

# Zion News

MONTHLY NEWSLETTER | JULY 2023 - VOLUME 64 ISSUE 7

*Sing praises to God, sing praises; sing praises to our King, sing praises.  
For God is the King of all the earth; sing to him a psalm of praise.  
Psalm 47:6-7*

## Tuesday Night Ministries

Pastor Katie and Kim attended the United Way banquet on June 22nd. Zion received the Nonprofit Impact Partner award from United Way. Zion was recognized for our Tuesday Night Ministries and for our partnerships with other nonprofit organizations. Zion is making a difference in the community!



A huge thank you to everyone who volunteers their time and resources serving our community. Jesus taught that people would know we are His followers by the love we show. Thank you for following Christ in your actions.

## Flat Jesus

We know that Jesus is with us wherever we go, so this summer we are carrying a tangible reminder everywhere we go...to the beach, to the Capitol, to work and summer barbecues. If you don't have a copy of Flat Jesus, you can download one from our Zion website homepage. Take a picture with Flat Jesus and email it to [admin@zionrucc.net](mailto:admin@zionrucc.net) and we'll post them to our Facebook page throughout the summer!

**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**

Worship online:  
[www.zionreformed.church/worshiplive](http://www.zionreformed.church/worshiplive)

Sunday Service: 10am  
No Sunday School during the summer

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





*Rejoice always, pray without ceasing, give thanks in all circumstances;  
for this is the will of God in Christ Jesus for you.*

~ 1 Thessalonians 5:16-18

Beloved,

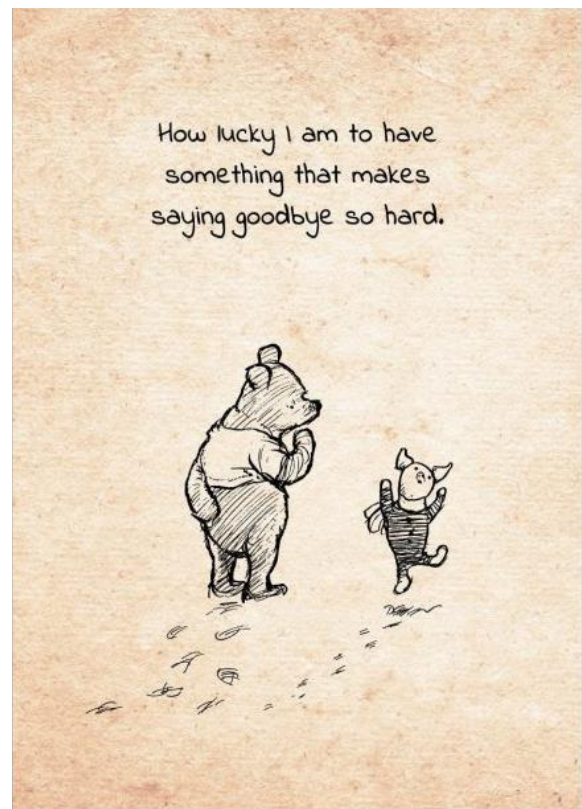
After almost four wonderful, chaotic and blessed years, our time together is coming to an close. Together, we have built friendships and forged bonds and moved into God's creative vision for this congregation. I feel blessed and lucky to have been with you these past years and I cannot wait to see what God has in store for you next!

Together, this church has changed and grown more than you realize!

- We survived and persevered through a world-wide pandemic.
- We wrote a mission, vision and values statement that reflects the spirit of each of you
- We updated our bylaws and constitution.
- We flung open our doors in new and dynamic ways through outreach, mission and discipleship.
- We expanded our Tuesday Night ministries to better serve our neighbors.
- We updated our technology, so that the life of the church is readily available worldwide.
- And, the list goes on and on...

None of this could happen without God and your support and love. I will miss you more than you will know. But this is not goodbye. I have faith our paths will continue to cross in new and faithful ways. So, until we meet again...

May God Bless and Keep You,  
Pastor Katie





## July 07

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					

## August 08

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		

### JULY WEEKLY/MONTHLY EVENTS

**Sunday Worship** – 10am in the sanctuary and virtually at [www.zionreformed.church/worshiplive](http://www.zionreformed.church/worshiplive)

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

**Thursday Lunch Bunch**– Thursdays at 12:00pm in the Burhans Room and ZOOM

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

**Staff Team Meeting** – 7/18 at 11:00am in the Burhans Room

**ONA Team Meetings**– 7/26 at 4:30pm in the Burhans Room

**CE Team Meeting** - 7/24 at 4pm

*NOTE: The office will be closed on July 4<sup>th</sup> - have a safe and enjoyable Independence Day!*



Dear Zion Family,

Thank you so much for all your prayers and well wishes for me and my family. It meant so much to all of us. Having all of you as my extended family means more than you know. With love and a grateful heart,  
Rae Smith

### July Birthdays

Todd Hershey	7/1	Ralph France	7/9
Domenick Gerlando	7/24		

### July Anniversaries

Carol and Ralph France	7/11	Scherry and Ralph Sellers	7/14
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### New Mid-Years Resolution

Was one of your New Year's resolutions to exercise more? Well, the year is half over, so let's get started! Barb Hendershot, Megan Schroyer and Amber Nilson are planning a 4-week exercise program to be held weekly in our chapel tentatively beginning July 12th. Each participant will receive their own set of hand weights to keep and a water bottle. One Fit-Bit will be given to the participant that attends all exercise sessions. Each session will be 45 minutes, with healthy snacks and a take-home book of exercises. Exercises can be completed seated or standing. Men and women are invited to participate!

# Notes from the Consistory

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Welcome to summer! In spite of school being out and many traveling, there are still lots of updates and news to share!

During the June Consistory meeting, we reviewed our financial status. It was noted that contributions are down slightly. There are several projects underway which will enhance the look and feel of our building. ZION was the recipient of a substantial gift from a former member's estate.

Katie shared that there will be a Conference-wide Church Vitality Sunday this fall. Churches are encouraged to invite members who no longer attend regularly to come to church on that Sunday (and every Sunday for that matter). Each congregation's Rally Day is the suggested date for this special Sunday. There also will be an upcoming northeast youth conference in NYC. More information should be forthcoming about this event.

Kim and Rich shared information about the Fellowship Hall projects. The pre-electrical system work in the basement has been completed and the A/C system should be installed completely within the next few weeks. The lighting in the office is not yet addressed but should receive attention very soon. Mosko Restorations has been restoring the headstones in our graveyard and is to repair the damaged stone wall. Teleplus gave ZION a quote of \$1244 for both backup security cameras' batteries. The downstairs surge protector has been installed. A motion was made, seconded and passed to purchase the batteries.

The CE report noted that the Lunch Bunch time is now 12 -1 pm on Thursdays. A person to chair the Outreach Team is needed and event planning is looming. Please contact the church office, Katie, Kim, or any Consistory member if you are interested in volunteering on any team.

Calvin provided an update for the ONA Team. He wants to have an ONA vote by the Congregation in the fall. There was much discussion about the ONA process and what information the committee has gathered. Calvin has been in communication with the UCC ONA Coalition for guidance. Our Welcoming Statement and the online "About Us" section of our site as well as other more specific information will be forthcoming this fall.

Good news! ZION was awarded \$3,000 from the Funkhouser Grant, \$2,000 for the Soup Kitchen and \$1,000 for the Food Pantry. ZION did not receive the Sunrise Rotary grant or the United Way May grant. We have applied for the June United Way \$1,000 grant. A man who works at Wells House has contacted the Church Office about donating food to the Tuesday Evening Ministries. REACH has donated a lot of breakfast cereals for the pantry. Katie noted that the Tuesday Evening Ministries need a coordinator.

The transition phase for our settled pastor has begun. Katie, Scott, and Kim have met once with more meetings planned. Katie's last day will be July 16. Scott's start date is August 13. The guest and lay ministers for the Sundays between Katie leaving and Scott beginning are Sheresa Simpson-Rice; Byron Stay; Ron Shank and Sue Graff; and Barb Hendershot. As part of the transition phase, Kim has contacted a congregational member about being on the Pastoral Relations committee joining Susie Clutz and Becky Hohman. The committee will meet with Scott during his first or second week then moving to monthly or quarterly.

Kim suggested that ZION conduct a capital campaign, specifically for the lighting in Fellowship Hall and Education Wing. However, she suggested that we wait for Scott to be on board as he has extensive experience working on capital campaigns. The idea was tabled until the fall when we can also consider strategic planning.

Kim suggested that we resume ZION's tradition of volunteering for 2 nights in the REACH Cold Weather Shelter this upcoming season. Volunteers to make, serve, and clean up the evening meal and to assist hospitality, laundry, and backpack searches will be needed. When specific dates are set, an announcement to the Congregation will be made.

Kim asked for volunteers to be on the Budget Committee. Lisa said it would be helpful to have folks on the committee who are aware of the groups we support in our community through our benevolence contributions. The committee will begin work in August and conclude its work in October.

Volunteers are needed for Summer Children's Church (preK- 5) during the Sunday Service time. Children preK - grade 5 only would be dismissed from the Sanctuary after the Children's Time to attend Children's Church instead of being in the Sanctuary. Resources are available for interested volunteers. Please contact Kim, Katie,

# Houseplants – Good or Bad? *A Parish Nurse Note*

Americans spend much of the day indoors, often with little or no ventilation. Harmful indoor chemicals (VOC's- volatile organic compounds) are present inside and can cause short- and long-term problems. Some common indoor pollutants include nail polish remover, paint, plastics (all contain acetone); adhesives, ceiling tiles, particle board (contain benzene); cleaning products and upholstery (contain formaldehyde); cosmetics, dyes, and varnishes (contain methanol); gasoline, heating oil, paint, kerosine (contain toluene); ink, paint, photocopiers (contain trichloroethylene); and cigarette smoke (contains acetone, xylene). Several studies have been conducted to determine if houseplants help purify air. Some said that is true, but that houseplants are not efficient enough to make a difference in air quality. A NASA Space Station study **did** show that indoor pollutants were decreased, and humidity was increased to a healthier level when houseplants were studied in space. (Keep in mind that the rooms in your home are different from the Space Station!) The Lung Association warns that having houseplants MAY lead to increased bacteria and possibly pesticides in your home.



So, who do you believe? A 1996 Norwegian study in an office setting found that workers coughed 37% less when plants were present. A 2008 study in India showed that a plant filled office had a 24% reduction in workers' headaches, a 52% drop in eye irritation and 34% less respiratory conditions reported. House plants have also been shown to increase positive feelings and decrease mental fatigue. Just the presence of plants can be a soothing distraction from discomfort. Negative moods, anxiety and depression were noted to decrease 40-60% over a 3-month period in a 2010 Australian study of office workers with houseplants. If you decide to put houseplants in your home, be sure to read the care instructions about the light, soil and temperature requirements, as well as the size of the plant when it is mature; some houseplants can grow to be the size of small trees when they receive the proper care!

The following houseplants are among the most proficient in helping to improve air quality by reducing indoor pollutants. Each plant has a "specialty" in the pollution reduction department. Consider choosing corn plants (Dracaena), English ivy, Peace lily (Spathiphyllum), ferns (especially Boston), palms, and rubber plants (Ficus elastica). Try a few of these; what have you got to lose? Maybe you'll find a new hobby, enjoy beautiful greenery, and improve your home's air quality at the same time!

Blessings and Health,  
Barb Hendershot  
RN Parish Nurse

Sources:

[lung.org](http://lung.org)

[breeze-technologies.de](http://breeze-technologies.de)

*The Old Farmer's Almanac Garden Guide 2023*



# What's Happening

## July/August - Filling the Pulpit

While we await our new Settled Pastor, we will have some guest ministers and lay leaders that will be filling the pulpit:

- July 23<sup>rd</sup> – Rev. Sheresa Simpson-Rice
- July 30<sup>th</sup> – Byron Stay
- August 6<sup>th</sup> – Rev. Ron Shank
- August 13<sup>th</sup> – Barb Hendershot

## July 17 - Dipping Ice Cream at the Fair!

We will be serving at the Ag Expo & Fair from 3:00-6:30pm and would love for you to help! Please contact Kim Ridenour for details or to volunteer.

## July 28 - Book Club

The Book Club will be meeting again on Friday, July 28, 2023 at 7pm at the home of Daisy Schlotterbeck. 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).

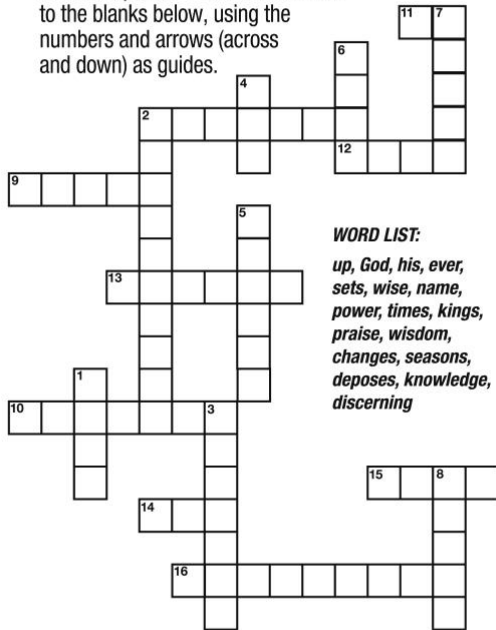
Date	Lector	Ushers	
July 2	Missie LaBombard	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
July 9	Rae Smith	Frank Ebersole Carol Mooers	TBA Rich Owens
July 16	Rich Owens	Domenick Gerlando Barb Hendershot	Matt McDonald William Wantz
July 23	Wells Ridenour	William Brewer Calvin Livingston	Jean Simmons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

## TREASURER'S REPORT

	May	Year-to-Date
Income	\$4,557	\$25,733.77
Transfers	\$25,000	\$125,000
Expenses	\$20,966.52	\$145,427.55
Net Income	\$8,590.48	\$5,306.22

# Puzzle!

Fit these words from the book of Daniel into the squares. Then transfer them to the blanks below, using the numbers and arrows (across and down) as guides.



**WORD LIST:**

*up, God, his, ever, sets, wise, name, power, times, kings, praise, wisdom, changes, seasons, deposes, knowledge, discerning*

" \_\_\_\_\_ be to the \_\_\_\_\_ of \_\_\_\_\_ for \_\_\_\_\_ and \_\_\_\_\_ ;  
 \_\_\_\_\_ and \_\_\_\_\_ are \_\_\_\_\_ . He \_\_\_\_\_  
 and \_\_\_\_\_ ; he \_\_\_\_\_ and \_\_\_\_\_  
 them. He gives \_\_\_\_\_ to the \_\_\_\_\_ and \_\_\_\_\_ to  
 the \_\_\_\_\_ ." DANIEL 2:20-21

Answer: "Praise be to the name of God for ever and ever; wisdom and power are his. He changes times and seasons; he sets up kings and deposes them. He gives wisdom to the wise and knowledge to the discerning." Daniel 2:20-21



In contemporary society our Adversary majors in three things:

noise,  
 hurry,  
 and crowds.

If he can keep us engaged in "muchness" and "manyness," he will rest satisfied. Psychiatrist Carl Jung once remarked, "Hurry is not OF the Devil; it IS the Devil."

- Richard Foster

**Interim Minister:** Rev. Katie Penick  
 (240) 418-8028, [pastorkt143@gmail.com](mailto: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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Office Hours: Monday – Friday 9 am – 12:00 pm

Telephone: 301-739-7244

Email: [zionrucc@myactv.net](mailto:zionrucc@myactv.net)

Website: [www.zionreformed.church](http://www.zionreformed.church)

Deadline for articles is the 15<sup>th</sup> of each month prior to the month of publication.  
 All articles are subject to editing for space.

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