



Zion News

MONTHLY NEWSLETTER | MAY 2025 - VOLUME 66 ISSUE 5

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

~ Romans 5:8



**We are grateful
to walk this road
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: 813 6036 7954
Password: GodswithUs

Through May 18th:
Sunday School: 9:45am
Sunday Service: 11am

Starting May 25th:
Sunday Service: 10am

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



4 years old to 5th grade

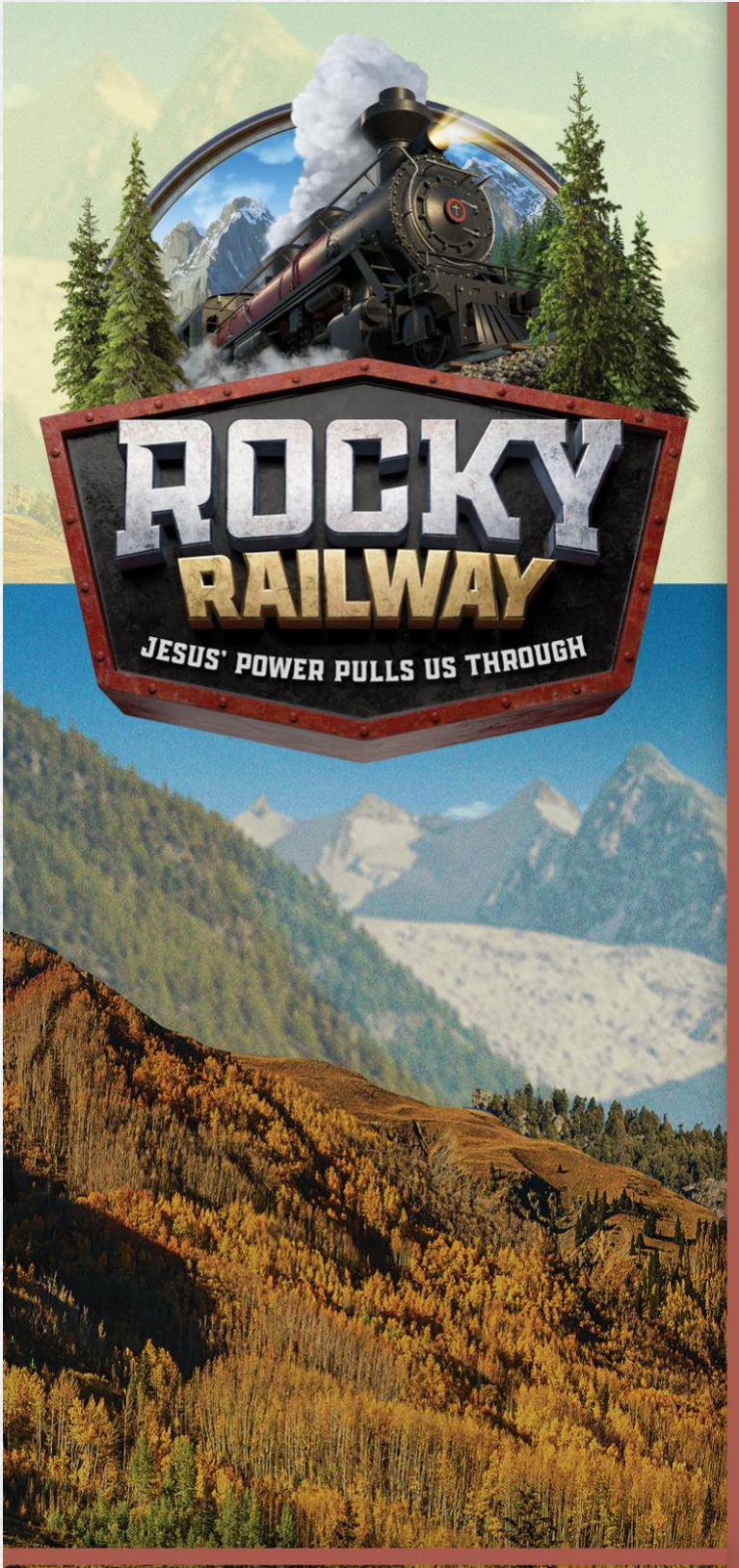
vbs

climb aboard
for the best
week of
summer!

June 23-26
from 6-8 pm
Picnic June 23 @5:30



SIGN UP TODAY



Yes!! We are ready to climb aboard for the best week of summer - Vacation Bible School! We will be on the Rocky Railway where Jesus' power pulls us through. There are four evenings filled with stories, fun and energy! The dates are Monday-Thursday June 23-26 from 6-8. We are excited to partner with Christ's Reformed UCC and Trinity Lutheran.

So, climb aboard to volunteer, we are looking for crew leaders (chaperons for the individual groups), stations leader/helpers (craft, games, snacks, Bible adventure), storytellers, registration volunteers and donated supplies (see our board in the chapel). Our goal is to reach 65 children! It is a lot of FUN and rewarding! Please reach out to Megan Shroyer or Miss Kim if you can help.



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

MAY WEEKLY/MONTHLY EVENTS

Sunday Worship - 11am in the sanctuary and virtually at www.zionreformed.church/worshiplive
 *Starting May 25th, worship will be at 10am

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 - 5/1 and 5/15 at 4:30pm in the Burhans Room

Christian Education Team Meeting - 5/4 at 5:30pm

Consistory Meeting - 5/4 at 7:00pm

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

Easy-cise Class - 5/10 at 9am

Choir Practice - Thursdays at 5:30pm

Youth Group - Thursdays at 6pm

May Birthdays

Marilyn Newlin	5/11	Steve Burgan	5/22
Becky Hohman	5/12	Steven Wise	5/23
Kelly Weicht	5/13	Kristin Grosh	5/28
Corey Green	5/17	Scott Rhodes	5/29
Randall Schultz	5/19	Lisa Saum	5/31
Amber Nilson	5/21		

May Anniversaries

Barb & Charley Ware	5/5	Steve & Krista Burgan	5/31
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Consistory Highlights

The congregation continues its journey of visioning and strategic planning through the Transform Church: Transform Community initiative. The members of this committee attended a visioning workshop in March. Two important surveys are underway: an appreciation survey to celebrate congregational strengths/opportunities and a community resource survey to assess local needs. **A key upcoming event is a one-day workshop on June 28, 2025, from 9 a.m. to 2 p.m., with full congregational participation encouraged.** In preparation for building use and rentals, a cleanup has begun, starting with the Youth Room on April 11. If you are interested in helping with the cleanup, please let Megan Shroyer or Becky Hohman know. Renovations are also underway, including painting the parsonage.

The Treasurer's Report included an explanation about the audit process conducted with the accounting firm Smith Elliott. This audit, completed every five years, ensures that Zion continues to follow sound financial practices aligned with 501(c) standards. The Financial Secretary shared gratitude for generous memorial donations received in honor of Ralph Sellers and Betsy Roulette!

Committee updates were also shared: the newly formed Care, Fellowship & Welcome Ministry introduced welcome folders for new members. Additionally, new attendees will now receive a welcome gift that includes a Zion mug, visitor card, and magnet. Zion mugs are available for purchase for our current members. The Outreach Committee reported another successful season for the Cinderella Shop, which raised \$1,575 through the sale of 55 dresses, with all proceeds going to REACH! Christian Education announced that the Youth Group Kickoff will take place on May 1, and a new middle and high school class will begin meeting weekly after church starting May 4. Property updates included the installation of new ice machines.

Looking ahead, Zion is honored to participate in the City of Hagerstown's 250th anniversary of Jonathan Hager's death on November 6, 2025. Planning is ongoing for Zion's involvement in this historic community event. If you would like to be part of this event, please reach out to Becky Hohman or Pastor Scott.

Did you know?

We take our cardboard from Tuesday Night Ministries and Micah's Backpack to the Mission for recycling.

Also, we collect aluminum cans for the Tuesday Night Ministries. We try to collect them every other month. You can leave them in the bin at the handicap parking area or call Dave Ridenour 240-313-0710 and he will put you on the pickup list.

Way to go Zion helping others by recycling!



Move It! – A Parish Nurse Note

With warmer weather approaching, it's a great time to think about getting outside and exercising. When we age, we still need the appropriate amount of exercise to stay healthy. There are 3 types of exercise: aerobic, muscle strengthening and balance enhancement. Aerobic exercise focuses on your large muscle groups and is repetitive. This activity increases your heart rate and oxygen need. Examples are walking, cycling, and swimming. You should try for 2 ½ hours of aerobic activity every week. Small amounts of each type of exercise can add up to a beneficial amount per week. Some great ways to exercise include playing pickleball with friends, taking the stairs, yard work, dancing, carrying groceries, caring for grandchildren and joining an exercise class (Zion's is fun, easy and accomplished in a chair!)



Walking helps strengthen bones and improve cardiovascular and mental health; walking is also a great mood booster. Swimming is low impact and easier on your joints; it will benefit your muscle strength, lung capacity and flexibility. Yoga helps decrease stress, improve posture and increase strength. Tai Chi is an ancient practice that is slow moving and flowing; your balance, strength and coordination will benefit. Strength training focuses on countering muscle loss, increasing bone

So why should you include exercise activities in your daily life? Exercise has been proven to decrease the risk of chronic disease as well as improve your mood. Your life expectancy is also longer, and you can remain more independent. The increased mobility and flexibility that results from exercise can maintain your muscle strength and balance, decreasing your fall risk. Your cardiovascular system and heart will be stronger and you will have better circulation. Research also shows that regular exercise may be a factor in delaying the onset of dementia, including Alzheimer's disease. Group exercise has an additional benefit: people that exercise in a group feel less isolated and establish a good social connection through exercise. Being with an exercise group is fun and you are more apt to continue to exercise if there are others involved

Remember to check with your healthcare provider before starting any exercise program. Safety is important; start slowly and work up to a full exercise regimen. The old adage of "Use it, or lose it" is correct! It takes about 2-3 **weeks** to start to lose muscle mass, but 2-3 **months** to regain it! So get out there and move it!

Blessings and Health,
Barb Hendershot, RN Parish Nurse

Sources:

seniorsinfo.org

nia.nih.gov



What's Happening

Youth Group

Youth Group is meeting every Thursday evening from 6-8pm. Bring your friends for fun, a lesson and fellowship. We have invited many churches to be a part of us!

Howard Kaylor Memorial Service

May 17th at 1pm at Zion Reformed UCC.

Mother's Day

Don't forget, May 11th is Mother's Day. Also, the youth will be singing during worship.

Youth Sunday and Graduation Celebration

On May 18th Zion's Youth will lead worship. Also, during the service we will celebrate graduates from high school, college, certificates, and graduate degrees. . We are excited to celebrate with you! If you have a graduate, please let Megan Shroyer know so we can recognize them.

Rocky Railway VBS

VBS is June 23-26 from 6pm to 8pm 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. 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.

The Ed Poling Memorial HARC Hike for Hunger and Hope

Hike participants who raise more than their \$200 suggested fundraising goal will see any additional amounts raised **matched 2-1**. That means with the match, donations can have **triple the impact** with a significant portion of the funds going to Micah's Backpack.

- Choose from 4K, 10K and half marathon hike distances
- Enjoy Snacks & Drink stops along the way
- All hikes conclude at Shepherd's Spring Outdoor Retreat Center
- Post-hike lunch and celebration for all hikers at Shepherd's Spring
- Nature scavenger hunt for the kids! (or fun-loving adults)
- Prizes for top individual fundraiser and top fundraising team
- Prize drawing for ANYONE who does fundraising

Main Hikes: Saturday, May 31 on the C&O Canal Towpath

Challenge Hike: Saturday, May 17 on the Appalachian Trail

[Learn more and register to hike and raise funds.](#)

Date	Lector	Ushers	
May 4	Tina Shafer	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
May 11	Jean Simmons	Frank Ebersole Carol Mooers	Rich Owens Rick Waters
May 18	Rae Smith	Christine Coleman Tina Shafer	Judy Thompson Barb Ware
May 25	Barb Ware	Domenick Gerlando Barb Hendershot	Matt McDonald Willian Wantz

Children's Church Leaders: May 11 - Becky Hohman and May 25 - Megan Shroyer

TREASURER'S REPORT		
	March	2025
Income	\$17,385.60	\$29,247.60
Transfers	\$25,000	\$85,000
Expenses	\$39,497.38	\$123,615.78
Net Income	\$2,888.22	-\$9,368.18

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

ZION REFORMED UCC



Zion Reformed United Church of Christ

GIVE ONLINE

