



# Zion News

MONTHLY NEWSLETTER | OCTOBER 2024 - VOLUME 65 ISSUE 10

*I lift up my eyes to the mountains— where does my help come from?*

*My help comes from the Lord, the Maker of heaven and earth.*

~ Psalm 121:1-2



We are pleased to announce that the Strategic Plan Committee has finalized our report following the visioning event in April!

This report will be presented to the consistory for approval in October, after which we'll share it with the congregation in preparation for a vote in November. Stay tuned for more updates!

**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](mailto:zionrucc@myactv.net)







On September 10, Zion hosted the 2nd Annual Community Resource Fair in our Chapel area. There were 19 participating non-profit agencies who provided information, contacts, and handouts to almost 60 attending community people. It is amazing to me that the resources in our community are frequently unknown by or overlooked by folks who can benefit from them. We were lucky to have the support of the 19 agencies, HARC, and volunteers from Zion and our Tuesday Evening Ministries to get the word out. Thank you all for your time and efforts.

We are already planning next year's event. If you know of a non-profit agency or group that would be interested in participating next year, please see Sue Graff or Carroll Sager with the contact information. September 9, 2025 is the date for the 3rd Annual Community Resource Fair. Be



## EXTERIOR WORK AT ZION



September 19<sup>th</sup> was the United Way Day of Caring and Zion was thrilled to be a recipient! RBC Wealth Management helped with Day of Caring at Zion. The RBC team built three shelving units and brought us \$500 worth of food to add to the pantry. We are truly grateful for RBC and United Way - Thank You!





## 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 [www.zionreformed.church/worshiplive](http://www.zionreformed.church/worshiplive)

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

**Wednesday Potluck & Devotion** – 6:00pm in the Burhans Room

**4-H Club** – Thursday 10/3 and 10/17 at 4:30pm in the Burhans Room

**Properties Team Meeting** – 10/2 at 4:00pm

**Executive Team Meeting** – 10/3 at 2:00pm

**Christian Education Team Meeting** – 10/7 at 5:30pm

**Consistory Meeting** – 10/7 at 7:00pm

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

**ONA Fellowship** – 10/14 at 12pm

**Easy-cise Class** – 10/12 at 9am

**Choir Practice:** Thursdays at 5:30pm

## October Birthdays

Toby Wantz	10/2	Rob Grosh	10/15
Becky Loccisanos	10/4	Meagan Bohn	10/19
Bill Cook	10/4	Beth McDonald	10/26
Carroll Sager	10/4	Angel Livingston	10/26
James McDonald	10/10	Ed Patterson	10/26
Elizabeth Hauver	10/12	Nicholas Patterson	10/30
Ruth Dwyer	10/13	Toby Bell	10/31

## October Anniversaries

Carol & Michael Mooers	10/2	Mary & Chris Emmert	10/11
Ruth & John Dwyer	10/9	Amber & Curtis Nilson	10/13
Margaret & Scott Richardson	10/9	Jessica & Corey Green	10/23

# Consistory Highlights

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There was much to celebrate as the Consistory reviewed the many Zion summer activities. Kim began our meeting by listing them and then thanking everyone for their help and participation.

The highlight of this meeting was the first report from the Visioning and Strategic Planning Team. Since its formation, the Visioning and Strategic Planning Team has examined Zion's pluses and minuses as well as our history, the way we utilize our space, our desire to grow our organization, and our commitment to service both within our congregation and in the community. Using a video the Team summarized their efforts over the last several months and laid out a framework for a Vision and a Strategic (or SMART) Plan for Zion. After a Q & A session, the Team agreed with some edits and plans to present the video in final form to the Consistory for approval in October. Once approved by the Consistory, the Team will present the SMART Plan to the Congregation for a vote in November.

In Properties projects, the work was started on the damaged wall on the East Street side of the building. A new sound bar for the Burhans Room will be purchased to improve the sound quality when we are conducting video or Zoom meetings. The Nursery was cleaned and the bathroom in the Nursery was painted this summer. The work in the Fellowship Hall is wrapping up with some final electrical work and repurposing/rehousing of some of the furniture in the Hall. And most noticeably to all who drive down N. Potomac Street is the new landscaping in the front of Zion and in the Memorial Garden. If you missed the pictures in last month's Newsletter, be sure to look again to see the results of these projects.

A Budget Committee to craft the 2025 budget was formed and will begin meeting this month. The Personnel Committee, based on the Pastoral Relations Committee monthly reports thus far, recommended that no formal review of Scott occur this year. A Cost of Living (COLA) increase for all employees, however, was recommended to be included in the 2025 budget. The Consistory approved adding Kim Ridenour as a signatory to our investment fund.

The CE Committee isn't resting on its laurels. After a wonderful summer of activities including VBS, the Back to School Swim Party, and the Blessing of the Backpacks, plans have been made to offer a Children's Church program after the Children's Message on two Sundays a month with a rotating group of teachers. An autumn party for young people is also planned for October 19.

Speaking of young people, the Cash Scholarship has awarded Mackenzie Ridenour and Ivan Dwyer each \$500 scholarships per semester this school year. Congratulations to these two outstanding young people!

Zion tries to take advantage of all grant funding that we are eligible for. At this time we are waiting to hear back about our FEMA grant application for safety magnetic locks on all doors. There will be training for ushers on these doors and access procedures as well as the regular Sunday usher duties.

If you are wondering how you can volunteer in future Zion and community events, just check out this list:

- a. Zion will be a partner with the Ruth Ann Monroe Elementary After School Program in conjunction with HARC.
- b. Mummers Parade chairs and food stand set up on October 26 at 6 am. Volunteers are also needed to help with the Food Stand that evening beginning at 5 pm.
- c. We will make and serve REACH Cold Weather Dinners on November 18, 19, & 20.
- d. The Bobby Jo Valentine Concert will be held here on December 8 at 4 pm with light refreshments. Bakers are appreciated.
- e. We agreed to sponsor the Secret Santa program at Coffman Nursing Home by asking volunteers to shop for 60 little gifts such as a bottle of hand lotion. A list will be forthcoming.
- f. The Tour of Historic Houses of Worship will be held on December 26, 3 - 7 pm. Cookies will be served. Volunteer tour guides and cookie bakers are needed.

Sign-up sheets for these events are in the chapel area.

Welcome to Fall! Don't forget to order/purchase your parade tickets early!



# Healthy Aging – Eat Better, Eat Together

October is Eat Better, Eat Together Month. If you are wondering why we need a designated month to remind us that this is important, here are some of the benefits obtained by doing this simple task. 46% of Americans eat alone. This “unfocused eating” can lead to loneliness, isolation and eventually depression. Eating meals together has been shown to play a positive role in the health and well-being of children. If you eat on a schedule with others, you are less likely to overeat or to skip meals completely. With our busy lives, we have a habit of “eating on the move.” Fast food and ready-made meals are often less nutritious and full of detrimental additives. Cooking your own meals usually results in eating less carbohydrates, calories, sugar and processed foods, which is a big plus for your diet and nutrition!



Cooking your own meals should involve everyone, whether they are old or young. Have others set the table or help by washing fruits and vegetables; even young children enjoy helping in this way. It's a great learning experience for children to see what goes into the preparation of a healthy meal; maybe even make some extra to freeze for future use or to share with a friend or neighbor. If schedules are too hectic for a daily shared meal, set a day and time each week to focus on a family meal. I think you will find yourself looking forward to this group meal!

Try to focus on upbeat topics during your family meal; avoid hashing out problems- it's bad for your digestion! **TURN OFF THE TECHNOLOGY** during your mealtime. Focus on each other and connecting with your family and friends. Relax, sloooooow down and enjoy your meal. Having a meal with friends and family has been shown to actually decrease stress in adults. Better eating habits, better social skills and fewer behavior problems in teens can be a direct result of this shared mealtime. You are also more apt to eat healthier if you eat with others. It is much easier to create and stick to healthier eating habits if you don't eat alone.

If you like group activities, organize a neighborhood barbecue or potluck meal. Sharing the food preparation is a great way to try new foods and share recipes. You can even have a theme for your meal- since fall is squash season, you could encourage your guests to bring a dish made with squash. You may be surprised how good that vegetable is and how many delicious ways it can be prepared. (Hint: pumpkin is also a squash). Remember to Eat Better, Eat Together, not only in October, but all year long!

Blessings and Health,  
Barb Hendershot, RN Parish Nurse

Sources:

[chroniclesinhealth  
nationaltoday.com](http://chroniclesinhealthnationaltoday.com)  
[gwaar.org](http://gwaar.org)



# What's Happening

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## October 4 & 5 – 60th Annual Meeting of the Central Atlantic Conference

The Central Atlantic Conference of the United Church of Christ will convene for its 60th Annual Meeting on Friday, October 4th – Saturday, October 5th, 2024. “Miracles, Signs and Wonders” will take place at St. John’s Grace UCC, 1000 S Rolling Rd, Baltimore, MD 21228. You can [sign-up](#) to attend in-person or virtually.

## October 12 - 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!

## October 19 – Fall Fun Frenzy for Zion's Youth

- Kids 5<sup>th</sup> grade and under join us from 4-6pm for snacks, crafts and games.
- 6<sup>th</sup> grade and up, join us from 5:30-7:30pm for snacks, games and a haunted house.
- We will have a pizza party for all students from 5:30-6:00pm.

## October 25 – Zion Book Club

The Zion Book Club will meet on Friday, October 25 at 7pm at the home of Daisy Schlotterbeck to discuss *The Women* by Kristin Hannah. This New York Times Best Seller is an amazing and insightful look into the trials of women who served during the Vietnam War, and the power they hold to support each other through turmoil and crisis. Please join us for fun and fellowship and we share our love of reading. For questions, contact [Sue Graff](#).

## October 26 – Mummers' Parade

The Alsatia Mummers' Parade will begin at 6pm on October 26<sup>th</sup>!

- Buy your tickets - seats on the street are \$7 and the wall seats are \$6.
- We need volunteers to help set up chairs and the food tent at 6 -7:30am the morning of the parade. After setup we will go out for breakfast.
- We also need help that afternoon from 3:30 to the end of the parade. We need help at the concession stand, in the kitchen and putting the chairs away.

To sign-up, contact the church office or see Kim Ridenour.

## October 27 – Trick or Treat during Sunday School

The children at our church will dress up in their costumes and parade around the classrooms.

## November 3 – Totenfest

We will be celebrating Totenfest on All Saints Sunday, November 3rd. If there is someone you would like included in our Book of Remembrance, please send the name, relationship, year of birth and year of death, and an obituary (if possible) to the [church office](#). Submissions are due by 10/20.

## November 18-20 - Serving at the REACH Colder Weather Shelter

Zion has committed to making, serving, and cleaning up dinner, monitoring the laundry area, and assisting with the security checks at the Cold Weather Shelter on Monday - Wednesday, November 18, 19, and 20. We can enter the shelter to set up dinner around 5:30 and should have dinner ready to be served promptly at 7pm. With all of these duties, all volunteers should be finished by about 9pm. each evening. A sign-up sheet is on the table in the Chapel. Volunteers under the age of 18 are only permitted to help in the kitchen area. Questions? See Carroll Sager.



Date	Lector	Ushers	
October 6	Rich Owens	Frank Ebersole Carol Mooers	Rich Owens TBD
October 13	Wells Ridenour	Domenick Gerlando Barb Hendershot	Matt McDonald Willian Wantz
October 20	Amber Nilson	William Brewer Calvin Livingston	Gerald Saum Jean Simmons
October 27	Barb Hendershot	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly

TREASURER'S REPORT		
	August	Year-to-Date
Income	\$6,495	\$62,377.59
Transfers	\$25,000	\$250,000
Expenses	\$31,533.70	\$312,817.89
Net Income	-\$38.70	-\$440.30

<p> <b>Pastor:</b> Rev. Dr. E. Scott Winnette  <b>Admin Assistant:</b> Rae Smith  <b>Multimedia Specialist:</b> Brandon Hackett  <b>Music Director/Organist:</b> Claire-Marie Moblard  <b>Choir Director:</b> Byron L. Stay  <b>Treasurer:</b> Lisa Saum  <b>Special Funds Treasurer:</b> Carol Mooers  <b>Parish Nurse:</b> Barb Hendershot </p> <p> <b>Consistory Elders:</b> Kim Ridenour, Carroll Sager, Tina Shafer, Susie Clutz and Carol Mooers </p> <p> <b>Consistory Deacons:</b> Rich Owens and Calvin Livingston, Megan Shroyer, Matt McDonald, Becky Hohman and Jean Simmons </p>	<p> <b>Zion News</b> 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: <a href="mailto:zionrucc@myactv.net">zionrucc@myactv.net</a>  Website: <a href="http://www.zionreformed.church">www.zionreformed.church</a> </p> <p> Deadline for articles is the 15<sup>th</sup> 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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201 North Potomac Street  
Hagerstown, MD 21740  
RETURN SERVICE REQUESTED



Zion Reformed United Church of Christ

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