



Zion News

MONTHLY NEWSLETTER | APRIL 2024 - VOLUME 65 ISSUE 4

*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.
Ephesians 2:4-5*

Rev. Dr. Scott Winnette Installed as Zion's Settled Pastor!

Thank you to everyone who planned and attended the celebration. We look forward to growing together!

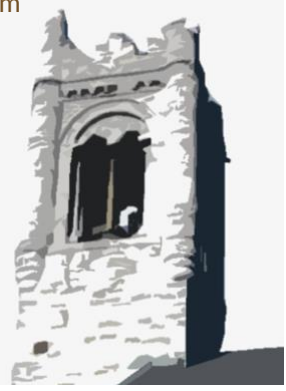


**ZION'S MISSION:
TO SHARE THE
GOSPEL OF CHRIST
IN SUCH A WAY THAT
WE FIND GOD,
GROW OUR FAITH,
DISCOVER OUR
PURPOSE AND MAKE
A DIFFERENCE**

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





The Zion Reformed United Church of Christ, is beseeching our Generative Creator to guide us into the future. Please plan to attend our event, Friday, April 5 from 5:30-9:00pm. Then return Saturday, April 6, for a day from 9:45 - 3:00pm. We can provide rides if you need them. We also plan for child care. Come join us with your minds wide open.

Some Qs&As:

WHAT ARE THE OUTCOMES OF A VISIONING PROCESS?

The visioning process will answer basic questions such as:

- What is your congregation's purpose and what is your "why"?
- What resources do you currently have in order to fully live out your mission in your particular context?

The process will also:

- Help your congregation understand its needs while discerning and determining how to meet them.
- Develop a list of mission priorities around which members have energy and passion.
- Enable the development of a strategic plan for the congregation.

DOES EVERY MEMBER HAVE TO PARTICIPATE IN VISIONING?

Our consultant encourages full congregation participation in the visioning process to seek input from as many members as possible in the development of the mission priorities and future direction of the church. Full congregation participation facilitates ownership of the resulting strategic plan and successful implementation.

IF WE FOLLOW YOUR PROGRAM, WILL WE BE SUCCESSFUL?

CB&LF's program provides the tools for church members to discern their church's "why" and develop a plan for living into it. The success of the visioning process depends on the congregation's commitment to follow through with specific plans and actions to make the vision a reality.





April							04	May							05
SUN	MON	TUE	WED	THU	FRI	SAT		SUN	MON	TUE	WED	THU	FRI	SAT	
	01	02	03	04	05	06					01	02	03	04	
	07	08	09	10	11	12	13		05	06	07	08	09	10	11
	14	15	16	17	18	19	20		12	13	14	15	16	17	18
	21	22	23	24	25	26	27		19	20	21	22	23	24	25
	28	29	30						26	27	28	29	30	31	

APRIL 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 Potluck – 6:00pm in the chapel

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

Choir Practice – Thursdays at 5:30pm

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

CE Team Meeting – 4/1 at 5:30pm

Consistory Meeting – 4/1 at 7pm in the Burhans Room

Easycise Exercise Class – 4/13 at 9am

April Birthdays

Delilah Shirley	4/2	Jean Simmons	4/10
Aaron Kelly	4/4	Robert Kefauver	4/12
Tess Summers	4/5	LoriBeth Martin	4/21
Betsy Roulette	4/7	Michael Mooers	4/21
David Rhodes	4/9	Krista Burgan	4/23
Lynda Graves	4/10	Kenlin Martin	4/24
Kimberly Ridenour	4/10	Burnie Clutz	4/26



Throughout May
donate boxes of cereal
for Tuesday Night Ministries

Consistory Highlights

Well, March is coming in like a lamb so far. Zion is having a solid start to the year with our Sunday attendance numbers and our giving. Please keep coming as there are many fun and exciting events planned especially for the next 6 weeks.

The Consistory addressed two housekeeping items as we revised our total membership numbers downward and eliminated the carryover of vacation hours for part-time staff. Both of these changes should have little if any negative impact on our finances and our operations.

Zion will submit grant requests to the Funkhouser and the Bowman Foundations. The Funkhouser grant will include a request for an additional refrigerator/freezer and for funding for the Tuesday Night Ministries. The Bowman grant will be petitioned to allow a change to the use of the 2021 grant award. If this petition is granted, the job of righting of the cemetery headstones will be given to a local company, Blast Off. The actual headstone repair work is still to be completed by Mosko Restoration Services at a future date.

March 17 will be an important date in Zion's history as we formally install Pastor Scott as ZION's new minister. It was agreed that we should make an extravagant welcome to all who come. Please RSVP to the office or signup in the chapel if you plan to attend. Members are asked to wear their name tags and some members will be stationed outside to welcome guests. Volunteers are needed to help with the refreshments.

On April 5 from 6 pm to 9 pm and on April 7 from 9 am to 3 pm a Visioning and Strategic Planning event will be held at Zion. Again, please RSVP to the office even if you can only attend for part of the 2 day event. All voices need to be heard as we plan our future. There will be snacks on Friday evening and lunch, coffee, tea, and snacks will be served on Saturday. Child care is hoped to be available. More information will follow.

The Consistory voted to purchase a portable banner noting our Open and Affirming beliefs. We also agreed to support the ONA Coalition which is affiliated with, but not funded by, the UCC.

We had an extended conversation about our emergency evacuation process. It was agreed that being prepared makes sense. More details will be worked through and reviewed by the Consistory next month.



Memorial Day Remembrance Book

Rae Smith will be compiling this year's Memorial Day Remembrance Book. If anyone in your family has served our country from the Revolutionary War to today, please let her know the Name, Branch of Service, War and/or what years they served so they can be included.

Stress - A Parish Nurse Note

April is Stress Awareness Month (as if we need a special designation to know that we are stressed!). This recognition started in 1992 to increase awareness and knowledge of the dangers of acute and chronic stress. Our bodies are made to adequately handle occasional mild to moderate stress; but chronic stress can be harmful because it is long-term and affects the entire body. Chronic stress places you at increased risk for heart disease, stroke, dementia, faster aging, anxiety, depression, digestive disorders, and insulin resistance. Relationships, self-care, work performance and your general outlook on life can also be negatively impacted by stress. Common reactions to stress include shock, disbelief, a feeling of helplessness, frustration, and difficulty concentrating and making decisions. You may also find yourself smoking more or turning to drug and alcohol use.



So, what causes stress? The most common culprits are the cost of living or finances, work, health issues like the COVID-19 pandemic, relationships, safety, or a recent traumatic event. How can you tell if you are stressed? You may be more irritable or angry or less interested in things that you would normally enjoy. Your appetite may change in either direction. Your sleep may be disturbed. You may experience digestive issues, tense or aching muscles, headaches, and mood swings. Not sure if you are having stress related symptoms? You can take a survey at mhanational.org/get-involved/stress-screener to look at your personal situation. There is also an American Institute of Stress! (Who knew?) Their website is stress.org and it outlines help with

What can you do to help relieve your stress? Recognize what you can control and what is out of your hands. Focus on what you CAN work on. Strive to not be anxious about something you cannot change and try to isolate the cause of your stress. Focus on being calm and in control. Set realistic goals for your health and your lifestyle. Avoid drugs and alcohol as stress relievers; they can cause your stress to increase! Recognize when you need help to combat your stress. Stress relief does NOT have to be costly. Just spending time with others and feeling their support is a stress reliever that can lead to better physical and mental health. Breathing exercises, meditation and progressive muscle relaxation are “free” ways to deal with stress. On-line instruction videos are available for these methods of stress relief. Physical activity, such as walking and yoga, release your natural mood elevators- endorphins- that can help lessen stress. Art and participation in hobbies can decrease stress levels. Just being outside, even for short periods is a great way to shake off stress. Try to shift from negative thinking to a more positive and realistic view of your situation. My favorite way to combat stress is with laughter! Laughing is a natural stress reliever that costs nothing. It increases your oxygen intake, revs up your heart, lungs, and muscles, and releases the body’s own mood boosters- endorphins.

Your mother was right! Go outside, laugh and do something you enjoy. Your stress level will decrease, and you will feel better for it.

Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources:
betterhelp.com
hr.nih.gov
stress.org



What's Happening

Tuesdays, Weekly from April 9 – May 14, 6:30 – 8:15 pm

Wise and Compassionate Ways to Help the Poor – A Community Program by Otterbein United Methodist Church & REACH of Washington County. Open to the community. The main point is to assist people of faith in getting a clearer picture of the “face of homelessness and poverty” and how to make wise giving choices to individuals and agencies. Also learn more about area resources and gaps in service.

Otterbein United Methodist Church 108 East Franklin Street.

April 13 – Zion Dinner Theatre

Join us for a wonderful night of dinner at the theatre - *The Science of Murder* presented by Zion UCC Dramatic Arts on Saturday, April 13th at 5:00pm. Tickets are \$15 or \$25/couple. For tickets, call 301-739-7244 or email: zionrucc@myactv.net.

April 26 – Zion Book Club

The Book Club meets every month on the last Friday at 7pm at the home of Daisy Schlotterbeck. For more information and the book selection for the month, please contact Sue Graff at s.graff@myactv.net



Zion's Coldest Night of the Year Walkers raised \$1,230 for the REACH Cold Weather Shelter! Thank you to our walkers and all those who donated.

I invite you to **enjoy your forgiveness** –it will not be taken away as a punishment and it will not be granted as a reward, it is your inheritance as a freed child of God's kingdom.

~ Nadia Bolz Weber

Date	Lector	Ushers	
April 7	Wells Ridenour	William Brewer Jean Simmons	Calvin Livingston Gerald Saum
April 14	Amber Nilson	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
April 21	Barb Hendershot	Frank Ebersole Carol Mooers	Mark Bagby Rich Owens
April 28	Calvin Livingston	Domenick Gerlando Barb Hendershot	William Wantz Matt McDonald

TREASURER'S REPORT		
	February	Year-to-Date
Income	\$8,757.34	\$14,744.34
Transfers	\$25,000	\$70,000
Expenses	\$34,295.41	\$85,288.43
Net Income	-\$538.07	-\$544.09

<p> 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 </p>	<p> Zion News is published monthly by Zion Reformed United Church of Christ 201 North Potomac Street, Hagerstown, MD 21740. </p> <p> Office Hours: Monday – Friday 9 am – 12:00 pm Telephone: 301-739-7244 Email: zionrucc@myactv.net Website: www.zionreformed.church </p> <p> Deadline for articles is the 15th of each month prior to the month of publication. All articles are subject to editing for space. </p> <p> The medical information in this newsletter is provided without any representations or warranties, express or implied. You must not rely on the information in this newsletter as an alternative to medical advice from your doctor or other professional healthcare provider. </p>
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RETURN SERVICE REQUESTED

Hagerstown, MD 21740
201 North Potomac Street

ZION REFORMED UCC



Zion Reformed United Church of Christ

GIVE ONLINE

