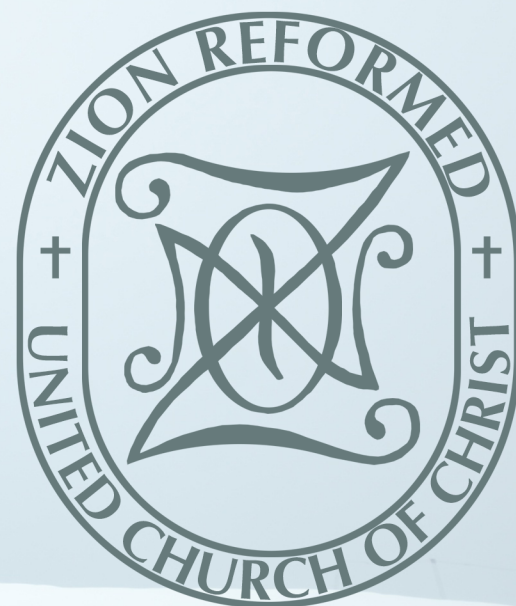


Zion News

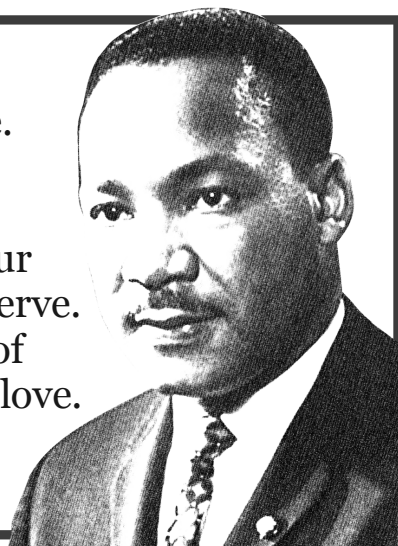


MONTHLY NEWSLETTER | JANUARY 2023 – VOLUME 64 ISSUE 1

Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him."
Lamentations 3:22-24

Everybody can be great...
because anybody can serve.
You don't have to have a
college degree to serve.
You don't have to make your
subject and verb agree to serve.
You only need a heart full of
grace. A soul generated by love.

— Martin Luther King Jr.



EPIPHANY

Rev. Kendra L. Buckwalter Smith says that in the early church Epiphany was even more important than Christmas. Epiphany was the celebration of God's revelation of Christ to the world. The point was not the birth of Jesus, but rather the manifestation of Jesus to the world. Epiphany declares that Christ has come; Christ is risen; Christ will come again.

How do you see the manifestation of Jesus to the world today?
How can you reflect epiphany today in your life?

**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

Address:
201 N. Potomac St.
Telephone:
301-739-7244
Email:
zionrucc@myactv.net





"Rejoice in the Lord always; again I will say, rejoice!" ~ Philippians 4:4.

From a prison cell 2,000 years ago, Paul's words of encouragement echo out to us, reminding us that no matter what, we are loved, we are worthy and we are chosen. So rejoice!

No matter how difficult life can be,, God won't stop loving you. Sometimes things go your way and sometimes everything seems to go wrong, but no matter what... God's love will never end. So rejoice! God is on our side!

In fact, God's loving presence should be one of the most important sources of joy in your life!

When my daughter was a little girl, whenever we crossed the street she put her little hand in mine and we walked out together. She knew I would not let her go and that I would protect her – no matter what. And that is still true, all these years later (although she will no longer let me hold her hand when we cross the street).

In the same way, God takes our hand and holds it and wont let it go. God promises to stay with us and protect us from harm – no matter what. Even when we try to pull loose and go our own way, God keeps a protective eye upon us and holds us in God's sacred hand.

God will not ever let us go! We are loved, we are worthy and we are chosen. So rejoice! And may you share that love with one another as we enter into a New Year.

Blessings,

Pastor Katie





January 01

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 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				

JANUARY WEEKLY/MONTHLY EVENTS

Sunday Worship — Every Sunday at 11am in the sanctuary and virtually at www.zionreformed.church/worshiplive

Sunday School — 9:45am - Adult and Children's classes with hybrid options also available. There will be no Sunday School classes on 1/1. More info at www.zionreformed.church/education

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

Thursday Lunch Bunch— Weekly at 11:30am in the Burhans Room and ZOOM
More info at <http://www.zionreformed.church/thursday>

Choir Practice — Every Thursday at 4:00pm in the Chapel

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

Executive Team Meeting—1/5 at 2:00pm in the Burhans Room and ZOOM

Consistory—1/9 at 7:00pm in the Burhans Room and ZOOM

Service Workers—1/4 at 1:30pm in the Burhans Room

Search & Call Team Meetings — 1/9 at 5:30pm in the Burhans Room and ZOOM

Staff Team Meeting — 1/5 and 1/19 at 12:30 in the Burhans Room

ONA Team Meetings — 1/10 and 1/24 at 12:30pm in the Burhans Room

January Birthdays

Chuck Albright	1/10	Holly Bell	1/22
Alden Grosh	1/17	Sarak Kalkbrenner	1/25
Brooks Grosh	1/17	Louise Danzer	1/26
Thelma Summers	1/20	Benjamin Kelly	1/29
Chris Shaffer	1/21	Linda Kelly	1/29
Scott Richardson	1/22	Jessica Green	1/31

January Anniversaries

LoriBeth and Kenlin Martin	1/01
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Notes from the Consistory

Pastor Katie talked about Good News when she shared a daily devotional reading to open our meeting. The reading compared the “sales pitch” of the Angels to the shepherds telling of the birth of Jesus to the sales pitches on the internet today. Sometimes good news is too good to be believed. But The Good News offered by the Angels was and continues to be welcomed by all who believe.

So, speaking of Good News, Kim shared that a thank you note and a \$193 check for the Food Pantry were received from HARC from the Interfaith Thanksgiving Service. Lisa also reported that Zion has received a check from a former member's estate and may be receiving a check from a second former member's estate. It is unclear if these funds received are restricted in any way.

The Consistory is still recruiting Committee/team members. If anyone is interested in sharing their time by serving on a committee/team, please contact the Church Office or a Consistory member.

More Good News happened on Sunday, December 11 when the Congregation elected all 4 nominees to the Consistory and approved the operating budget for 2023. It may have been the quickest Annual meeting in our entire history!

The Consistory continues to work on updating various policies and procedures as they apply to our employees and our operations. We did adopt a policy which will provide more close attention to our spending.

Mark your 2023 calendars for the Congregational Dinner to be held on Sunday, March 12 immediately following the Sunday Service. This is a great opportunity to feast on the delicacies of the talented cooks in our congregation at this potluck dinner while we review and discuss the progress we made and the projects we completed during 2022. The 2022 Annual Report will be available by February 19 for your reading pleasure.

Susie requested that our Mission Statement be printed on the front of our weekly bulletins. It was agreed that this should be implemented. Kim shared that 30 poinsettias were sold to decorate the church.

Wishing you all a safe and Merry Christmas!

TREASURER'S REPORT		
	November	Year-to-Date
Income	\$5,128.75	\$61,608.26
Transfers	\$25,000	\$518,755.50
Expenses	\$25,136.29	\$574,814.14
Net Income	\$4,992.46	\$5,549.62

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.

You Can Do It! - *from the Parish Nurse*

The holidays are over and a new year is here. What will you do with it? Will you focus on what has passed or will you go forward with determination and energy? Now is the perfect time to head in the right direction. Be positive about your future and set good things in motion!

One of the best things for your overall health is to set aside 20-30 minutes every day for yourself. Read a scripture passage or daily devotional guide to help you focus and prepare. Take that time to calm and center yourself. A new year is usually full of resolutions. Make ones you can stick to. Plan to be more active; this can be hard in the winter months but be determined! Walk at an indoor mall or gym area. You can even do laps in your own home or commit to stair climbing several times a day. Park farther away from the store when shopping - every little bit helps.

Try to consume a healthy diet. Add more fruits and vegetables and limit sweets and prepared foods. Try new recipes; this can be good for your diet and your brain (learning something new!)

Don't forget about healthcare screenings. Men, women and children should all have regular screenings with a healthcare provider to help prevent illness and maximize health. Children should be screened at least yearly for wellness and immunizations. All adults, especially those between the ages of 50 and 80, also need regular visits to a healthcare provider. Some screenings for adults include checking the abdominal aorta for aneurysms, blood pressure, cholesterol, colorectal cancer, depression, diabetes, bone density, immunizations and fall prevention. Any smoker aged 50-80, even those who quit within 15 years, should have a lung cancer screening. Women need evaluated for mammogram and cervical cancer screenings. Vitamin D has been a frequent medical topic over the last few years. Low vitamin D is common because people are spending less time outside in the sun (especially in the winter); sunlight provides needed vitamin D. Low vitamin D has been linked to poor cognitive (brain) function as well as increased dementia. Recent studies show that low vitamin D may also play a role in schizophrenia. Foods that will raise your vitamin D level include salmon, trout, tuna, fortified milk and orange juice, yogurt, cheese and mushrooms. (Imagine that- mushrooms grow faster in the dark but have lots of vitamin D to offer!)



Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources:

[healthcare.gov](https://www.healthcare.gov)

[medicalnewstoday.com](https://www.medicalnewstoday.com)



Volunteering is another great way to start a new year. Zion has plenty of opportunities: prepare food or help with our soup kitchen; get involved with our One Stop Shop; be an usher or lector; participate in the book club or the Thursday lunch bunch; "adopt" a shut-in and visit or call them regularly; help with Children's Church or Sunday School; volunteer for a committee, lend your musical talents to our choir. Have faith! You can do it!

What's Happening

January Book Club

The Zion Book Club will be meeting on Friday, January 27, 2023 at 7pm at the home of Sue Graff. The group was unable to meet in December, so this meeting will be the discussion of the December choice *Dear Santa* by Debbie Macomber. The group will also discuss other Christmas books they may have read, and will select their reads for the next few months. Feel free to join us!

January 1 – Starting the Year

We'll be starting the new year together with breakfast during Sunday School and then welcoming new members during worship and celebrating baptism of the Lord Sunday!

January 5 – Thursday Lunch Bunch Starts a New Book!

Join us as we meet to discuss Anne Lamott's book *Dusk, Night, Dawn: On Revival and Courage*. Contact the church office to get your copy today!

January 8 – Epiphany and Installation of the Consistory

Join us for worship as we watch our children in an epiphany pageant – you won't want to miss out on this reminder from our children of the importance of this season. We will also be installing the new members of the consistory.

January 16 – Martin Luther King Jr. Day

Observed each year on the third Monday in January as “a day on, not a day off,” MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

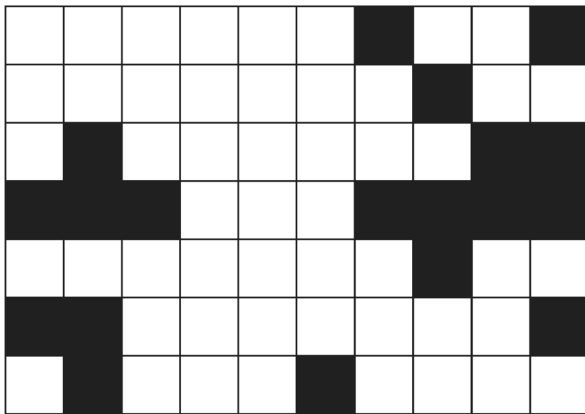
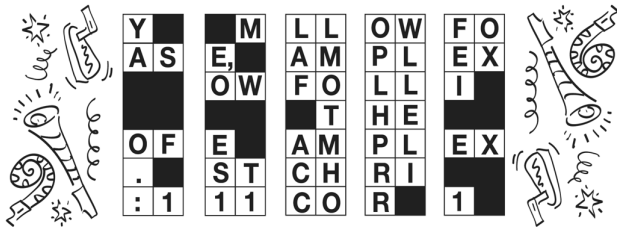
January 22 – Guest Preacher

Rev. Sheresa Simpson-Rice, Associate Conference Minister for Leadership Development, will be with us and lead our morning worship.

Date	Lector	Ushers
Jan. 1	Rich Owens	Domenick Gerlando Barb Hendershot Matt McDonald William Wantz
Jan. 8	Wells Ridenour	William Brewer Calvin Livingston Jean Simmons Gerald Saum
Jan. 15	Amber Nilson	Burnie Clutz Susan Clutz Becky Hohman John Schnebly
Jan. 22	Barb Hendershot	Frank Ebersole Carol Mooers Becky Owens Rich Owens
Jan. 29	Calvin Livingston	Domenick Gerlando Barb Hendershot Matt McDonald William Wantz

Puzzle!

Match the blocks of spaces and letters to complete an NIV Bible verse about an important commitment.



Answer: Follow my example, as I follow the example of Christ. 1 Cor. 11:1

the grace of God

The grace of God means something like: Here is your life. You might never have been, but you are because the party wouldn't have been complete without you. Here is the world. Beautiful and terrible things will happen. Don't be afraid. I am with you. Nothing can ever separate us. It's for you I created the universe. I love you. There's only one catch. Like any other gift, the gift of grace can be yours only if you'll reach out and take it. Maybe being able to reach out and take it is a gift too.

— Frederick Buechner

Interim Minister: Rev. Katie Penick
(240) 418-8028, pastorkt143@gmail.com

Admin Assistant: Rae Smith

Multimedia Specialist: Brandon Hackett

Music Director/Organist: Claire-Marie Moblard

Choir Director: Byron L. Stay

Treasurer: Lisa Saum

Special Funds Treasurer: Carol Mooers

Parish Nurse: Barb Hendershot

Consistory Elders: Kim Ridenour, Carroll Sager, Tina Shafer, Susie Clutz and Carol Mooers

Consistory Deacons: Rich Owens and Calvin Livingston, Megan Shroyer, Matt McDonald, and Jean Simmons

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