



Zion News

MONTHLY NEWSLETTER | SEPTEMBER 2024 – VOLUME 65 ISSUE 9

***This service that you perform is not only supplying the needs of the Lord's people
but is also overflowing in many expressions of thanks to God.***

~ 2 CORINTHIANS 9:12

Fall Schedule Starts September 8

As Summer winds down, we will be moving to our regular Sunday morning schedule starting September 8th. Sunday School will be at 9:45am followed by our worship service at 11am. Join us for a pancake and sausage breakfast at 9:30am.



Mummer's Parade Seats Going on Sale

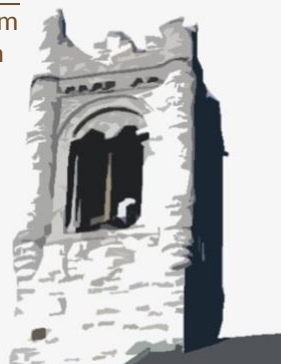
The Mummer's Parade is on October 26th at 6pm. Zion members can purchase seats from September 8-22nd before they are available to the public. The cost for the seats on the street are \$7 and the wall seats are \$6. Please contact the church office to purchase tickets.

**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

Beginning September 8
Sunday School: 9:45am
Sunday Service: 11am

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



Zion Visioning Update

We are thrilled to share some exciting updates and progress from our Strategic Planning Committee as we continue working towards our goals for Zion. You shared a desire to jump in or jump in bigger in the following areas. Spread the news – we are growing in ministry, community and love!

Soup Kitchen Changes - In response to evolving needs, we have made some adjustments to our Soup Kitchen operations. Take-out orders have been discontinued or limited, allowing us to focus on serving our guests more effectively on-site.

Nursery Renovation - We are pleased to announce that our nursery bathroom/storage area has been freshly painted! We are requesting members and friends complete a [Skills/Interest form](#) from which we will seek volunteers to serve in the Nursery.

Youth Events Schedule - Our Christian Education (CE) department has been hard at work developing a dynamic schedule of youth events for the upcoming year. Watch out for the Souper Bowl fundraiser.

Grants for the Soup Kitchen - We have been awarded several grants to support our Soup Kitchen. This funding will help us acquire additional tables and shelving.

Online Calendar - We have an online calendar to keep you informed about upcoming events and activities. You can now easily stay updated and plan your participation.

4-H Community Involvement - A special thanks to the 4-H group for their help at the Ag Expo, where they assisted in dipping ice cream. Their involvement was a wonderful addition to the event and a testament to our community spirit.

In worship we are: Forming a liturgical drama group, expanding our music by exploring a new hymnal, learning new songs and reengaging in the classics, improving our safety with new magnetically locking doors to the Sanctuary, encouraging the use of our main entrance doors.

Serving our neighbors we are: Inviting more neighborhood churches to share in VBS, ever seeking to better reduce food insecurity, improving our Tuesday Ministries, adding hygiene items to the Pantry, finishing the refresh of the Fellowship Hall: painted, new lights, HVAC system, new tables, ice machine, carts, freezer and refrigerator, growing the volunteers who help with Micah's Backpack and seeking to increase funding, hosting the 2nd Annual Resource Fair.

Serving our Members and Friends we are: Communicating how easy it is to give online to Zion and Zion's Ministries, undergoing a Skills/Interest Inventory, organizing drivers to provide transportation, providing new ways to pray for each other (Prayer Chain, Facebook Group, Prayer Circles), communicating life events in the Newsletter and Friday What's Happening Email.

We are grateful for the support and involvement of our congregation as we make these positive changes and continue to grow together.

Keep an eye on this space. More, much more is coming.





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

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

Wednesday Potluck – 6:00pm in the Burhans Room

4-H Club – Thursday 9/5 and 9/19 at 4:30pm in the Burhans Room

Properties Team Meeting – 9/4 at 4:00pm

Executive Team Meeting – 9/5 at 2:00pm

Christian Education Team Meeting – 9/9 at 5:30pm

Consistory Meeting – 9/9 at 7:00pm

Staff Meeting – Tuesdays at 11:00am in the Burhans Room

ONA Fellowship – 9/8 at 11am

Easy-cise Class – 9/14 at 9am

Choir Practice: Thursdays at 5:30pm (starting 9/12)

September Birthdays

Kevin Munroe	9/1	Brynn Nilson	9/19
Lauren Gerhart	9/1	Janet Roberts	9/21
Frances Sweigert	9/10	Teresa Zukowski	9/21
Robert Barnhart	9/10	Gerald Saum	9/23
Kara Hoover	9/15	Rev. Katie Penick	9/23
Naomi Brackett	9/15	Andrew Patterson	9/28
Richard Lohman	9/17	Claire-Marie Moblard	9/28
Barbara Hendershot	9/18		

September Anniversaries

Ed & Julia Patterson	9/3	Eric & Brandie Burchard	9/8
Mark & Megan Shroyer	9/4		



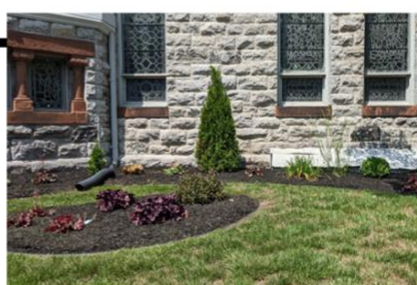
We had a great time worshipping and eating together in the park!



WOW!
Look at the Fellowship Hall!



Summer has been busy!
Beautiful new landscaping and dipping ice cream at the fair!



Healthy Aging - A Parish Nurse Note

September is Healthy Aging Month. Since staying healthy starts when you are a child, you might feel that you are a little behind. But fear not- the sooner you start, the healthier you will be! A factor in aging that you cannot control is any genetic predisposition to a disease or condition. This cannot be changed, but it can be managed. Other factors, such as diet, regular healthcare visits, exercise and good mental health fall under your control.

A diet rich in whole grains, fresh produce, lean proteins, limited salt and healthy fats is key to optimum health. Avoid processed foods whenever possible. Limiting the use of alcoholic beverages is another good way to boost your health. Adequate sleep (7 to 9 hours every night) is essential to good health. Avoiding late day naps can help improve nighttime sleep.

If you are a smoker...STOP! You can be at increased risk for cancers, dental problems, diabetes, heart and respiratory diseases as well as premature aging of your skin. Ask your healthcare provider for help to stop tobacco use, or call 1-800-QUIT NOW (1-800-784-8669), a free Maryland service for those age 13 +.



Whatever you do, stay active! All types of exercise help guide you toward a longer, more productive life. Regular exercise can help diminish pain and decrease disability. Walking is great- it has been shown that 8,000 steps per day decreases your risk of death by 51% when compared to only taking 4,000 steps each day. Being thinner is not always being healthier. If you are too thin, your immune system is weakened, your muscle mass may decrease, and your bones can become weak and easily broken.

A study of those over the age of 55 was cited in a 2014 issue of *The American Journal of Medicine*. It found out that a person's muscle mass is a better predictor of longevity than BMI (body mass index). Keep moving and trying to increase your strength. Why not come to our exercise class on the second Saturday of each month? You will be surprised at how much exercise and strengthening can be accomplished from a sitting position!

Mental health in the aging population is often a subject that is forgotten or put on the back burner. Many physical issues (decreased hearing, decreased vision, increasing physical disability) can lead to poor mental health. Being isolated because of physical conditions can lead to depression, early cognitive decline, and even heart disease. We need social interactions with others to stay both physically healthy and mentally fit.

Another area to remember when considering how to age healthily is being up to date on your vaccines. If your healthcare provider doesn't mention vaccines, ask if you need any vaccines or boosters! Be proactive where your health is concerned.

Healthy aging can look like a lot of hard work, but remember- the sooner you start to work on your health, the easier it is and the more successful you will be! Keep moving and show off the new, improved you!



Blessings and Health,
Barb Hendershot, RN Parish Nurse

Sources: mentalhealth.org | mayoclinichealthsystem.org

What's Happening

September 4 - HARC Lighthouse After-School Program Information Meeting

The HARC Lighthouse After School Program is looking for volunteers and program leaders. If you can offer a commitment to regular sessions (flexible scheduling) and have a passion for working with children, come to this informational meeting and learn more.

Wednesday, September 4, 12:00 - 1:00 pm

Christ's Reformed Church

130 W. Franklin Street, Hagerstown

September 8 - Children's Church Starts

Children's Church will be offered on the 2nd and 4th Sunday during worship! Nursery will be available as well on those weeks and as needed for our youngest ones!

September 10 - Washington County Resource Fair

Local partners and agencies will be available to provide valuable information to our community.

The Fair will run from 2-5pm at Zion.

Tote bags, light snacks and bottled water will be Available to a limited number of attendees.



September 14 - Exercise Class

Join us at 9 a.m. in the chapel for a seated exercise class set to inspiring worship music! Designed to help you stretch and strengthen, this class is perfect whether you're looking to stay active or just starting out. It's an easy way to nurture your body and mind!

September 27 - Zion Book Club

The Book Group will be meeting on Friday, Sept. 27 at 7pm at the home of Daisy Schlotterbeck to discuss *A Voice In The Wind* by Francine Rivers. Another of the group's favorite authors, this novel transports readers back to Jerusalem during the first Jewish-Roman War, some seventy years after the death of Christ. The narrative is centered on an ill-fated romance between a steadfast slave girl, Hadassah, and Marcus, the brother of her owner and a handsome aristocrat. Hadassah is sold into servitude, and as she struggles to walk in the footsteps of Jesus and to treat her masters in a manner in keeping with His teachings, she is forced to keep her religious identity a secret in order to survive. For more information, contact [Sue Graff](#).

September 4-H Service Project

4-H members have a community service project in September collecting twin sheets, blankets, comforters and pillows for Sleep in Heavenly Peace. We need your help. [Sleep in Heavenly Peace](#) has a goal of "No Kid Sleeps on the Floor in Our Town". There is currently a waiting list for children in our community, so 4-Hers are going to build 55 twin beds for the children in Washington Co. The 4-Hers will cut, sand, drill and assemble the beds. If you have any questions, please ask Ms Kim.

Rethinking Our Committee Structure

On Monday, August 5, the Consistory met informally to review and discuss our Zion's committee structure. During the spirited and thoughtful discussion led by Pastor Scott that evening, we organized our goals and our needs into groupings which more accurately reflect who we are as a congregation. This discussion will be continued as our thinking is further refined. Look forward to seeing a proposed new committee organizational chart in the coming months.

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

TREASURER'S REPORT		
	July	Year-to-Date
Income	\$8,569	\$55,882.59
Transfers	\$25,000	\$225,000
Expenses	\$38,344.29	\$281,284.19
Net Income	-\$4,775.29	-\$401.60

<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 </p> <p> Consistory Elders: Kim Ridenour, Carroll Sager, Tina Shafer, Susie Clutz and Carol Mooers </p> <p> 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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ZION REFORMED UCC
201 North Potomac Street
Hagerstown, MD 21740
RETURN SERVICE REQUESTED



Zion Reformed United Church of Christ

GIVE ONLINE

