



# Zion News

MONTHLY NEWSLETTER | APRIL 2023 – VOLUME 64 ISSUE 4

*"You, Lord, took up my case; you redeemed my life."  
Lamentations 3:58*

The Easter message tells us that our enemies, sin, the curse and death, are beaten. Ultimately they can no longer start mischief. They still behave as though the game were not decided, the battle not fought; we must still reckon with them, but fundamentally we must cease to fear them any more.

– Karl Barth



**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**

## HOLY WEEK SCHEDULE

### **Maundy Thursday April 6<sup>th</sup>**

- Seder Dinner and Service 6:00

### **Good Friday April 7<sup>th</sup>**

- Sanctuary open for prayer and meditation at 9:00am - Noon
- HARC Cross Walk at City Park 1:00

### **Saturday April 8<sup>th</sup>**

- Decorate Flower Cross 4:00

### **Easter Sunday April 9<sup>th</sup>**

- Sunrise Service at Christ Reformed - 6:30am
- Service outside at Zion's Cross 10:45
- Easter Sunday service 11:00
- No Sunday School classes

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





I don't know about you, but I'm very good at worrying. In fact, I'm too good at it! I worry about my family, my friends, how I will get everything done, the horrors of world events... I worry about you.

And in the midst of all this worry, I remember this voice from up on the mountain: *Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?* (Matthew 6:26-27) God provides for all creation – including each and every one of us. And worrying doesn't buy you more time or extend your life. In fact, all of the evidence points the other way, worry causes stress, which causes all kinds of serious health problems like heart attack or stroke.

Now before anyone takes this opportunity to begin to worry about worry-related health problems, take a step back and think about what Jesus is really saying to us: Get your priorities straight.

Worry less and act more, because the most important mandate is to prepare for the new reign of God.

To bring our thoughts into perspective, Jesus uses his listeners and looks around that mountain on which he sits. He sees little flowers in bloom, and he hears the birds chirping. The birds farm the land, but God provides for them. They still have to work for their food, but it is there. If they seek it, then they find it. The flowers of the field, the lilies--not those little Lilies of the Valley that we sometimes think of--but various wild flowers: For example, red poppies, which are brilliantly colorful. They're the color of King Solomon's robes--radiant and stunning. The flowers will wilt and die, but at that moment they are more beautiful than the finest clothes we could make.

We worry about our food and our clothes. We worry about our houses and how we fit into society. But we're forgetting God's role in our lives ... and our role in depending on God. It's not that the troubles won't happen, after all troubles are a part of life. It's a matter of getting our thinking right about what is important in life. Both John the Baptist and Jesus began their preaching ministries with the word "repent." In other words, to develop a new way of thinking--to turn from your old way of thinking and devote yourself to kingdom-thinking.

The answer lies first in striving for the Kingdom of God--a kingdom not of power, not of might, but a kingdom of mercy, justice, and grace. It is a kingdom of forgiveness and love, where pride and prejudice is gone.

So let go, my Beloved! There is too much that can weigh us down, but God wants us to soar. Let go and let God provide us with the care and love that God so desperately wants to share.

Blessings,  
Pastor Katie



April							04
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23	24	25	26	27	28	29	
30							

May							05
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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				

## APRIL WEEKLY/MONTHLY EVENTS

**Sunday Worship** – 11am in the sanctuary 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

**Thursday Lunch Bunch**— Starting 4/13 at 11:30am in the Burhans Room and ZOOM

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

**4-H Club** – April 13,20 and 27 at 4:30pm in the Burhans Room

**Executive Team Meeting**—4/27 at 2:00pm in the Burhans Room and ZOOM

**Consistory**—4/3 at 7:00pm in the Burhans Room and ZOOM

**Search & Call Team Meetings** – 4/10 at 5:30pm in the Burhans Room and ZOOM

**Staff Team Meeting** – 4/13 and 4/27 at 1:00pm in the Burhans Room

**ONA Team Meetings**— 4/11 and 4/25 at 12:30pm in the Burhans Room

**CE Team Meeting** – 4/24 at 4pm

**Properties Team Meeting** – 4/26 at 4pm in person and ZOOM

## April Birthdays

Aaron Kelly	4/4	Robert Kefauver	4/12
Tess Summers	4/5	Sally Stewart	4/17
Betsy Roulette	4/7	Michael Mooers	4/21
David Rhodes	4/9	LoriBeth Martin	4/21
Randy Hendershot	4/9	Krista Burgan	4/23
Lynda Graves	4/10	Kenlin Martin	4/24
Kimberly Ridenour	4/10	Burnie Clutz	4/26
Jean Simmons	4/10	Michael Heyser	4/28

## April Anniversaries

Julia and Daniel Springer	4/9
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# Notes from the Consistory

Our March Consistory meeting was relatively short. Much of our meeting was to announce various upcoming event dates.

Our attendance numbers are up slightly and our giving numbers are down slightly. We reviewed the various community grants that we are applying for to help subsidize the Tuesday Night Supper and the One-Stop Shop. We also discussed and agreed upon the Live Stream tech position's rate of pay and type of contract. Applications are being received now.

The Lunch Bunch will read "God Can't" beginning next month. Calvin has arranged for the author to lead a discussion with the group on May 4.

Cinderella Shop - The Shop will be open each Saturday in April. Security and volunteers are needed from 9:30 a.m. to 12:30 p.m. The Shop will also use the 3rd floor hallway during April to display the many gowns we have received.

Wishing you all a wonderful and meaningful Easter season!

TREASURER'S REPORT		
	February	Year-to-Date
Income	\$4,041	\$8,180.12
Transfers	\$0	\$50,000
Expenses	\$22,485.07	\$67,340.32
Net Income	-\$18,444.07	-\$9,160.20

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.

## Search Committee Update

After a lengthy process, the Search Committee has chosen a candidate for presentation to the Consistory for our church's settled call. We are excited to share the candidate with everyone. We will be communicating the details very shortly about our candidate and the Candidacy Weekend events on April 15-16. In this candidate we found a strong passion for many of the things that Zion values: care for one another, history, and a love for outreach. We are enthusiastic because, in addition to these passions, the candidate has skills for the areas Zion requires: administration, capital campaign work, and a familiarity with the Open and Affirming process. We hope you will find the deep faith, gifts, and experience of this candidate to be an asset to Zion Reformed as we journey into a future of new ministry as God's called people.

The Search Committee owes a great debt of gratitude to the consistory, congregation, and Pastor Katie. The road was long, but her steadfast nurture and shepherding have been a blessing to this congregation.

In Christ's Love,  
Search Committee Team

# Water, Water, Everywhere - *from the Parish Nurse*

Water is mentioned in the Bible 722 times (more than faith, prayer, hope and worship!). Many of the verses about water are both familiar and comforting. Below are some of those verses (paraphrased).

**Genesis 1:9** "Let the waters under the heavens be gathered together in one place."

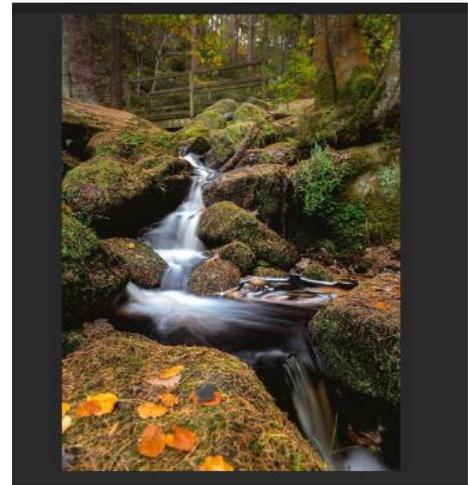
**Genesis 8:1** "God remembered all the beasts in the Ark; He made the wind blow over the earth and the waters subsided." **Proverbs 27:19** "As in water face reflects face, so the heart of man reflects the man."

**John 3:5** "One cannot enter God's kingdom unless he is born of water and the Spirit."

**John 4:14** "Jesus said, 'Whoever drinks of the water I give will not thirst again'."

**Revelation 22:1** "Then he showed me the river of the water of life, bright as crystal, flowing from the throne of God." **Psalms 23:2** "He leads me beside still waters."

Your body is about 60% water. The heart and brain are about 73% water, while your lungs are 83% water. 64% of your skin is water and 79% of your muscles and kidneys are water. Even your bones are 31% water! Males require about 3.2 quarts of water every day while females need about 2.3 quarts. Babies have a greater percentage of body water until they reach the age of 1 year. In addition to what you drink, some of the water needed daily is obtained from the food you eat. Water is present in every cell of your body. The functions of water include temperature regulation, transportation of nutrients via the bloodstream, removal of body wastes, formation of saliva to aid digestion, lubricating joints, and being a shock absorber for the brain, spinal cord and unborn child. A human can live for nearly 3 weeks without food, but only 3-5 days without water. A study from NIH indicates that chronic decreased water intake can lead to heart disease, an increased risk for lung disease and a shorter life span.



Water also has healing powers. Just being close to lakes, rivers and oceans can reduce anxiety and mental fatigue. Water naturally relaxes people; the sound of water (usually soft and steady) soothes us. It's no wonder that many of the most popular soundscapes and calming apps use the sound of water (gentle rain dripping off trees, rolling ocean waves- are you relaxed yet?). Even paintings, photos and videos of water can soothe and boost your mood.

Water is also dynamic; even still water is gently changing and holds your attention. A 2019 study showed that it only takes about 2 hours per week (done in increments) of being in nature to positively affect your well-being.



Water is vital- for your life and your well-being. Make it a priority to drink up and drink in the beauty of water!

Health and Blessings,  
Barb Hendershot, RN  
Parish Nurse

Sources:  
*Crossway Bibles*

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

*Reader's Digest* Mar/Apr 2023, "The Healing Power of Water" by Elizabeth

# What's Happening

## April 7 - Good Friday Unity Walk

Join us for HARC's annual ecumenical Good Friday Unity Walk in memory of Christ's passion and death. Walk begins in the gazebo adjacent to the Museum parking lot. There will be 7 stops with scripture readings and meditations, and call-and-response songs between the stops. A stationary (no-walk) option will also be available at the gazebo.

## April 8 - Decorating the Easter Flower Cross

We will be decorating flower the cross at 4pm. Remember to bring your clippers to cut flowers and wire. After we put up the cross, we will going to Western Sizzler for dinner around 6:30 p.m.

## April 13 - Thursday Lunch Bunch Starts a New Book!

For millennia, people have struggled with questions about suffering, evil, and tragedy. Starting April 13th, join us on Thursdays at 11:30 a.m. as we process these issues when we study the book: "God Can't: How to Believe in God and Love After Abuse, Tragedy, and Other Evils," by Thomas Jay Oord. We will finish the book study with a Q&A with the author on May 4<sup>th</sup>!

## April 22 - Catcotin Association Meeting

This meeting will be held on April 22 at St. John's UCC in Clear Spring. Zion has spots for delegates. Let Kim or Katie know if you want to attend.

## April 28 - Book Club

The Book Club will be meeting again on Friday, April 28, 2023 at 7pm at the home of Daisy Schlotterbeck. The book being discussed is A Lineage Of Grace by Francine Rivers, which is a series of 5 historical fiction novellas detailing the stories of women in the lineage of Jesus Christ described in the New Testament- Tamar, Rahab, Ruth, Bathsheba, and Mary. This is certain to be an amazing discussion! Please join us for fun and fellowship. For more information, contact Sue Graff at 301-667-8685 or [s.graff@myactv.net](mailto:s.graff@myactv.net).

Date	Lector	Ushers
April 2	Calvin Livingston	William Brewer Calvin Livingston Jean Simmons Gerald Saum
April 9	Carol Mooers	Burnie Clutz Susan Clutz Becky Hohman John Schnebly
April 16	Jean Simmons	Frank Ebersole Carol Mooers Becky Owens Rich Owens
April 23	Missie LaBombard	Domenick Gerlando Barb Hendershot Matt McDonald William Wantz
April 30	Rae Smith	William Brewer Calvin Livingston Jean Simmons

# Puzzle!

Follow the arrows and fill in the blanks to discover what the women found at Jesus' tomb on Easter morning.

T

BEGIN ▶

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H	S	R	E						
A	I	S	N						

◀ END

Answer: The stone was rolled away from the door.  
An angel said to them, "He is not here; he has risen!"  
(See Luke 24:1-8.)

## draw us forth

Draw us forward and away from limited certainty into the immense world of your love.

Give us the capacity to even for a moment taste the richness of the feast you give us.

Give us the peace to live with uncertainty, with questions, with doubts.

Help us to experience the resurrection anew with open wonder and an increasing ability to see you in the people of Easter.

- *Author Unknown*

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**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

**Zion News** is published monthly by Zion Reformed United Church of Christ  
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Deadline for articles is the 15<sup>th</sup> of each month prior to the month of publication.  
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