



# Zion News

MONTHLY NEWSLETTER | MARCH 2025 – VOLUME 66 ISSUE 3



*Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. ~ 1 John 4:11-12*



Please join us as we walk into a new season of the church calendar.

Wednesday, March 5<sup>th</sup> we will gather for an Ash Wednesday service at 7pm. This is a unique opportunity, reminding us of our humanity and resetting our minds in the simplicity and starkness of the Lenten season.

And don't forget to join us on Wednesday night's throughout

**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  
Password: GodswithUs

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

Address:  
201 N. Potomac St.  
Telephone:  
301-739-7244  
Email:  
[zionrucc@myactv.net](mailto:zionrucc@myactv.net)



# Lent is a time for saying no



Lent is the time for saying no. No to the spiritual asphyxia born of the pollution caused by indifference, by thinking that other people's lives are not my concern, and by every attempt to trivialize life, especially the lives of those whose flesh is burdened by so much superficiality. Lent means saying no to the toxic pollution of empty and meaningless words, of harsh and hasty criticism, of simplistic analyses that fail to grasp the complexity of problems, especially the problems of those who suffer the most. Lent is the time to say no to the asphyxia of a prayer that soothes our conscience, of an almsgiving that leaves us self-satisfied, of a fasting that makes us feel good. Lent is the time to say no to the asphyxia born of relationships that exclude, that try to find God while avoiding the wounds of Christ present in the wounds of his brothers and sisters: in a word, all those forms of spirituality that reduce the faith to a ghetto culture, a culture of exclusion.

~ Pope Francis



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

## MARCH 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** - Wednesday's at 6:00pm in the Burhans Room

**4-H Club** - 3/6 and 3/20 at 4:30pm in the Burhans Room

**Christian Education Team Meeting** - 3/10 at 5:30pm

**Properties Team Meeting** - 3/6 at 1pm

**Executive Team Meeting** - 3/6 at 2pm

**Consistory Meeting** - 3/10 at 7:00pm

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

**Easy-cise Class** - 3/15 at 9am

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

**VBS Meeting** - 3/17 at 6:30pm

## March Birthdays

Page Wise	3/3	Christine Coleman	3/14
Ellen Barr	3/5	Brooks Heyser	3/16
Linda Frakes	3/7	Kent Shaffer	3/20
Tina Shafer	3/7	Jim Ridgely	3/22
Christian Grosh	3/8	Calvin Livingston	3/23
Christopher Mooers	3/9	AJ Atwell	3/25
Elizabeth Dattilio	3/9	Sue Graff	3/31
Julia Patterson	3/11		

## March Anniversaries

John & Barbara Schnebly	3/22
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# Consistory Highlights

2025 is shaping up to be a year of exciting growth and new opportunities at Zion!

The Visioning and Strategic Planning team is working on a plan to rent out second-floor rooms and considering relocating the Cinderella Shop to the parsonage. Feedback from the first test renter has been received and overall has been positive. Efforts are underway to consolidate space for revenue generation, and estimates are being gathered for outdoor musical instruments to enhance the church's community appeal. Additionally, estimates are being sought for improved interior and exterior lighting.

Several grants are being pursued to support food insecurity outreach, Tuesday Night Ministries, and organ repairs.

We are seeking volunteers for the HARC After School Program to assist both students and teachers in the classroom. If you're interested in making a difference, please reach out to Pastor Scott or Kim Ridenour for more details and contact information.

Michael Mooers has painted a beautiful picture of the mosaic from Zion's sanctuary and that image has been printed on note cards. Packs of 6 cards will be available for \$10. Please contact the church office to purchase.

Zion has been accepted in the first cohort of Transform Church, Transform Community which is a special grant program funded by Eli Lilly. A few members of the Visioning committee will attend the first training in Fredrick during the first weekend of March. Jill White is one of the facilitators for this program. We are thrilled about this opportunity!

Be sure to check out our upcoming events—it's going to be a busy March!



**Zion Youth Fundraiser**  
Mar 13, 2025 - All day!  
17301 Valley Mall  
Hagerstown, MD 21740

Zion Reformed United Church of Christ will receive 20% of fundraiser sales\* during this fundraiser. Participate on Mar 13, 2025 during the scheduled fundraiser time by using the QR code to download the flyer and show to your server or by ordering online at [redrobin.com](http://redrobin.com) or on the Red Robin mobile app. For online and mobile app orders you **must** add the fundraiser to your cart before you check out for the sales to count towards the fundraiser.

*\*20% of eligible dine-in and to-go sales (excludes sales from catering, 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity)*



# *If You Don't Snooze, You Lose* – A Parish Nurse Note

We've said it wrong all along. You really do lose if you don't snooze properly. March is Sleep Awareness Month. Proper sleep, or lack of it, affects your body, mind and spirit. Believe it or not, healthy sleep begins when you get up in the morning. Yes, you read that correctly. Spending time in bright light, preferably sunlight, when you first get up puts you on the right path for a good night's sleep. Bright light helps you feel awake. Exercising and moving around purposefully for about 30 minutes every day can lead to deeper sleep at night. Eating meals at the same time every day also helps your body sleep better. Avoid alcohol, heavy meals, nicotine and caffeine before bed. Try to have a constant routine for bedtime, winding down and getting up at the same time each day. Be sure your sleeping environment is quiet, dark and **FREE FROM ELECTRONIC DEVICES** for at least an hour before retiring.



The amount and quality of sleep you get is directly related to your mental health. About 90% of Americans surveyed who had good sleep habits related no signs of depression. About 65% of Americans that were dissatisfied with their sleep had depression symptoms. 50% or more that slept less than the recommended number of hours had greater depression.

The quality of your sleep is as important as the quantity. Children and teens require more hours of sleep than adults.

So how much sleep is enough? Newborns up to around the age of 3 months should sleep 16-18 hours per day. Infants ages 4 to 11 months require anywhere from 11-14 hours of sleep. Preschoolers (ages 3-5) should sleep 11-13 hours every day. Those ages 6-13 should sleep 9-11 hours, while teens ages 14- 17 need 8-10 hours sleep. Recommended sleep for adults is 7-9 hours daily.

When children get the correct amount of sleep, they experience better physical health, better emotional control and improved attention, learning, behavior and memory. Teenagers are at a critical stage of their development where they are learning to regulate their emotions and firm up their identity. Adequate sleep at this age leads to better management of anxiety, depression and stress.

Poor sleep in adults has been linked to weight gain, diabetes, high blood pressure, heart disease, stroke and depression. Improving your sleep can improve the rest of your life! Remember, if you **DON'T** snooze properly, you really do lose.

Blessings and Health,  
Barb Hendershot , RN Parish Nurse

Sources:

[mayoclinic.org](http://mayoclinic.org)

[thensf.org](http://thensf.org)



# What's Happening

## March 9th- Congregational Meeting

Make sure you "spring forward" - setting your clocks an hour ahead as daylight savings time begins.

Then join us after worship for a potluck lunch and our Annual Meeting. Please bring a covered dish or something to share. Annual Reports will be available prior to the meeting.

## Cinderella Shop Open in March

The Cinderella Shop will be open each Saturday in March from 9am to Noon. The Cinderella Shop offers a stunning range of dresses for prom, evening wear or special occasions. All dresses are \$25 and all proceeds go to benefit REACH of Washington County. We are still looking for volunteers to man the shop as well as to provide security. Please look for the sign-up sheet in the Chapel or contact Carroll Sager.



## Purchasing Easter Flowers and Easter Cross Flowers

[Download the flyer](#), fill it out and put it in the collection plate or return it to the church office no later than Sunday, March 16, 2025.

## Volunteer to Help with VBS

VBS is June 23 to 26 from 6 p.m. to 8 p.m. We are looking for volunteers for crafts, games, snacks, registration, security, storytellers, and crew leaders! Please contact Megan Shroyer or Kim Ridenour if you are interested in helping.

## Youth 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 Pastor Scott.



February  
at Zion



Date	Lector	Ushers	
March 2	Rae Smith	Frank Ebersole Carol Mooers	Rich Owens Rick Waters
March 9	Barb Ware	Christine Coleman Tina Shafer	Judy Thompson Barb Ware
March 16	Rick Waters	Domenick Gerlando Barb Hendershot	Matt McDonald Willian Wantz
March 23	Burnie Clutz	William Brewer Calvin Livingston	Gerald Saum Jean Simmons
March 30	Barb Hendershot	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly

Children's Church Leaders: March 9 – Susie Clutz, March 23 – Carroll Sager

TREASURER'S REPORT		
	January	2025
Income	\$5,143	\$5,143
Transfers	\$35,000	\$35,000
Expenses	\$46,217.05	\$46,217.05
Net Income	-\$6,074.05	-\$6,074.05

**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 13<sup>th</sup> 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



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