



Zion News

MONTHLY NEWSLETTER | OCTOBER 2023 - VOLUME 64 ISSUE 10

But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. ~1 Corinthians 12:24-26

Mummer's Parade – October 28th

Come and join us on Saturday, for lots of fun and good food. Seats are on sale now - sidewalk seats (\$6) and wall seats (\$5). We need volunteers to help setup chairs and the food tent from 6:00 - 7:30 a.m. After setup we will go out for breakfast. Also, if you would like to help in the kitchen/food tent, please let Kim Ridenour know.

Ways to Give

Take advantage of these opportunities to give:

- Tuesday's Night Ministries is collecting Peanut Butter.
- Micah's Backpack is collecting single serve pasta for the month of October.
- Neighbors in Need Offering will be collected on October 1st. 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 [via Zoom](#)
Meeting ID: 876 0291 7867
Password: Peace

Sunday Service: 11am
Sunday School: 9:45am
Adult class [via Zoom](#)
Meeting ID:
876 0291 7867
Password: Peace

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





Dear Zion,

In my "Getting to Know You" survey's many have shared a hunger for spirituality. I pray a considerable amount of spirit-connection happens in worship and in the ministries of service you are called to. Keep up those practices. And in the next months, I will share other spiritual practices. As you are inspired adopt one or some or many. If you have a favorite spiritual practice to share, please talk with me.

Peace,
Pastor Scott

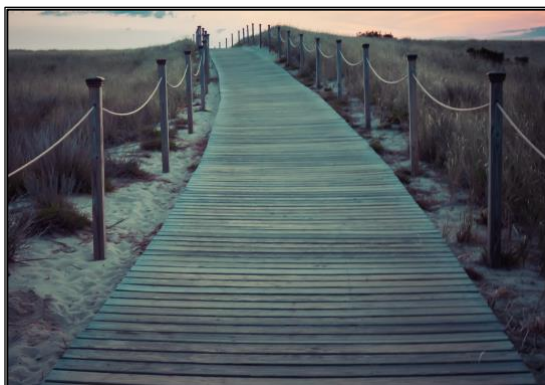
A Sacred Space

Create a sacred space in your home and/or work where you can go to just breathe easy, be with yourself, pray, meditate, journal, and get in touch with your spiritual core. This could be: in a corner of your living room, on your bedroom dresser, on your kitchen table, in your garden. Make an altar and place on it treasured items like candles, rocks, shells, pictures of your favorite people, rosary beads, scarves or clothes, prayer shawls, special objects, and more. Put a pillow in front of it so you can be comfortable and relax. Then breathe and breathe and breathe.

Write an Unsent Letter

Our spirituality is wrapped up in good relationships. If you have an unresolved conflict, write a mindful letter. Writing an unsent letter to someone with whom you need to resolve an old conflict is a powerful way to finish unresolved business, let go of old resentments, and move on. **You don't have to mail the letter.** It will help just to write it all down. Write a letter:

- To someone you're having trouble forgiving, expressing all of your feelings and explaining why you need to let it go.
- To one or both of your parents.
- To someone with whom you have had a conflict.
- To the Holy One you knew as a child, (Sacred Spirit, Guardian Angel, Divine One, name you called God).
- To the holy one you know as an adult (Holy Wisdom, Adonai (Lord), God, Holy Lover, name you call the divine).
- To your body or a part of your body.



God of Yesterday,
we knew you then:

your promises; your words;
your walking among us.

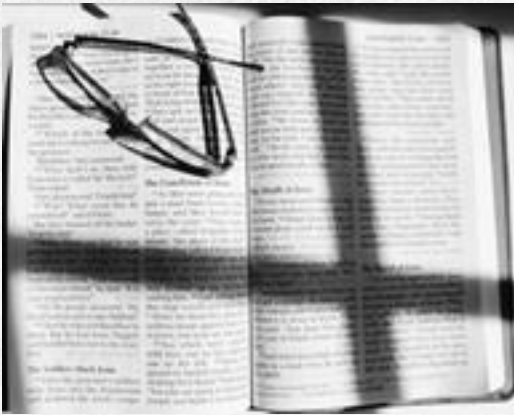
But yesterday is gone.

And so, today, we are in need of change.

Change and change us.

Help us see life now not through yesterday's stories
but through today's. Amen.

~ Pádraig Ó Tuama



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				

November 11

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 WEEKLY/MONTHLY EVENTS

Sunday Worship – 11am in the sanctuary and virtually at <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 at 5:30pm

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

CE Team Meeting - 10/2 at 5:30pm

Consistory Meeting - 10/2 at 7pm in the Burhans Room

ONA Team Meeting - 10/25 at 4:30pm

Easycise Exercise Class - 10/14 at 9am

Confirmation Class: We are looking for youth, grades 6-12, who will be interested in participating in a Confirmation Class during Sunday School time. Please speak with Pastor Scott for more details.

October Birthdays

Toby Wantz	10/2	Carroll Sager	10/04
Bill Cook	10/4	David Richardson	10/08
James McDonald	10/10	Elizabeth Hauver	10/12
Ruth Dwyer	10/13	Rob Grosh	10/15
Meagan Graff Bonn	10/19	Ed Patterson	10/26
Beth McDonald	10/26	Nicholas Patterson	10/30
Toby Bell	10/31		

October Anniversaries

Ruth and John Dwyer	10/9	Margaret and Scott Richardson	10/9
Mary and Chris Emmert	10/11	Amber and Curtis Nilson	10/13
Jessica and Corey Green	10/23		

Consistory Highlights

Typically fall is not the start of something new. But for Zion, this fall marked the beginning of a new chapter in our history as we welcomed Rev. E. Scott Winnette to our church. The Consistory meeting focused on ensuring that Pastor Scott would have a smooth transition to Zion and discussing the future.

The Properties Committee report detailed the planned improvements to the Cemetery and Memorial Garden (MG) areas and the plantings in the front of the church which have needed attention. Included in the plans are tree trimming, dead and overgrown shrub removal, new plantings, leveling of the MG area, replacing the metal bands in the MG, replacing the benches in the MG, and restoring the headstones in the cemetery. There was also discussion about reconfiguring the entrance to the church closest to the MG to ensure that Zion is ADA compliant. Zion was successful in securing a \$10,585 grant to support the new A/C in the Fellowship Hall.

The Consistory voted to spend \$1,800 on a Preventative Maintenance Policy for our heating/cooling systems. This involves changing the filters in our A/C and heating system and checking the operation of our systems twice a year. Lighting for the Fellowship Hall, Pastor Scott's office, and the administrative office was discussed. Bids are still being accepted and the Trinity Trust grant was submitted for \$5,000 to assist with this upcoming expense.

Our 1928 Moller Organ is in need of a new sound board. We have requested a quote from Lawless. Preliminary information suggested that the cost may be as high as \$50,000 and the work may take 3-5 months to complete.

Pastor Scott reviewed his activities since arriving at Zion which has focused on meeting members and staff and getting settled. Pastor Scott will participate in the UCC training per the CAC credentialing criteria. He also suggested Zion begin thinking of marketing the church facility in a unique fashion such as a wedding venue/facility. This idea will be discussed at future meetings.

Kim announced that Megan Shroyer is the new chairperson of Christian Education (CE). Confirmation classes for high school aged students will be offered this fall. Children's Church activities will become a backpack activity as there are few volunteers to support a pullout program during the Sunday Service. The Adult Sunday School class led by David Ridenour will be offered on ZOOM as well as in person. This will allow people to be in Sunday School and then move directly into the Worship Service on one login.

Volunteers interested in being part of an Outreach Team should contact the Church Office. If the HARC grant comes through, there will be a HARC afterschool program on Thursdays at Zion. The Washington County Community Resource Fair will be held on September 26 at Zion from Noon - 4 pm with at least 15 different agencies represented.

The Pastoral Relations Committee (Susie Clutz, Becky Hohman, and Randy Schultz) has met with Pastor Scott once already and will meet with him monthly. Folks are encouraged to speak directly to Scott about any concerns they may have. There will be a box in the chapel area where folks can place concerns. All comments and concerns will be kept confidentially.

This is budget time. The team developing the 2024 budget are Lisa Saum, Kim Ridenour, Wells Ridenour, and Pastor Scott.

The Open and Affirming (ONA) Team reported that they have developed a welcoming statement and an ONA covenant to be adopted by Zion. The Consistory modified these by adding the Gracie Allen quote ("Never place a period where God has placed a comma. God is still speaking.") and then approved these two documents. If the ONA Committee approves this modification without any further changes, the two documents will be presented to the Congregation for a vote on October 22. A listening and discussion session will be announced for a date in advance of the vote.

In addition to all of these discussion and action comments there was discussion about opportunities to meet Pastor Scott, the frequency of Communion, the Wednesday Evening Potluck and Discussion Group, the Lunch Bunch, and the Christmas Eve services.

Be Aware A Parish Nurse Note

October is Breast Cancer Awareness month. The American Cancer Society started this campaign in 1985 as only a weeklong event. It eventually stretched over the entire month of October and in 1992, the famous pink ribbon became the symbol of this awareness. Breast cancer in males is rare, but it is the second most common cancer in females. Even though the death rate from breast cancer has decreased over the past 30 years, 13% of women will be diagnosed with breast



Breast cancer is one of a very few cancers that has early detection/screening available. Mammograms are the most common screening and can be 2 or 3 dimensional. An MRI is also a diagnostic tool for breast cancer screening. Regular screenings (usually annually) are the best way to find breast cancer before you start to have symptoms. Monthly self-breast exams are also beneficial in detecting abnormalities (not necessarily cancer). Mammograms are normally recommended for women starting between ages 40 and 50. This is a decision you should make with your healthcare provider. Deciding when you should have a mammogram or breast MRI can be dependent upon your risk factors. If you have a family history of a close relative with breast cancer, your healthcare provider may want to be extra vigilant in screenings. Your age, weight (obesity), alcohol use and whether you have children are also considered when determining when and how to screen for breast cancer. Inherited genes that by themselves are not risky are being studied to see how they combine with other genes to increase your chances of developing breast cancer. Some researchers have begun checking blood samples ("liquid biopsies") to see if DNA from



Treatment for breast cancer depends upon the type of tumor present. Surgery and radiation are common treatments. Chemotherapy is also another option, depending on the makeup of the cancer cells. Targeted drug therapy is relatively new and focuses on the specific cancer genes and proteins; its aim is to block the changes in the cancer cells that cause growth and spreading.

Another fairly new approach to cancer treatment is immunotherapy, which trains your immune system to fight cancer cells.

In addition to faithfully getting screenings, your lifestyle can also help keep you healthy. Eat a heart healthy diet rich in low fat proteins, increased fruits and vegetables, decreased sodium, and portion size control. Limit alcohol use, stop smoking and exercise regularly.

October can be a scary month with ghouls and goblins. Don't be afraid to get your regular breast cancer screening. Early detection and optimal treatment can make this diagnosis less scary. Be brave and do it for the ones you love!

Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources:

- [understandcancertogether.com](https://www.understandcancertogether.com)
- [newsinhealth.nih.gov/2022/02](https://www.newshealth.nih.gov/2022/02)
- [cancer.gov](https://www.cancer.gov)

What's Happening

October 1-7 National 4-H Week

Washington County 4Her's have a theme this year: Giving Back to the Community. We are collecting food for local food pantries and Micah's Backpack.

October 27 - Zion Book Club

We will meet at 7pm at the home of Daisy Schlotterbeck to discuss the book *You Were Always Mine* by Christine Pride and Jo Piazza. The story centers around Cinnamon, a black woman, who finds an abandoned white infant she wants to keep and raise and the conflicts for everyone involved.

October 29 - Trick or Treat during Sunday School

The children of our church and their friends and are invited to Trick or Treat at 9:45am. We invite everyone to wear your costumes for a costume parade during the Children's Sermon during worship. Alos, please let Pastor Scott know if you can help decorate our church doors.

November 1 - Who is Your Cousin? Genealogy Seminar

Have you ever wondered about your ancestors and how they lived? Join Carol Miller-Schultz to learn tips and techniques to start a journey into your family's past. Carol will share the essential tools for tracing your family history and free resources to assist with your quest.

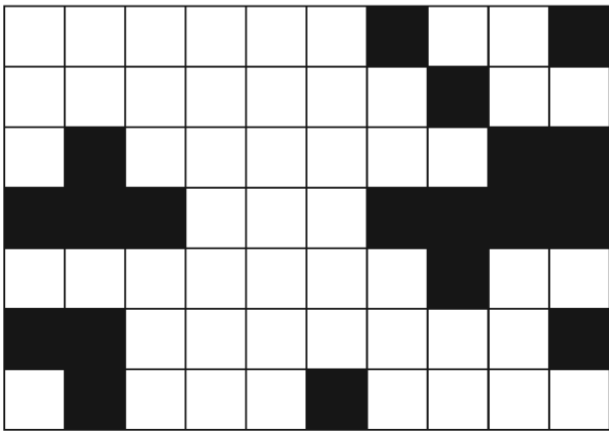
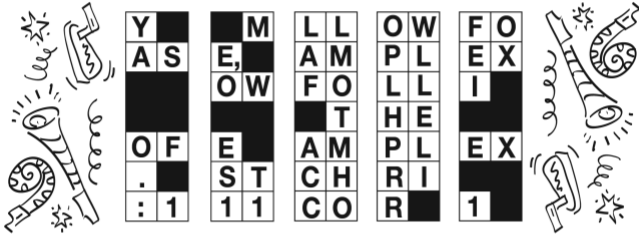
Date	Lector	Ushers	
Oct. 1	Amber Nilson	Frank Ebersole Carol Mooers	Missie LaBombard Rich Owens
Oct. 8	Barb Hendershot	Domenick Gerlando Barb Hendershot	Matt McDonald William Wantz
Oct. 15	Calvin Livingston	William Brewer Calvin Livingston	Jean Simmons Gerald Saum
Oct. 22	Carol Mooers	Burnie Clutz Susan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

TREASURER'S REPORT

	August	Year-to-Date
Income	\$5,314.25	\$50,547.68
Transfers	\$0	\$200,000
Expenses	\$22,706.39	\$244,732.92
Net Income	-\$17,392.14	\$5,724.76

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 hardest part of being a Christian is surrendering and that is where the real struggle happens. Once we have overcome our own desire to be elevated, our own desire to be recognized, our own desire to be independent and all those things that we value very much because we are Americans and we are part of this American culture. Once we have overcome that struggle then God can use us as a part of His body to accomplish what the body of Christ was left here to accomplish.

- Rich Mullins

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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201 North Potomac Street

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