



# Zion News

MONTHLY NEWSLETTER | SEPTEMBER 2023 – VOLUME 64 ISSUE 9

*Guide me in your truth and teach me, for you are God my Savior,  
and my hope is in you all day long.  
Psalm 25:5*

## Rally Day – September 10th

We will be having a Pancake Breakfast from 9 a.m. to 9:45 a.m. Immediately following breakfast we will begin a new season of Sunday School classes!

The Adult Sunday School class, led by David Ridenour, will be working through a series called “God Provides.” During the month of September, the focus will be “The Spiritual Act of Feasting.”

## Ways to Give

Take advantage of these opportunities to give:

- Tuesday’s Night Ministries is collecting Peanut Butter.
- Micah’s Backpack is collecting Vienna Sausages for the month of September.
- Neighbors in Need Offering will be collected on October 1<sup>st</sup>. This year’s focus is on environmental justice; we must be better stewards of our planet!
- Don’t forget you can give your tithes and offerings online – go to <https://onrealm.org/ZRUCC/give>

**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: 11am

Sunday School begins 9:45am Sept. 10<sup>th</sup>!

Address:

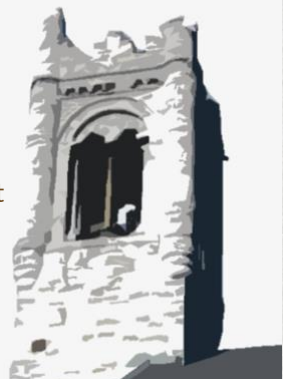
201 N. Potomac St.

Telephone:

301-739-7244

Email:

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





Dear Beautiful, Vibrant, Patient Zion Church,

Our beginning springs forth as late summer asters pink, purple and mauve. So many flowers. So many colors. So many pollinators and abundant life. The asters bloom longer than many summer wildflowers. We have time. The blooms will push pollen as long as possible and their petals will fall mulching themselves for next summer's return.

Let's take the time: a cooling autumn, a crisp winter, a spicy next summer. In these next cycles of life, I pray to know you and for you to know me. I pray we discern who God is for us and what God calls of us together. I pray to remember names, family stories, faces. I pray to be a good listener and to prioritize time with you over other important stuff; we will get to it all.

Please offer me some (or all) of the following spending as much or little time as you wish:

- A picture of you, a picture of your family with your names.
- A favorite memory as a part of Zion Church.
- A hard time as a part of Zion Church.
- A dream you have regarding Zion Church.
- A fear you have regarding Zion Church.
- The name of a favored saint living or dead from the beloved community of Zion Church.

Send to [pastorwinnette@gmail.com](mailto:pastorwinnette@gmail.com)

Or you can fill out this online form and attach a photo directly:

<https://forms.gle/uPDY6iydyEH516aB8>

Except for the photos, all of your responses will be held in pastoral confidence. The photos will be uploaded to the Church's database system, REALM, as we build a new pictorial directory.

Many blessings,  
Pastor Scott

### Sharing your prayer concerns

If you have a prayer concern or celebration, you can call Pastor Scott or complete the form at this link:

<https://forms.gle/XLKXchif54dHr29B6>





## September 09

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

## October 10

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				

### SEPTEMBER WEEKLY/MONTHLY EVENTS

**Sunday Worship** – 11am 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

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

**Choir Practice** – Every Thursday (starting Sept. 7) at 4pm

**Staff Team Meeting** – Tuesdays at 12:00am in the Burhans Room

**Executive Team Meeting**– 9/7 and 9/28 at 2:00pm in the Burhans Room

**CE Team Meeting** – 9/11 at 5:30pm

**Consistory Meeting** – 9/11 at 7pm in the Burhans Room

**Properties Team Meeting** – 9/6 and 9/27 at 4pm

**ONA Team Meeting** – 9/27 at 4:30pm

**Easycise Exercise Class** - 9/9 at 9am

### September Birthdays

Kevin Munroe	9/1	Lauren Weicht	9/1
Margaret Wagner	9/4	Kate Wade	9/7
Frances Sweigert	9/10	Robert Barnhart	9/10
Cooper Green	9/10	Naomi Brackett	9/15
Kara Hoover	9/15	Richard Lohman	9/17
Barbara Hendershot	9/18	Brynn Nilson	9/19
Janet Roberts	9/21	Teresa Zukowski	9/21
Amy Newlin	9/21	Jonathan Patterson	9/21
Gerald Saum	9/23	Rev. Katie Penick	9/23
Julia Springer	9/24	Claire-Marie Moblard	9/28
Andrew Patterson	9/28		

### September Anniversaries

Julia and Ed Patterson	9/3	Megan and Mark Shroyer	9/4
Brandi and Eric Burchard	9/8		

# A Prayer – We Say Yes, Yes

We say "Yes, yes" (Psalm 22:21b-31.)

Holy God, to whom we turn in our trouble,  
and from whom we receive life and well-being  
even in the face of death;

Here we are now in the great congregation.

We come here to bear witness of you to our brothers and sisters;

We come here to bear witness because we cannot do otherwise;

We come here to hear the witness of our sisters and brothers,  
without whose witness we cannot live.

We gladly and without reservation assert:

You are the one who gives life;

You are the one who hears our prayers;

You are the one who turns our jungles of threat  
into peaceable zones of life;

You are the one who has kept us since birth,  
who stands by us in our failure and shame;  
who moves against our anxiety to make us free.

You are the one who does not hide your face when we call.

So we praise you. We worship you. We adore you.

We yield our life over to you in glad thanksgiving.

As an act of praise, we submit our sick and our dead to you;

As an act of praise, we submit more and more of our own life to you;

As an act of praise we notice your poor, and pledge our energy on their behalf;

As an act of praise we say "yes" to you and to your rule over us.

We say "yes, yes,"

Amen and Amen.

*Awed to Heaven, Rooted in Earth: Prayers of Walter Brueggemann.*



Zion Family Picnic

# Fall Prevention *A Parish Nurse Note*

No, I'm not trying to slow down the change of the seasons; it's time to be reminded about what you can actively do to prevent falls. Falling is NOT a normal part of aging. In 2020, 36,000 deaths in people ages 65 and over were from falls. In that same year, 3 million emergency room visits were made by older adults because of falls. Each year about \$50 billion is spent because of falls in the elderly. We definitely need to talk about fall prevention!

To begin, you may need to visit your healthcare provider for a fall risk assessment. If you have an appointment for this, be sure to take a list of your prescriptions (or your prescription bottles) along for your provider to review. Also, be sure to tell your provider about all supplements and over the counter medications you use. If you have previously fallen, be prepared to relate the details of how you fell during your assessment. Make sure that your provider is aware of any eye or ear disorders you have; poor eyesight and some ear problems, including decreased hearing, can be associated with an increased risk of falling. An annual eye exam and hearing evaluation is a must!



To help with fall prevention you need to keep moving. Physical activity improves strength, balance, flexibility, and coordination. Depending on your status, a monitored program or assistance from a physical therapist may be advised, especially if you are afraid of falling. Strength and balance exercises are especially beneficial.

Another necessity for fall prevention is good shoes. Ditch those floppy worn slippers, your high heels, and your slick-soled shoes. Choose shoes that fit properly and have good foot and arch support.

A large part of fall prevention is the removal of clutter in your home. Boxes, newspapers, stacks of stuff, and electric cords need to be moved away from walkways. Keep furniture out of high traffic areas. Get rid of loose throw rugs and door mats or secure them to the floor. Be sure that any areas of loose carpet or floorboards are repaired properly. Keep frequently used items within easy reach. Use proper climbing aids (i.e., stepstool with handles, not a chair) if absolutely needed. Place non-slip mats in your tub or shower.

At night, be sure to make use of a night light in walkways. A bedside lamp is also helpful as long as you turn it on before attempting to get out of bed. Always keep a working flashlight at your bedside that is easily accessible in case of power outages or other emergencies. Stairwells should be well lit- turn the lights on BEFORE you go up or down the stairs. Handrails should be in place for stairs, preferably on both sides of the steps.

A raised toilet seat may also be helpful in fall prevention. Grab bars in your tub or shower are great devices. You may also want to consider a sturdy plastic shower seat for use in your bathroom tub or shower.

Be proactive in preventing falls by discussing this issue with your healthcare provider and by actively exercising. Stay safe and stay upright!

Blessings and Health,  
Barb Hendershot, RN  
Parish Nurse

Sources:

[mayoclinic.org](https://www.mayoclinic.org) [cdc.gov](https://www.cdc.gov) [ncoa.org](https://www.ncoa.org)



# What's Happening

## September 5 – Mummer's Day Parade Tickets Go On Sale

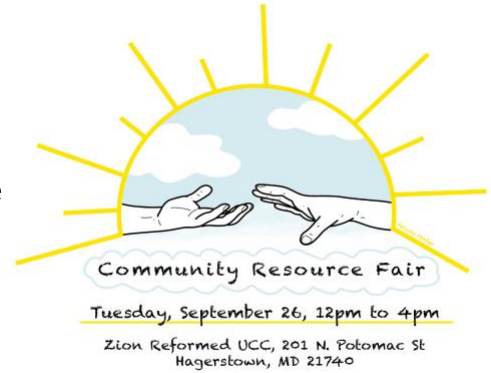
The Mummer's Parade is on October 28<sup>th</sup> at 6 p.m.. Zion members can purchase seats from September 5<sup>th</sup>-25<sup>th</sup> before they become available to the public. The cost for the seats on the street are \$6 and the wall seats are \$5. Please contact the church office to purchase and pay by cash or check.

## September 26 – Washington County Resource Fair

We invite the community to find out more information about resources available in Washington County.

Light snacks and bottled water will be available.

Attending agencies include REACH, Maryland Physicians Care United Bank, Sheppard Pratt Mobile Crisis, ADAC, Donation Angels, Forever Lasting Rainbow Inc, Washington County Health Department, Potomac Community Services, Washington County Public Schools, and Washington County Commission on Aging. Free tote bags for all attendees.



*logo created by Felicity Shafer*

## September 29 - Book Club

Zion's Book Group will be meeting on Friday, September 29 at 7pm at the home of Daisy Schlotterbeck. Please join us for fellowship and discussion. Contact Sue Graff for any questions.

Date	Lector	Ushers	
Sept. 3	Missie LaBombard	Frank Ebersole Carol Mooers	TBA Rich Owens
Sept. 10	Rae Smith	Domenick Gerlando Barb Hendershot	Matt McDonald William Wantz
Sept. 17	Rich Owens	William Brewer Calvin Livingston	Jean Simmons Gerald Saum
Sept. 24	Wells Ridenour	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly

## TREASURER'S REPORT

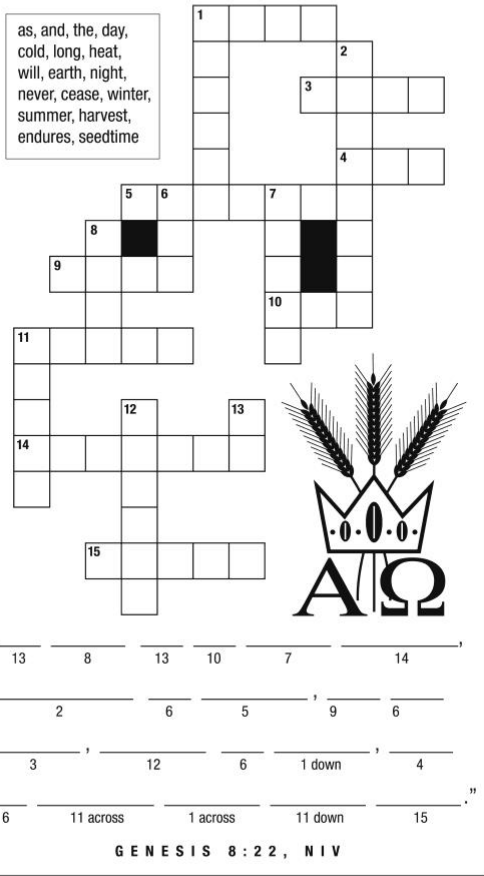
	July	Year-to-Date
Income	\$15,108.77	\$45,143.43
Transfers	\$50,000	\$200,000
Expenses	\$44,418.38	\$223,192.29
Net Income	\$20,690.39	\$21,951.24

Your sacrificial giving is necessary to keep all of our ministires going.

# Puzzle!

Use the word list to complete the crossword. Then fill in the numbered blanks to read God's promise to Noah — and to us.

as, and, the, day,  
 cold, long, heat,  
 will, earth, night,  
 never, cease, winter,  
 summer, harvest,  
 endures, seedtime



ΑΩ

GENESIS 8 : 22 , NIV

Answers: "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease." Genesis 8:22, NIV



Your greatest test is whether you can still see the humanity of the people who disagree with you and people who hurt you. For when you are hurt, you will want to hate. But when you hate the ones who hurt you, you become the darkness that haunts your dreams. Love shines a light; love returns us to the path; love makes us brave.

- Valarie Kaur

**Pastor:** Rev. Dr. E. Scott Winnette  
**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 201 North Potomac Street, Hagerstown, MD 21740.

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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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201 North Potomac Street

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