on March 12. All committee/team reports are due to Rae by February 5 for inclusion in the printed Annual Report.

The first order of New Business was to elected officers for 2023. The following members were nominated and voted in to these positions: Kim Ridenour, President; Carol Mooers, Vice President; Carroll Sager, Secretary; and Lisa Saum, Treasurer.

Zion is in need of volunteers to learn to run the Sound Board and the Livestream on Sundays. Please contact Katie if you can and are interested in doing this. It was agreed that the Multimedia position could be divided into two positions. The Personnel Committee will refine the job descriptions for these positions and present recommendations next month to the Consistory.

The annual cost for Live Control has increased by \$2,000. There are some options for saving money against this increase. This will be further researched and a decision will be made on the best option as soon as possible.

Happy New Year to All!

TREASURER'S REPORT		
	December	Year-to-Date
Income	\$10,164	\$71,772.26
Transfers	\$25,000	\$543,755.50
Expenses	\$34,296.70	\$608,833.76
Net Income	\$867.30	\$6,694

Your sacrificial giving is necessary to keep all of our ministries going.  
Thank you for giving generously to the work God is leading us into.

# Stay Up-to-Date - *from the Parish Nurse*



The field of medicine, like nearly every other profession, is ever changing. New procedures, medications and treatments seem to be a daily occurrence. Cancer health screenings are no different. New guidelines have been issued for cancer screenings. Remember that these are *guidelines* only; your healthcare provider may determine that you need a different time frame for these life- saving screenings. Early detection of abnormalities often results in a better outcome after treatment.

Cancer screenings are important because they can find cancer in its early stages before it spreads to other areas. In some cases of early detection, treatment can be started before you have any symptoms. Women should complete a monthly self- breast exam; your healthcare provider should perform a clinical breast exam at least every 3 years or more often if abnormalities are noted. Mammograms should begin at age 40 for women with no unusual symptoms and continue yearly. Colon cancer has been in the spotlight lately because of several celebrity deaths from this disease. Experts now suggest that screening for colon cancer should start at age 45 (instead of 50). Thankfully, new methods of testing have been developed that can replace a colonoscopy for some people. Cologuard can be completed at home; a negative result means that your next screening can be in 3 years, barring no symptoms develop. If you are at increased risk for developing colon cancer (you have Crohn's disease, ulcerative colitis or a family history of polyps and/or colorectal cancer) colonoscopy is still the best test and its frequency will be determined by your healthcare provider. Screening for cervical cancer (Pap smear) should begin for women at age 21. This test needs repeated every 3 years until age 29 unless abnormalities are found. At age 30, screening should be every 3 years **and** an HPV (Human Papillomavirus) test completed every 5 years or testing with a Pap smear **AND** HPV test every 5 years. These guidelines are for women who have not had their cervix removed and have not had any previous abnormalities. Cervical cancer screenings can usually be discontinued at age 65 if previous tests were normal.

A relatively new screening is low-dose computed tomography (LDCT) for smokers ages 50 – 80 with a 20 -pack year history of smoking. (This is a lighter smoking history than previous guidelines.) A pack year is determined by multiplying the number of cigarette packs smoked per day by the number of years you have smoked. This screening check for lung cancer should be completed yearly from age 50 until age 81 and can be stopped if it has been 15 years since you quit smoking.

Most health insurances cover cancer screenings and there are several programs that can lend financial assistance for these tests.

Remember that early detection is key to a good outcome. Stay up to date with your screenings not only for yourself, but especially for those you love!

Blessings and Health,  
Barb Hendershot, RN  
Parish Nurse

Sources:  
[healthcare.gov](http://healthcare.gov)  
[medicalnewstoday.com](http://medicalnewstoday.com)





# What's Happening

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## **February 5 – Annual Reports Due**

Ministry leaders, please turn in your annual reports to Rae so that they can be collected and prepared for the annual congregational meeting.

## **February 15 - Thursday Wednesday(!) Lunch Bunch**

Our Lunch Bunch is moving to Wednesdays when we start up again on February 15<sup>th</sup>. We will be discussing the book "See No Stranger" by Valerie Kaur. Join us!

## **February 19 – ONA Lunch “All About Love”**

Please join us for lunch and fellowship. This is a great opportunity to hear more about the ONA vision. Bring your questions and ideas, we hope to see you there.

## **February 19 – Youth Skating**

Meet at the church for a brief meeting at 1:30 before heading out for skating!

## **February 22 – Ash Wednesday Service @ 6:30**

We will begin the Lenten season together with the disposition of ashes, the service is at 6:30. If you would like to join virtually, contact the church office for ashes by February 15<sup>th</sup>.

## **February 24 - February Book Club**

The Zion Book Club will be meeting on Friday, February 24, 2023 at 7pm at the home of Daisy Schlotterbeck. Feel free to join us!

## **February 25 – Coldest Night of the Year fundraiser for REACH of Washington County**

Walkers are asked to seek monetary pledges that reflect the distance they choose to walk. Modest prizes will be awarded to “over 18” walkers who raise \$150 or to “under 18” walkers who raise \$75 more for REACH. All walkers will be treated to a light supper at the conclusion of the walk. Go to [CNOY.com](https://www.cnoy.com) and click “look for your location.” Under the Hagerstown team listing, choose the Zion Reformed Walkers to sign-up. You can also go to REACH’s Facebook page or contact Carroll Sager at [carroll.sager@gmail.com](mailto:carroll.sager@gmail.com).

Date	Lector	Ushers
Feb. 5	Carol Mooers	William Brewer Calvin Livingston Jean Simmons Gerald Saum
Feb. 12	Jean Simmons	Burnie Clutz Susan Clutz Becky Hohman John Schnebly
Feb. 19	Missie LaBombard	Frank Ebersole Carol Mooers Becky Owens Rich Owens
Feb. 26	Rae Smith	Domenick Gerlando Barb Hendershot Matt McDonald William Wantz





RETURN SERVICE REQUESTED

Hagerstown, MD 21740  
201 North Potomac Street

**ZION REFORMED UCC**



Zion Reformed United Church of Christ