



Zion News

MONTHLY NEWSLETTER | FEBRUARY 2025 – VOLUME 66 ISSUE 2

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.
~ Matthew 7:12



Valentine Potluck & Craft-fest February 12th 6:00pm

Join us on February 12, 2025 at 6pm for a Valentine's Day celebration. We will enjoy a potluck, Valentine games, learn piping skills to decorate a cake plus decorate and eat your own cupcake! This opportunity is brought to us by professional cake decorator Kristin Joy. Bring phone numbers of people we will call and sing Valentine love ditties to. Invite your family and friends for a fun night!

**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: 813 6036 7954
Passcode: GodswithUs

Sunday School: 9:45am
Sunday Service: 11am

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





If love is the soul of Christian existence, it must be at the heart of every other Christian virtue. Thus, for example
justice without love is legalism;
faith without love is ideology;
hope without love is self-centeredness;
forgiveness without love is self-abasement;
fortitude without love is recklessness;
generosity without love is extravagance;
care without love is mere duty;
fidelity without love is servitude.

Every virtue is an expression of love. No virtue is really a virtue unless it is permeated, or informed, by love.

~ Richard Rohr



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

FEBRUARY 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 & Devotion – Wednesday's at 6:00pm in the Burhans Room

4-H Club – 2/20 at 4:30pm in the Burhans Room

Christian Education Team Meeting – 2/3 at 5:30pm

Properties Team Meeting – 2/27 at 1pm

Executive Team Meeting – 2/27 at 2pm

Consistory Meeting – 2/3 at 7:00pm

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

Easy-cise Class – 2/8 at 9am

Choir Practice: Thursdays at 5:30pm

ONA Fellowship – 2/9at 12pm

February Birthdays

Judy Hess	2/1	Brett Hendershot	2/8
Finn Delosier	2/2	Liliana Shroyer	2/8
Rowan Delosier	2/2	Alyn Wilson	2/12
Ivan Dwyer	2/2	Linda Cantilena	2/20
Michael Schultz	2/2	William Wantz	2/21
Lenzie Franks	2/5	Kristin Kelly	2/28
Peggy Lowman	2/7		

Cinderella Shop Volunteers Needed

The Cinderella Shop will be open each Saturday in March from 9am to Noon. Volunteers to “man” the shop as well as to provide security are needed. Please look for the sign-up sheet in the Chapel or contact Carroll Sager. Additional volunteers are needed to sift through, purge, sort and organize our inventory – these tasks can be done during the week, Please contact Carroll Sager if you can



Consistory Highlights

During the January Consistory meeting, Kim Ridenour concluded her tenure as Consistory President. She expressed her heartfelt gratitude for the support she received during her leadership. She reflected on her time as president, expressing excitement for Zion's future. The gavel was then ceremonially passed to Becky Hohman, who will serve as the new Consistory President. We are deeply thankful for Kim's dedicated and inspiring leadership and look forward to Becky's guidance in the coming year. We also extend our appreciation to Carroll Sager for her dedicated service as Consistory Secretary. Carroll has concluded her time in this role, and we are thankful for the care and commitment she brought to the position. Megan Shroyer has been elected as the new Secretary. Additionally, we are pleased to announce that Carol Mooers has been elected as Vice President.

Pastor Scott will be on leave from February 17-28 to complete UCC coursework. Visiting pastors will cover services during his absence.

On Christmas Eve, the Soup Kitchen continued its mission of serving the community, though attendance was lower than usual due to another meal being offered locally. Adding a special touch, Carroll Sager's granddaughters lovingly crafted 15 stockings, which were distributed to children attending the Soup Kitchen. Zion also extended its holiday outreach to residents at Coffman Nursing Home, ensuring each received a thoughtful gift. We are grateful to everyone who contributed gifts for the residents, making this act of kindness possible. We also provided Christmas Spirit by caroling to some of the residents at Williamsport Nursing Home as well as Howard Kaylor for his 98th birthday!

The Christian Education department announced that Zion will be hosting Vacation Bible School again this year, June 23 to June 26, 2025. We will be working together with Christ's Reformed to organize this wonderful event for our youth.

Don't forget to wear your favorite jersey or team shirt and bring your coins for Soup-er Bowl Sunday on February 9! This special fundraiser supports Micah's Backpack. You're also invited to bring your favorite soup to share after the service. Let's team up to make a difference!

The Strategic Planning Committee is actively working to develop projects aligned with Zion's three mission priorities. If you have an interest in better utilizing church space, exploring the parsonage's potential, or growing our gatherings, we encourage you to reach out to Pastor Scott, Kim Ridenour, Becky Hohman, or Megan and Mark Shroyer. Additionally, Zion has applied for the "Transform Church, Transform Community 2.0" program, funded by a Lilly Endowment grant. If selected we would receive additional resources and education to supplement our current visioning process. We eagerly await the selection results, which will be announced on February 3.

The House of Worship Tour was a huge success! We had approximately 250 people walk through our church. Thanks to everyone who helped our visitors feel welcome at Zion that day!

Exciting things are happening at Zion, and we can't wait to see the growth and opportunities 2025 will bring!

Get Canned – A Parish Nurse Note

February is, among other things, Canned Food Month. Canning food was originally started to prevent “seasonal starving,” the dwindling of the previous year’s food supply before a new harvest could be made. There is controversy about which is nutritionally better: fresh or canned products. Both have positives and negatives. Canned food is picked at the peak of freshness to be processed. There is greater diversity in canned goods than fresh, usually dependent upon your geographical location. Canned goods are generally less costly than fresh items. Their shelf life is longer than fresh food and canned goods are available all year. No refrigeration is needed. The process of canning involves adding heat and usually some sort of liquid. Studies completed at Michigan State University and the University of California at Davis indicate that the most unstable nutrients in the canning process are Vitamin C and other water-soluble vitamins. Some of these nutrients are decreased during the canning process. Sodium (a taste enhancer) is often added to foods during the canning process, creating higher than normal levels. Additional sugar may also be used during canning.



You may think that fresh foods are not “processed.” They are, however, to some degree. They are washed, graded according to size, packaged, shipped and possibly put in cold storage before it reaches your table, all contributing to the loss of some of their nutritional values. Freshly harvested produce loses its Vitamin C content rapidly once it is picked. Peas were found to lose over 50% of their Vitamin C within 24-48 hours of harvesting. Apples may be coated with alginate (a gelatinous -forming film) to protect the skin and stabilize its color. Oranges may have been exposed to ethylene gas, which forces fruit to ripen and occurs naturally in nature.

Tomatoes that are canned have a higher amount of lycopene, an antioxidant that prevents cell damage, than fresh ones. Pumpkin also contains higher nutrient levels after canning than fresh pumpkin (the addition of heat releases the nutrients.)

It is up to you to make healthy choices! Buy canned goods that are packed in water (not oil) and that are “no salt added.” All canned goods can be rinsed well prior to cooking to help decrease that sodium and sugar added during processing.

Remember, when cooking, it's OK to get canned.

Blessings and Health,
Barb Hendershot , RN Parish Nurse

Sources:

- [Henry Ford Health acsh.org](http://HenryFordHealth.acsh.org)
- oureverydaylife.com
- eatingwell.com



What's Happening

February 9th – Soup-er Bowl Sunday

- Bring your favorite soup to share after church.
- Wear your favorite team jersey/shirt.
- Collect donations of cash/coins in soup pots for Micah's Backpack
- The Children's Choir will be singing "Down in My Heart" during worship.

February 22nd – The Coldest Night of the Year Walk

Walkers and sponsors are needed for the 3rd annual Coldest Night of the Year (CNOY) on Saturday, February 22. This fundraising originated in Canada and has spread over the border to the US. It is a way to bring people together on a cold night to raise funds for those who are living in the cold. REACH of Washington County is the local sponsor of this event. Walkers seek pledges from sponsors, participate in the walk, eat a hot bowl of soup at the end of the walk, and submit their collected pledges to REACH. Last year over \$23,000 was raised for REACH! Zion has fielded a team each year. This year the ZION Walkers are hoping for returning members as well as some new members of the team. You can use [this link](#) to access our team file or go to www.cnoy.com to sign-up to walk or to donate. We are listed under the Hagerstown, MD event as the "Zion Walkers". I hope you will consider joining us!

March 9th– Congregational Meeting

Join us after worship for a potluck lunch and our Annual Meeting. We hope you will be able to join us. Annual Reports will be available prior to the meeting.

Zion Youth Summer Mission Trip

Please save **July 6-10th** for a mission trip. We will drive to New Bern, N.C. to help with hurricane recovery. We have a house with 58 beds reserved and will be working with a construction team. Youth and chaperones have first choice with a March 31 registration deadline. All additional adults will need to register by April 30th. The approximate cost for the trip is \$300 for lodging, food, and transportation on a church van. All will be expected to purchase their own meal when we eat out on our final day. Please consider joining us in this important opportunity to reach out in service and love to others. For questions or more information, please contact Rev. Mary Jane Norville at reverend.norville@gmail.com or Rev. Scott Winnette at pastorwinnette@gmail.com.



Date	Lector	Ushers	
February 2	Amber Nilson	Christine Coleman Tina Shafer	Judy Thompson Barb Ware
February 9	Rich Owens	Domenick Gerlando Barb Hendershot	Matt McDonald Willian Wantz
February 16	Tina Shafer	William Brewer Calvin Livingston	Gerald Saum Jean Simmons
February 23	Jean Simmons	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly

Children's Church Leaders: February 9 - Kristen Joy, February 23 - Susie Clutz

TREASURER'S REPORT		
	December	2024
Income	\$9,315.19	\$94,920.59
Transfers	\$50,000	\$350,000
Insurance Claims	\$0	\$13,812.23
Expenses	\$50,886.96	\$465,452.91
Net Income	\$8,428.83	-\$6,720.09

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: Becky Hohman, Megan Shroyer, Tina Shafer, Susie Clutz and Carol Mooers

Consistory Deacons: Rich Owens, Calvin Livingston, Alyn Wilson, Matt McDonald, Rick Waters and Jean Simmons

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

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Deadline for articles is the 13th 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

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Zion Reformed United Church of Christ

GIVE ONLINE

