



Zion News



MONTHLY NEWSLETTER | FEBRUARY 2024 - VOLUME 65 ISSUE 2

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.~ 1 John 3:16-18

LENT

A season of preparation

The real question of the Lenten season is how will I clear out the junk and garbage in my life so that I can be restored to God in some fresh way?

What are the disciplines that will open up space for God to create a clean heart and new spirit in me?

~ Ruth Haley Barton

Wednesday, February 14

Ash Wednesday at Zion with Christ's Reformed UCC
Setting the Stage for Joy

Sunday, February 18 - First Sunday in Lent
Persistent Joy

Wednesday, February 21 - Potluck and Worship
Lectio Divina

Sunday, February 25 - Second Sunday in Lent
Expectant Joy

Wednesday, February 28 - Potluck and Worship
Honest Prayers

**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





perfection

Anne Lamott once wrote, "Perfection is the voice of the oppressor." I agree, and yet I still hear that voice in my head. It is the voice that speaks late at night, reminding me of all the things I failed to do, all the things I should have done better, all the ways I've fallen short. This is especially true when it comes to my spiritual practices. I never spend enough time praying, studying scripture, or serving others. No matter how hard I try, the voice of Perfection says, "You really should try harder." Maybe you have heard this same voice?

Kate Bowler and Jessica Richie have heard that voice, which is why they wrote the book Good Enough: 40ish Devotionals for a Life of Imperfections. In the introduction, they note that Christianity calls us to a life of continuous improvement while recognizing that only Jesus is perfect.

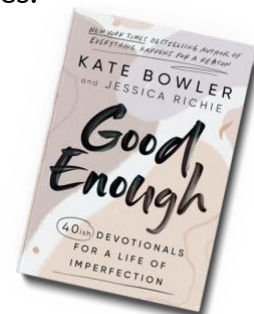
Their reflections are rooted in the very real complexities, contradictions, and sometimes absurdity of life.

In the preface, they write, "In this book, we hope to carve out the space between despair and hope, between believing everything is possible and nothing is possible. We are on the lookout for beauty and meaning and truth in the midst of lives that didn't turn out like we thought they should. We can have lives where God breaks in and surprises us. We can learn to believe that we are blessed regardless of how our lives appear on social media or at high school reunions. We can begin to feel less alone, more loved, and less judged when good is...enough. (p.xii)

The season of Lent begins on Ash Wednesday (February 14 and we will worship with Christ Reformed). Part of my Lenten practice is going to be reading Bowler and Richie's book. I invite you to read this book with me and consider how you might find contentment in being good...but not perfect. Let me know if you want to join me.

Let us move into the season of Lent with an open spirit and willingness to learn from our mistakes. And may God's perfect love flow through our imperfect lives.

Peace to you!
Pastor Scott





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		

March

03

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 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

Wednesday Night Potluck Dinners - Wednesdays at 6pm

4-H Club – Thursdays at 4:30pm in the Burhans Room (will not meet on 2/29)

Choir Practice - Thursdays at 5:30pm

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

CE Team Meeting - 2/11 at 5:30pm

Executive Team Meeting - 2/29 at 2pm

Consistory Meeting - 2/11 at 7pm in the Burhans Room

Easycise Exercise Class - 2/10 at 9am

February Birthdays

Ivan Dwyer	2/2	Angie Schaff	2/18
Michael Schultz	2/2	Linda Cantilena	2/20
Lenzie Weicht	2/5	William Wantz	2/21
Peggy Lowman	2/7	Kristin Kelly	2/28
Brett Hendershot	2/8	Missie LaBombard	2/28
Sierra Shirley	2/15		

Cinderella Shop Volunteers

For several years it has been suggested that we open the Cinderella Shop earlier in the spring. So this year, if we can gather enough volunteers, we will open every Saturday for the month of March from 9:30 am to 12:30 pm. All prom dresses are still only \$25 each and all proceeds go directly to REACH .

Please use the sign-up sheet on the table in the chapel to sign up or contact me directly at carroll.sager@gmail.com . Thank you.



Consistory Highlights

Children's Choir every Sunday 9:45 to 10:00 a.m. immediately followed by Sunday School with Miss Kim. We'd love to have you join us!

which contains important Consistory documents such as our Articles of Incorporation, our individual term limits, and our Personnel Policy. She reminded us of our agreed upon guidelines for an efficient and respectful meeting.

In a bit of a surprise, the current officers were asked to continue in their roles for 2024. They agreed to do so. So by a unanimous vote, Kim Ridenour is President, Carol Mooers is Vice President, and Carroll Sager is Secretary.

In addition to her year end and monthly financial reports, Lisa gave the Consistory a pie graph of our financial picture so we had a clear visual of our spending and our giving. Pledging for 2024 is much stronger than last year. Everyone who has not yet pledged is encouraged to do so as soon as possible. A URL code is being investigated as a means to simplify the giving process for folks.

Other important numbers were also noted. Our worship service numbers are up considerably to an average of 64 people in attendance on Sundays. We also received 10 new members during 2023. There were 108 visitors to our church during the Tour of Historic Houses of Worship on December 26. Our ad hoc membership team is continuing to review all names of members as we also prepare for a new pictorial church directory. Members are reminded to submit a photograph for the directory to the office or ask Consistory member about having a photo taken by our Confirmands.

The Consistory agreed to hold a strategic planning meeting with a UCC strategic planner. It has been a long time since a strategic plan was developed for ZION. Such a plan will guide us in prioritizing our needs, wants, and resources.

Please mark your calendars for Sunday, February 25 for the Annual Congregational Meeting and potluck dinner immediately following worship. The annual report for 2023 will be available by February 4 for your review.

This meeting felt as though 2024 was starting on the right path forward. As a church we are growing and it is exciting!

Lisa reviewed the key points in the proposed 2024 budget such as the employee increase, the addition of the graveyard restoration project, the organ sound board repair number which represents half of the cost for the new sound board, and the addition of a line item for the Soup Kitchen. The Consistory approved the proposed 2024 budget as amended during the meeting. It will be presented to the Congregation for a vote at the December 10 Congregational Meeting immediately following the Sunday Worship.

TREASURER'S REPORT		
	December	Year-to-Date
Income	\$6,939	\$73,946.68
Transfers	\$25,000	\$305,000
Expenses	\$35,134.52	\$374,208.09
Net Income	-\$3,195.52	\$4,738.59

SAD - A Parish Nurse Note

SAD, or Seasonal Affective Disorder, is a type of depression that occurs during a particular season. It usually shows up during fall and winter and begins and ends around the same time each year. The cause of this disorder is linked to the shortened amount of daylight during the fall and winter months. Less absorption of sunlight can affect the serotonin levels in your body. Serotonin is a chemical that relays messages between your nerve cells and your brain, as well as throughout your body. It is considered a mood stabilizer. Decreased sunlight decreases the amount of serotonin, which in turn can trigger depression. Melatonin, a hormone produced by your brain in response to darkness, can also be affected by less light during the fall and winter; less light means more melatonin production which can result in sleepiness during the day. Women are more susceptible to SAD than men, and younger adults are usually affected more than older ones. Symptoms of SAD include decreased energy, moodiness, depression that **lasts for days**, lack of motivation to perform normal activities, increased sleeping, craving carbohydrates in your diet, overeating, decreased ability to concentrate, feeling worthless and even suicidal thoughts. Symptoms can worsen over time and lead to social withdrawal, school or work problems, substance abuse, and in some cases, suicidal thoughts.



There are several risk factors for developing SAD. A family history of SAD, depression or bi-polar illness can make you more susceptible to this disorder. The farther away you live from the equator increases your risk for SAD. Low vitamin D can also contribute to the development of SAD. If you feel you have any of these symptoms or situations, the first step to treatment is contacting your healthcare provider. A physical exam and blood tests are needed to assess your symptoms.

Treatment for SAD is available! Although not preventable, a key to treating SAD is early symptom management. Light therapy (also called phototherapy) is often used by placing yourself in a bright light within the first hour that you are awake. Psychotherapy (also known as talk therapy) is vital in helping you learn healthy coping mechanisms, defining and changing negative thoughts, and managing stress. Increasing your physical activity is very important in combating SAD. Antidepressant medications are also used as a tool against SAD. Be mindful that these medications often take weeks to reach their full effectiveness. Many with SAD choose to start treatment before their symptoms begin and continue with treatment until after their symptoms would normally stop. Others opt to treat their SAD symptoms year-round.

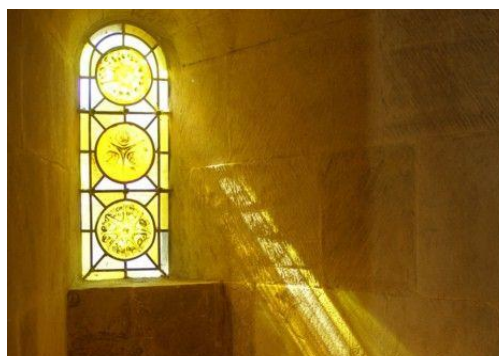
So, don't be sad! Help is available if Seasonal Affective Disorder is something you or a loved one is experiencing.

Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources:

hopkinsmedicine.org

mayoclinic.org



What's Happening

February 14th – Ash Wednesday Service

Zion and Christ's Reformed UCC will join together to enter into the Lenten season. Make plans to join us for this meaningful time of reflection.

February 23 – Zion Book Club

We will meet at 7pm at the home of Daisy Schlotterbeck. The book selection for February is "Bridge To Haven" by Francine Rivers. This is one of the group's favorite authors, as she writes with a Christian perspective. This story focuses on Lena Scott, a rising Hollywood star in the 1950's whose real name is Abra. She was abandoned as a newborn under a bridge on the outskirts of the town of Haven. Now, Lena is learning that fame comes with a price. Please join us for lively discussion and warm fellowship. For more information, contact Sue Graff.

February 24 – The Coldest Night of the Year Walk

The Coldest Night of the Year (CNOY) is a fund-raising event to spotlight the number of people who are living outside on the coldest nights of the year. People register to walk, gather pledges from friends and relatives, and then walk laps outside in the cold on the night of the event. Walkers choose how many laps they want or plan to walk (participants younger than 18 must have a release signed by one of their parents in order to walk). The walking area is the paved road around the perimeter of the Hagerstown Community College campus. Security and EMS support will be on hand. There will be light refreshments, special CNOY toques for adults who raise more than \$150 and for those under 18 who raise more than \$75, and, hopefully, a soup dinner following the event. Last year's event was wonderful - Kim Ridenour, Barb Hendershot, 3 of the now 4 Nilsons, and Carroll Sager represented Zion. Over \$24,000 was raised to support REACH. REACH provides many services to those who are in need in our community including social work support, mail boxes, job coaching, and financial literacy classes. From November – March, REACH opens its Cold Weather Shelter providing a safe and warm place to spend the night while also being able to shower, do laundry, eat a hot dinner, and have a light breakfast before going outside for the day.

CNOY will take place on Saturday, February 24 beginning at 5 pm. If you would like to be part of the ZION walkers team, please go to <http://tinyurl.com/3czce8t5> to sign up or donate!

February 25th – Congregational Meeting

Join us after worship for a potluck lunch and our Annual Meeting. Zion will provide fried chicken and drinks. Sign up to attend in the chapel or online at <http://tinyurl.com/ntap5zm2>. We hope you will be able to join us. Annual Reports will be available after February 4th.

March 17 – Pastor Scott's Installation

Make plans to join us at 2pm for Pastor Scott's installation service as we affirm and celebrate the movement of the Holy Spirit who participated with us in the process, and who called Scott to Zion.

April 5 & 6 - Visioning & Strategic Planning – all are invited!

The Visioning Process is an intense, multi-day meeting involving congregational stakeholders in dialogue to jointly discern the future mission priorities of the church. It challenges the congregation to assess what they are doing to live into God's economy by using their assets for mission. The visioning process helps a congregation understand its needs, while discerning and determining how to meet those needs. The ultimate goal of the process is for the congregation

Date	Lector	Ushers	
Feb. 4	Amber Nilson	Domenick Gerlando Barb Hendershot	William Wantz Matt McDonald
Feb. 11	Barb Hendershot	William Brewer Jean Simmons	Calvin Livingston Gerald Saum
Feb. 18	Calvin Livingston	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
Feb. 25	Carol Mooers	Frank Ebersole Carol Mooers	Mark Bagby Rich Owens

Don't love the world's ways.
 Don't love the world's goods.
 Love of the world squeezes out love for the Father.
 Practically everything that goes on in the world—
wanting your own way, wanting everything for yourself, wanting to appear important
 —has nothing to do with the Father.
 It just isolates you from him.
 — Eugene H. Peterson

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
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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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RETURN SERVICE REQUESTED

Hagerstown, MD 21740
201 North Potomac Street

ZION REFORMED UCC



Zion Reformed United Church of Christ