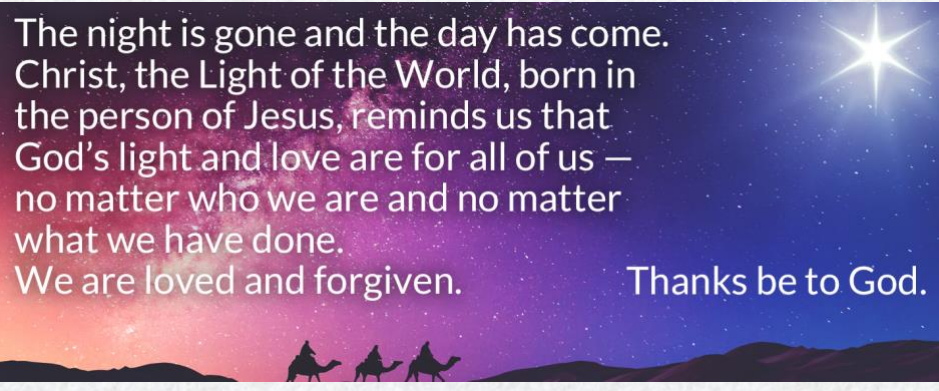


Zion News

MONTHLY NEWSLETTER | JANUARY 2024 - VOLUME 65 ISSUE 1

Unrolling it, he found the place where it is written: "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor."
~ Luke: 4-17b-19

The night is gone and the day has come. Christ, the Light of the World, born in the person of Jesus, reminds us that God's light and love are for all of us — no matter who we are and no matter what we have done. We are loved and forgiven. Thanks be to God.



**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**

Order Your Zion Shirts

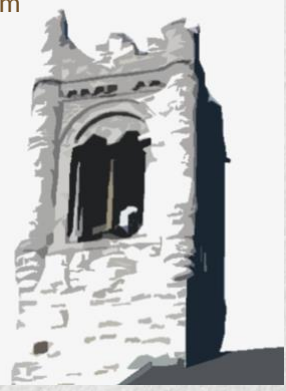
Zion Shirts and Sweatshirts are available to order. Order forms are in the chapel or go to <http://tinyurl.com/mv4rsbym>



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 Reformed Church of Christ,
It is a new year, 2024. I performed an internet search to see if anyone predicted anything to happen in 2024. Of course, French philosopher, Nostradamus did. His interpreters claim he foretold a Civil War in the United States and war with China for 2024. Let us collect our prayers, combine our faith in human free will, and against determinism and cast away the half-glass-empty forecasts.

So, I surveyed old newspapers to see if there were any interesting notes regarding 2024. In the Manchester Times edition, March 12, 1847, they reported:

TREAT TO THE AGED POOR.—On Wednesday evening thirty-six aged inhabitants of Greenacres Moor and its vicinity, all aged men, were provided with an excellent supper, gratuitously, at the house of Mr. Henry Thompson, the Bull's Head Inn, Greenacres Moor, Oldham, at the cost of the members of the Oldham Bentinck Sporting Club, whose meetings are held at that house. The aggregate ages of the venerable men assembled on the occasion amounted to 2,024 years, so that it appears the average age of each was seventy-two years and a half. The proceedings were characterised by the utmost gratification of all parties connected with the festival, and the greatest happiness was enjoyed by the aged party.

I am not sure why they aggregated the ages of the almost 28 men. It totaled 2024. Nice to see this historic generosity. Without any mystical horoscope guidance, we are left with our faith, with our hope, with our agency to make of the year what we need to make of the year. Let us then, make it a good one. I pray we make 2024 like the Rodgers and Hammerstein's song:

*The hills are alive with the sound of music
With songs they have sung for a thousand years
The hills fill my heart with the sound of music
My heart wants to sing every song it hears*

*My heart wants to beat like the wings of the birds
That rise from the lake to the trees
My heart wants to sigh like a chime
That flies from a church on a breeze*

*To laugh like a brook when it trips
And falls over stones on its way
To sing through the night
Like a lark who is learning to pray*

*I go to the hills when my heart is lonely
I know I will hear what I've heard before
My heart will be blessed with the sound of music
And I'll sing once more*

Or we sing the power of our Creator held in the biblical song, Psalm 104:

Bless the Lord, O my soul. O Lord my God, you are very great. You are clothed with honor and majesty, wrapped in light as with a garment. You stretch out the heavens like a tent, you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind, you make the winds your messengers, fire and flame your ministers.

You set the earth on its foundations, so that it shall never be shaken.

...

By the streams the birds of the air have their habitation; they sing among the branches. From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart.

...

People go out to their work and to their labor until the evening. O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures. Yonder is the sea, great and wide, creeping things innumerable are there, living things both small and great.

...

When you send forth your spirit, they are created; and you renew the face of the ground. May the glory of the Lord endure forever; may the Lord rejoice in his works—who looks on the earth and it trembles, who touches the mountains and they smoke.

I will sing to the Lord as long as I live; I will sing praise to my God while I have being.

May my meditation be pleasing to him, for I rejoice in the Lord.

Let sinners be consumed from the earth,
and let the wicked be no more.

Bless the Lord, O my soul. Praise the Lord!

God's blessings be upon you this new year friends.

In Christ,
Pastor Scott

Please send us your photo!

We are working on an update to our Church Pictorial Directory. We need your preferred photo. If you would like the Confirmation Class to take your photo on Sunday's, please let us know. Or, if you would like to send us a photo of you and your family, we will scan and add them. Or you have it digitally, can send them to zionrucc@myactv.net or pastorwinnette@gmail.com.

If you have any questions, please feel free to ask Pastor Scott.



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	29		

JANUARY WEEKLY/MONTHLY EVENTS

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

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

Wednesday Night Potluck Dinners – Wednesdays at 6pm

4-H Club – Thursdays at 4:30pm in the Burhans Room

Choir Practice – Thursdays at 5:30pm

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

Properties Team – 1/3 and 1/31 at 4:00pm

CE Team Meeting – 1/8 at 5:30pm

Executive Team Meeting – 1/4 at 2pm

Consistory Meeting – 1/8 at 7pm in the Burhans Room

Easycise Exercise Class – 1/13 at 9am

January Birthdays

Braun Johnson	1/3	Scott Richardson	1/22
Frank Gerlando Jr	1/14	Holly Bell	1/22
Lexie Shirley	1/14	Sarah Kalkbrenner	1/25
Thelma Summers	1/20	Jessica Green	1/31

January Anniversaries

LoriBeth and Kenlin Martin	1/1
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Dear Zion Family,

Betty's family would like to thank you for all of your prayers, cards, love, and caring thoughts and concerns during these past few months. In addition, we appreciate everyone's hard work and efforts on making the Memorial Garden a peaceful place for us to gather and to celebrate our mom's beautiful life. Mom loved her church, her Zion family. Thank you.

Peace and love, Betty Patterson's family



Consistory Highlights

Our December meeting might have set a new record for efficiency. Our meeting lasted 1 hour and 3 minutes!

President Kim began the meeting by thanking the entire Consistory for their efforts and their volunteerism. She is excited by the energy at Zion that is increasing daily. She also announced that Becky Hohman was elected to the Consistory on Sunday, December 10, 2023 during the Congregational Meeting.

During the Treasurer's Report discussion, Kim reminded everyone that the Christmas Fund will be collected during the next 3 services. We also discussed the Homewood offering, typically collected on Mother's Day, and the 5 UCC charities we support. The 2024 budget was approved during the Congregational Meeting held on Sunday, December 10, 2023. 18 pledge cards have been submitted so far, totaling almost \$34,000.

Our Sunday worship numbers continue to grow. We celebrated 5 new Zion members in November. The carryout meals at the Tuesday Soup Kitchen have ended but there still were 65 diners while the Food Pantry was heavily used on the first Tuesday of the month.

Pastor Scott discussed the proposed afterschool program which will be coordinated through HARC and the school system. More information will follow. Scott also thanked everyone for their understanding with his recent illness. He received a lovely thank you note from the Patterson Family for the recent upgrades to the Memorial Garden. He also asked that we thank Lisa Saum for her many years of amazing service as our Treasurer.

A reminder that the Outreach Team is selling Zion T-shirts and sweatshirts. A second order will be sent in soon. Contact the church office for more information about sizes and colors.

The Christmas Pageant will be held on December 17 during the Sunday Worship service. Everyone is very excited about this year's pageant. The new Children's Choir will also sing during worship. The numbers in the nursery continue to climb which is especially promising for the future of Zion.

The stump removal project was completed by Burnie Clutz as a volunteer effort. He also has volunteered to complete the spring planting project. Thank you, Burnie, for generously sharing your time and talents!

A second quote for the organ repairs and upgrades has been received. The quotes have raised questions about what we truly need and what work has been completed. An ad hoc committee to include Claire Marie, Byron, Rich, Susie, and Carroll will be formed to investigate these quotes and then provide guidance for the Consistory. This project may become the focus on a capital campaign.

Volunteers for the Tour of Churches from 3 pm to 7 pm on December 26 are still needed to give tours at Zion, serve refreshments, and bake refreshments. Please contact Carol Mooers or the church office if you can help. Kim suggested that we create a new ad hoc Membership Task Force. The purpose of this committee will be to closely monitor the accuracy of our rolls and to reach out to members who are not in regular contact with Zion and Zion activities. As part of this effort to reach out to everyone, a new Member Pictorial Directory is in process using the Realm software we have. We discussed ways to secure pictures of members. Realm allows everyone to be listed per each person's personal preference (i.e. with/without a picture, address, and contact info) or folks can decline to be listed in the directory.

In other Zion business, the Consistory voted to have Spring Mills complete the electrical work needed to upgrade the lighting in the Fellowship Hall, Administrative Office, and Exterior Lighting around the Memorial Garden. Due to holidays falling on January 1 and September 2, the Consistory meetings will now be January 8 and September 9. The Annual Meeting and potluck luncheon will be held on February 25 immediately following worship. All committee and team reports must be submitted to the office by January 15. The Annual Report will be published to the congregation by February 3.

Have a safe and blessed Christmas!

New Year, New Hope - A Parish Nurse Note

December is a busy month, but don't be so busy that you are not safe. The month of December is one the Dementia is a broad term that includes the symptoms of decreased memory, decreased thinking, decreased reasoning and lessened social alertness. It is a progressive state. 55 million people worldwide have dementia, with about 6 million in the United States. About 1% of people experience these symptoms between the ages of 65 and 69. Your risk for dementia doubles every 5 years after age 65 up to age 84. One in four people over the age of 85 have dementia. Changes in the brain have been identified in those with dementia. Clumps of proteins, called plaques have been found in those with Alzheimer's disease (a type of dementia that makes up 60-70% of dementia cases). Two brain proteins, beta-amyloid and tau, malfunction and are not "taken out with the trash" as in normal brain activity. This accumulation leads to clogged brain pathways and eventual death of the brain cells. These brain plaques have been noted to start developing up to 20 years before any symptoms occur. Sound hopeless? Not at all!

Progress is rapidly being made in both the diagnosing and treatment of dementia. New medications that help moderately slow functional and cognitive decline have been approved by the Federal Drug Administration. Some medications may be used in a combination, similar to the medicines used to treat HIV. Other medications are focused on targeting the areas of brain plaque. A new possible cancer treatment has been shown to "turnoff" a brain protein that results in better communication between brain cells. Unfortunately, many of these medications have serious side effects and are often expensive. Also, a gene (APOE4) has been isolated which indicates increased risk for Alzheimer's disease. New blood tests have been help diagnosis Alzheimer's. A comprehensive evaluation of physical examinations, brain images, family history, symptoms, and cognitive tests are used to determine if you have dementia.



What can you do on your own to help prevent dementia? The number one risk factor in developing dementia is HEARING LOSS! This is reversible by using hearing aids. Socialization and exercise are also important in helping prevent dementia. Exercising 150 minutes each week (21 ½ minutes per day) can benefit your heart, which leads to a healthier brain. Also, having increased education at an early age means you have a better cognitive reserve (you have something to spare if dementia starts). Getting out and socializing with others is key to maintaining good cognitive function. Avoid air pollution, smoking, heavy use of alcohol, uncontrolled high blood pressure and diabetes and obesity.



Symptoms in the elderly similar to those of dementia can be due to sleep disorders, sleep apnea, mood disorders (especially depression), hormone disturbances, and medications used for insomnia, incontinence or allergies. Diagnosing dementia is not a simple task; but more people and organizations are talking about dementia and becoming aware of its manifestations. Community support is growing, too. "Memory cafes" have been started where caregivers can take someone with dementia out for coffee, shared activities, and socialization. There are over 700 of these cafes in the United States. Museums and public attractions are setting aside "dementia friendly days" in their schedules. Phoenix Airport uses special lanyards for those with dementia and other "invisible disabilities" to help others realize that anyone wearing one of these lanyards may need additional help.

New treatments are on the horizon to help with dementia. Help yourself by staying healthy and active-physically, mentally and socially!

Blessings and Health,
Barb Hendershot, RN Parish Nurse

Sources:
yalemedicine.org
mayoclinic.org

Readers Digest, November 2023

What's Happening

January 3rd – Wednesday Potlucks re-start!

Make plans to join us Wednesday nights at 6pm for a shared meal and stay for our discussion on *Painting the Stars*.

January 7th – New Consistory Members

During morning worship, we will pray for our Consistory as they begin a new year of leading.

After service, we could use some help taking down our Christmas decorations.

January 15th – Reports Due

2023 Committee reports are due to Rae. Please make sure you have make time to gather all of the information and submit it by the due date so we can prepare for our annual congregational meeting.

January 26th – Zion Book Club

The Zion Book Club will be meeting at the home of Daisy Schlotterbeck. The book being discussed will be Debbie Macomber's "Country Christmas," Two stories about how love can conquer all.

January 31st – Easter Altar Flower Orders

The deadline for ordering Easter altar flowers is January 31st, be on the lookout for more details in the weekly email and at church!

TREASURER'S REPORT		
	November	Year-to-Date
Income	\$7,091	\$66,987.68
Transfers	\$30,000	\$280,000
Expenses	\$33,907.88	\$339,316.84
Net Income	\$3,183.12	\$7,670.84

Date	Lector	Ushers	
Jan. 7	Sue Graff	William Brewer Calvin Livingston	Jean Simmons Gerald Saum
Jan. 14	Rae Smith	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
Jan. 21	Rich Owens	Frank Ebersole Carol Mooers	Missie LaBombard Rich Owens
Jan. 28	Rae Smith	Domenick Gerlando	Matt McDonald



2023
Christmas Pageant

PUZZLE

Fruit or false



Spotting true fruits can be tricky. Thankfully, it's much easier to spot the fruit of the Spirit.



Directions: Determine whether each item is a fruit or vegetable and circle the correct letter. Then insert the letters in order below to complete the verses.

Fruit	Vegetable	Fruit	Vegetable
Apple	V P	Pepper	O U
Carrot	E O	Spinach	R S
Tomato	Y R	Watermelon	H P
Grape	C F	Broccoli	G N
Eggplant	T D	Pumpkin	T Y
Celery	I N	Pear	F C
Banana	K M	Asparagus	L R
Cucumber	N W		

But the fruit of the Spirit is lo__e, j__ __, pea__e,
 pa__ie__ce, __ind__ess, go__dne__s,
 fait__ful__ess, gen__leness, sel__-cont__ol.

GALATIANS 5:22-23, ESV

Answers: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

a new way of living

Through the Church, in the Body of Christ, God calls us to a new way of living, a new way of relating to God, to others, and to the world. Paul believes the Church is meant to be a community whose way of living runs contrary to the prevailing culture. We would call it *countercultural* today. It is a way of cooperating rather than competing, a way of giving rather than getting, a way of sharing rather than hoarding, a way of sacrifice rather than comfort, a way of faith rather than knowledge, a way of relationship rather than anonymity, a way of love rather than animosity. Through membership in the Body of Christ, this way of living is a sharing in the life of Christ.

- Richard Rohr

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, Becky Hohman and Jean Simmons

Zion News is published monthly by Zion Reformed United Church of Christ 201 North Potomac Street, Hagerstown, MD 21740.

Office Hours: Monday - Friday 9 am - 12:00 pm
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 Website: www.zionreformed.church

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

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Hagerstown, MD 21740
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