



Zion News

MONTHLY NEWSLETTER | JUNE 2025 - VOLUME 66 ISSUE 6

Real wisdom, God's wisdom, begins with a holy life and is characterized by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two-faced. You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honor. ~ James 3:17-18 The Message

You are all invited to a conversation with Jill White about our future as a church and our future in the community. The Catoclin Association has received a grant from the Lily Foundation to help a number of churches pursue

revitalization through transforming church and community. We were selected. Many of you participated last year ago when we started our visioning and this meeting is a super enhancement of that start. Please prepare to attend on June 28th in the Chapel from 9am – 2pm. We will provide a midday meal. Towards this same purpose we are circulating a form asking questions called Appreciative Inquiry. Please fill one out (<https://forms.gle/wHUewXc7koX1s4j88>) and find some friends to discuss it with prior to the June meeting. It will help ensure our strengths are maintained in our visioning and that we hear you with regard to areas of improvement.



**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 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

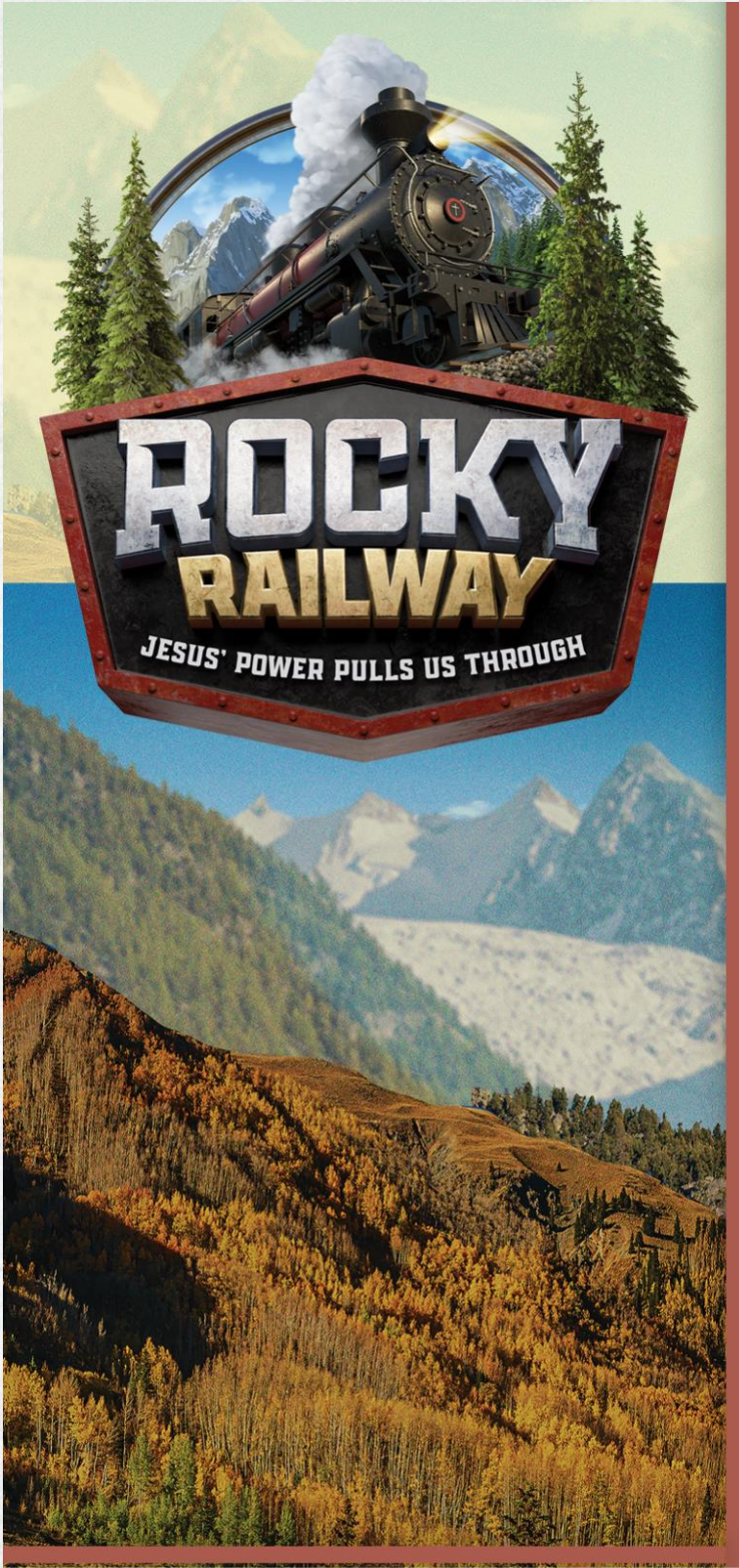
Yes!! We are ready to climb aboard for the best week of summer - Vacation Bible School! We will be on the Rocky Railway where Jesus' power pulls us through. There are four evenings filled with stories, fun and energy! The dates are Monday-Thursday June 23-26 from 6-8. We are excited to partner with Christ's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

We are looking for crew leaders (chaperons for the groups), stations leader/helpers (craft, games, snacks, Bible adventure), storytellers, registration volunteers and donated supplies.

June 1 - Preparation workshop at 11:30am

June 21 - Decorate for VBS at 9am

Please reach out to Megan Shroyer or Miss Kim if you can help.





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

JUNE WEEKLY/MONTHLY EVENTS

Sunday Worship - 10am 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 - 6/5 and 6/19 at 4:30pm in the Burhans Room

Christian Education Team Meeting - 6/2 at 5:30pm

Properties Team Meeting - 6/5 and 6/26 at 1pm

Executive Team Meeting - 6/5 at 2pm

Consistory Meeting - 6/9 at 7:00pm

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

VBS Meeting - 6/1 at 11:30am

No Easy-cise Class in June

June Birthdays

Alice Barr	6/2	James Coates	6/24
Susan Clutz	6/10	Susan Lohman	6/26
Pastor E. Scott Winnette	6/10	Connor Nilson	6/29
David Nelson	6/16	Max Dwyer	6/30
Charley Ware	6/22	Moly Dwyer	6/30
Jason Weicht	6/23	Richard Cantelina	6/30

June Anniversaries

Jason & Kelly Weicht	5/5	Doug & Anissa Wade	6/19
Bill & Kim Cook	6/5	Pat & Elizabeth Dattillio	6/25
Aaron & Linda Kelly	6/6	Calvin & Angel Livingston	6/29
Rob & Kristin Grosh	6/8	Toby & Danielle Wantz	6/29



American Flag Afghan

We will be raffling this handmade Afghan, made by one of our members to fit a Queen- or King-sized bed, now until July 1st. All proceeds to go to our Tuesday Night Ministries and our Youth programs.

Raffle tickets are \$5.00 each. Contact the office for tickets and info.

Consistory Highlights

The Consistory continues to move forward with its visioning and strategic planning efforts. Congregation members are encouraged to complete an appreciation survey to help celebrate our strengths and shape our future. A companion community resource survey will engage neighbors and partners to assess broader community needs. The Visioning Committee is considering using the parsonage for gatherings and events as a potential source of income in addition to moving the History Room to the first floor.

Everyone is strongly encouraged to attend the "Transform Church: Transform Community" workshop on June 28, from 9am to 2pm. This important gathering builds on the momentum of our recent visioning event and will help us further shape and solidify a shared vision for the future of our church and community.

In other updates, a major facilities issue was discussed: the flat roof over the education wing—estimated to be around 75 years old—is experiencing significant leaks and must be replaced. Estimates for the new roof range from \$35,000 to \$60,000. The Properties Committee has been authorized to select a contractor and move forward with the replacement.

The Youth Group launched successfully and received a \$1,000 grant from the Catoclin Association to support its development.

Key upcoming events include the start of the summer worship schedule on May 26 (worship at 10am), Vacation Bible School June 23-26, and a mission trip in July.

Celebrating Pride Month

At a time when LGBTQ+ rights are under attack across the country, this year's Pride Month calls us to show up with courage and solidarity. Pride is not only a celebration—it is a vital expression of visibility, resistance, and hope for the community.

Throughout June, local and regional events will uplift and affirm the LGBTQ+ community. As a church rooted in radical acceptance, Zion is proud to stand alongside our LGBTQ+ siblings in faith and the ongoing fight for equality, visibility, and justice.

This year, we are partnering with Trinity UCC in Waynesboro, PA to participate in Hagerstown Pride. We invite everyone in our congregation to join us—whether by volunteering or simply showing up in support—as we embody the inclusive love of Christ and declare that all are wonderfully made.

More details about Pride events and how to get involved will be shared soon. Let's celebrate boldly, stand together firmly, and love fiercely.



Not Just a Headache – A Parish Nurse Note

Migraine headaches involve more than just an annoying pain. They can last from 4 to 72 hours and have varied intensities. These headaches are often accompanied by nausea and sensitivity to light, strong odors, and sound. They can be worsened by physical activity. These headaches are usually throbbing in nature and involve one side of the head. Sometimes an aura, or set of warning symptoms, occur 5 to 60 minutes before the headache starts. These pre-headache symptoms can include changes in vision, ringing in the ears, muscles weakness, numbness, tingling and trouble speaking and concentrating. Needless to say, a migraine headache can be incapacitating. About 12- 15% of people suffer from migraines and women are affected more than men. This type of headache can occur a few times over several months, or several times in one month.



Different things can trigger a migraine: changes in hormone levels, stress, lack of sleep, exercise, skipping a meal, and certain foods (aged cheese, alcohol, chocolate, pickled or fermented foods, nitrates, MSG additive {monosodium glutamate}, and processed foods, such as pepperoni and hot dogs.) The cause of migraines can be environmental or genetic. About 80% of migraine sufferers have a first degree relative (parent or sibling) that also have these headaches.

Migraine headaches have also been associated with an increased risk of stroke, brain scarring (as shown on MRI scans), and heart defects (PFO- patent foramen ovale – a hole that is between the upper chambers of the heart).

Treatment for migraine headaches has advanced over the past few years. Oral pain medications as needed, Triptans (acute treatment to block pain pathways), beta blockers and calcium channel blockers (preventative), anti-nausea medications, nasal sprays for quick action, GCRP's (gene related peptide receptor antagonists that block the extra GCRP proteins that can cause migraines), and even the most poisonous toxin known to humans (Botulinum {Botox} that interferes with pain pathways) can all be used to treat migraines. All of these medications, even the over-the-counter pain medications, should be monitored and used under a health care provider's direction.

Other treatment/comfort measures include resting in a cool, dark room, cold compresses to the forehead and back of the neck, scalp massage, remaining calm, and circular pressure to the temples. A postdrome (symptoms that happen after a migraine) can last from a few hours to 2 days. These after-symptoms are similar to an alcohol hangover, and include fatigue, stiff neck, nausea, dizziness and difficulty concentrating.

If you think it's a migraine, seek medical help- it is MORE than just a headache!

Blessings and Health,
Barb Hendershot, RN Parish Nurse

Sources:

hopkinsmedicine.org | mayoclinic.org | clevelandclinic.org



What's Happening

June Special Music

June 8 - Staff, June 15 - Rae Smith, June 22- Mike Heyser, June 29 - VBS Children

Pastor Scott on Vacation

Pastor Scott will be on vacation from June 2-17. Rae will be in the office during that time. But if you have any urgent issues during that time, please feel free to reach out to Becky Hohman, our Consistory President.

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.

Dipping Ice Cream at the Ag Fair

On July 13th from 3:00-6:30pm, Zion will be running the Shake Shack and dipping ice cream for the Ag Fair with the Downtown 4-H Club.

Volunteering at Reach Cold Weather Shelter

Zion will cover the Reach Cold Weather Shelter on Monday and Tuesday, December 29 and 30, this coming winter season. Please mark these dates on your calendars before these dates are filled with other commitments. On each of these two nights, we will need a group of people to make, serve, and clean up dinner for 60 people; folks to check in residents and conduct the search of knapsacks and bags; a person to cover the laundry area; a person to complete the State forms for a new-to-the-shelter-resident; and a person to sleep over, serve breakfast, and clean up. If you have any questions, please speak with Carroll Sager.



PARSONAGE
PAINTING

May
@ Zion



MOTHER'S DAY



YOUTH
SUNDAY

Date	Lector	Ushers	
June 1	Rick Waters	William Brewer Calvin Livingston	Gerald Saum Jean Simmons
June 8	Burnie Clutz	Burnie Clutz Susan Clutz	Becky Hohman John Schnebly
June 15	Barb Hendershot	Frank Ebersole Carol Mooers	Rich Owens Rick Waters
June 22	Calvin Livingston	Christine Coleman Tina Shafer	Judy Thompson Barb Ware
June 29	Carol Mooers	Domenick Gerlando Barb Hendershot	Matt McDonald Willian Wantz

TREASURER'S REPORT		
	April	2025
Income	\$7,151.45	\$36,399.05
Transfers	\$50,000	\$135,000
Expenses	\$33,908.01	\$157,523.79
Net Income	\$23,243.44	\$13,875.26

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.

Office Hours: Monday – Friday 9 am – 12:00 pm
 Telephone: 301-739-7244
 Email: zionrucc@myactv.net
 Website: www.zionreformed.church

Deadline for articles is the 13th of each month prior to the month of publication.
 All articles are subject to editing for space.

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.

ZION REFORMED UCC
201 North Potomac Street
Hagerstown, MD 21740
RETURN SERVICE REQUESTED



Zion Reformed United Church of Christ

GIVE ONLINE

