



ZION CHURCH NEWS

BLOW THE TRUMPET IN ZION, DECLARE A HOLY FAST, CALL A SACRED ASSEMBLY. (JOEL 2:15)

LET'S KEEP IN TOUCH

Find us at:

Web site: www.zionreformed.church Email: zionrucc@myactv.net

Facebook: @ZionRUCC

YouTube: Zion Reformed UCC

Just be — and be still

Various versions of the following sentiment are posted online: “I am a human being, not a human doing. It’s okay to just *be* sometimes.” Many of us get anxious if we think we’re not *doing* enough, but peace activist Thich Nhat Hanh insists it’s not a waste of time to just be: “To be alive, to be peaceful, to be joyful, to be loving ... is what the world needs most.”

During the pandemic, when people were urged to stay home to slow the virus’ spread, we had to think hard about how to continue being the church while limited in what we could go out and “do.” Yet church leaders reminded us that we were actually loving our neighbors by staying home — by being less active.

It’s sometimes okay — ideal, even — to just be. In quieting our bodies, minds and hearts, we may find ourselves more often in prayer, more aware of God’s presence and more nourished for when the time is right to again take up more active forms of ministry, peacemaking and love. “In quietness and trust is your strength” (Isaiah 30:15, NIV).

—Heidi Mann

VOLUME 61 ISSUE 8

AUGUST

TOPICS OF INTEREST

- Pastor’s Pen
- Parish Nurse Article
- Zion Book Club
- Soup Kitchen News

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Pastor's Pen

A Through Line

Did you ever have of those moments when you heard a song once and said to yourself “I have to have it?” My recording collection and playlists contain more than one purchase borne from these moments. A memorable one occurred one morning in 2009 while traveling on Interstate 280 in Newark NJ (a road that literally has everything a highway can throw at a driver in 17.1 scant miles). On WBGO-FM, arguably the best jazz music station on the planet, morning host Gary Walker played a song called “*Holiday for Pete and Gladys*.” The song was the lead track on a recording called *Revolutions* by pianist Jim Beard along with Vince Mendoza and the Metropole Orchestra, a Grammy winning jazz orchestra based in the Netherlands. “*Holiday for Pete and Gladys*” combined an unusual melody line, a lush, 1960-ish Bert Bacharach vibe with a funky, ‘in the pocket’ groove. When Gary Walker commented after the song that *Revolutions* was “a good record” (something he did not typically do), I knew from that moment I had to have it. That day.

So that very day I ordered *Revolutions* from Amazon, and in typical Amazon-like fashion, I received the CD almost as soon as I ordered it. I opened the package with glee, and again savored “*Holiday With Pete and Gladys*.” Then I listened to the next song and was aghast. I hated every moment of it. The piece made me question Gary Walker’s musical taste, the wisdom of my rush to buy this recording, and what would the following songs be like given this one. Then I looked to see what on earth was the title of this song. And of all things, Jim Beard called it *Hope*. Seriously?

Yet, despite my impulses to skip to the next track, I listened to *Hope*. Again and again. And the song *Hope* revealed through my attention to the music a textured interplay of melodies reflecting the seasons of life that contains harmony and discord, order and chaos, bright days and dark nights of the soul. It dawned on me that *Hope* was a sustaining ‘through line’ for the musical score of life itself, with the song culminating in an orchestral flourish leading to a ethereally beautiful, almost heavenly chord at the end. But I did not stop there with my own interpretation. I wondered why Jim Beard (who is also a keyboardist for another favorite artist of mine, *Steely Dan*) caled this song *Hope*. So I reached out to Beard via social media, and to my surprise and joy he immediately responded with this: “I called the composition “*Hope*” simply because the chord progression as the song goes out, to me, gives a feeling of hope after the other sections of the song that had more sinister qualities.”

Beard’s quote reinforced *Hope* as something in both song and subject matter that is sustaining me through these days. As we journey through the ‘triumph song of life’ (v. 4, *Joyful, Joyful, We Adore Thee*) there are moments that sound discordant, chaotic, and to use Beard’s adjective, downright sinister. I for one, have experienced these such moments in this strange year afflicted with pandemics of several kinds. Nonetheless, it is Hope, despite all that is, that is a ‘through line’ that is sustaining my soul. Hope is neither confined to wishful thinking nor rose-colored optimism, nor Hope denies the hard times life can bring. Hope is a confident, faith-grounded assurance of God’s presence and movement in all that things, at all times. Moreover, Hope is the confident expectation of God’s capacity to bring forth good in all that is and all that will be. Jim Beard, in my opinion, conveys the *Hope* that functions as a spiritual ‘through line’ in the song of our lives in these and all days. If we listen to the ‘through line’, encouraged by the writer of Hebrews to “hold fast to the hope that lies before us, we will have “an anchor of the soul, sure and firm” (Hebrews 6:18,19) throughout the melody progressions of our lives. And that ‘through line’, like the song, will lead us to a beautiful, heavenly chord at the end.

During the next few weeks you will be blessed in “Our Thoughts” from writers throughout the Conference. I know from knowing these guest writers that you will enjoy them. Yet I cannot depart from this reflection without giving you the opportunity to listen to *Hope*, now my favorite song on one of my favorite recordings, *Revolutions*. I pray during these cacophonous, discordant, chaotic, and sinister times, that you will be sustained and blessed by a ‘through line,’ the Hope of God personally made known to us in Jesus the Christ.

Rev. Freeman Palmer
Conference Minister
Central Atlantic Conference UCC

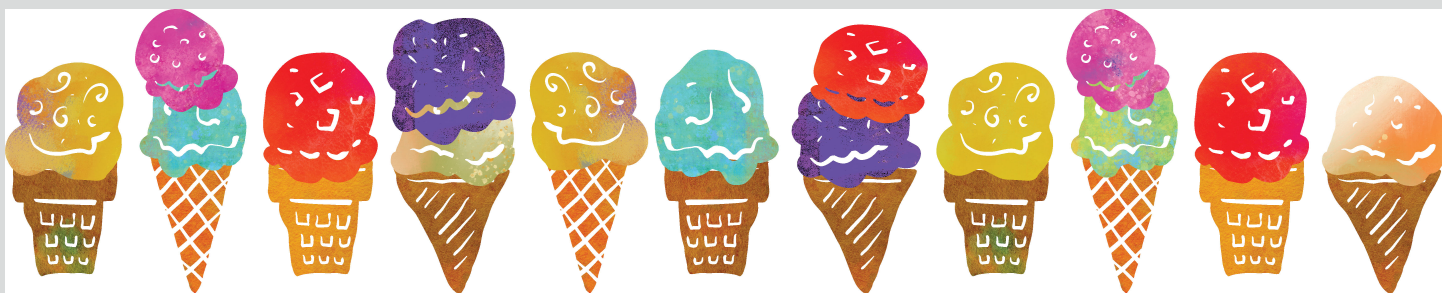
HELPING HANDS



AUGUST 2	AUGUST 9	AUGUST 16	AUGUST 23	AUGUST 30
Greeters: Barb Hendershot * Ushers: Richard Cantilena Ed Patterson Kim Ridenour Soup Kitchen: 8/4 Team 1	Greeters: Volunteer Needed * * Ushers: Burnie Clutz Susie Clutz Soup Kitchen: 8/11 Team 2	Greeters: Rae Smith Ushers: Richard Coleman Barb Hendershot Matt McDonald Soup Kitchen: 8/18 Team 3	Greeters: <i>Susan Clutz</i> <i>Burnie Clutz</i> * Ushers: <i>Volunteer Needed</i> * Soup Kitchen: 8/25 Team 4	Greeters: <i>Volunteer Needed</i> * Ushers: Bill Brewer James Minnich Ralph Sellers Soup Kitchen:
SEPTEMBER 6	SEPTEMBER 13	SEPTEMBER 20	SEPTEMBER 27	
Greeters: Barb Hendershot * Ushers: Richard Cantilena Ed Patterson Kim Ridenour Soup Kitchen: <i>Closed until further notice</i>	Greeters: Scherry Sellers * Ushers: Burnie Clutz Susie Clutz Soup Kitchen: <i>Closed until further notice</i>	Greeters: <i>Volunteer Needed</i> * Ushers: Richard Coleman Barb Hendershot Matt McDonald William Wantz Soup Kitchen: <i>Closed until further notice</i>	Greeters: Susan Clutz Burnie Clutz * Ushers: <i>Volunteer Needed</i> Soup Kitchen: <i>Closed until further notice</i>	

If you are a volunteer as usher or greeter, remember to check the monthly newsletter for the upcoming schedule. If you are unavailable on your scheduled Sunday, please find a replacement or call the church office by Wednesday of that week so that a replacement can be found.

* Unavailable at time of Printing



Church Happenings

Zion Book Club

The Zion Book Club will be meeting on Friday, August 21st at 7pm at the home of Sue Graff to discuss the book, "The Invention of Wings" by Sue Monk Kidd (the author of "The Secret Life of Bees"). This historical novel traces the intersecting lines of abolitionist sisters Sarah and Angelina Grimke, and Sarah's slave Hetty Handful Grimke. Spanning 35 years and set primarily in Charleston, SC, the novel begins on Sarah's 11th birthday, when Handful is given to her as a birthday present. Please join us in a very timely and meaningful discussion of an issue that is very relevant today.

New Piano Fund Donations Needed

Thank you to everyone who has contributed to the piano fund! Your contributions will help to enhance our music program and recital program for generations to come. We have not yet reached our goal but sincerely appreciate all of the contributions made so far. Call Susan in the church office Monday through Friday or see the music director for more information.



Service Workers to Resume in September

The Zion Service Workers will meet on Wednesday, September 2, at 10:00 a.m. in the Burhan's Room.

This meeting will kick off the year of community service projects and will be followed by a luncheon.

Service Workers is open to all women of the church. See Scherry Sellers for more information.

Micah's Backpacks

We will be starting our 10th year in September (if school has started). If anyone would like to help, please see Scherry Sellers. All donations are welcome — food and monetary! *(At this time Washington County has voted to continue with virtual learning only.)*



Treasurer's Report

MONTHLY FIGURES	July 2020	Year to Date 2020
Income	\$10,780.00	\$50,660.18
Transfer from Special Funds	\$20,000.00	\$205,000.00
Expenses	-26,521.63	-251,505.87
Net Income	\$4,258.37	\$4,154.31

CHURCH CALENDAR

August 2020

August 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

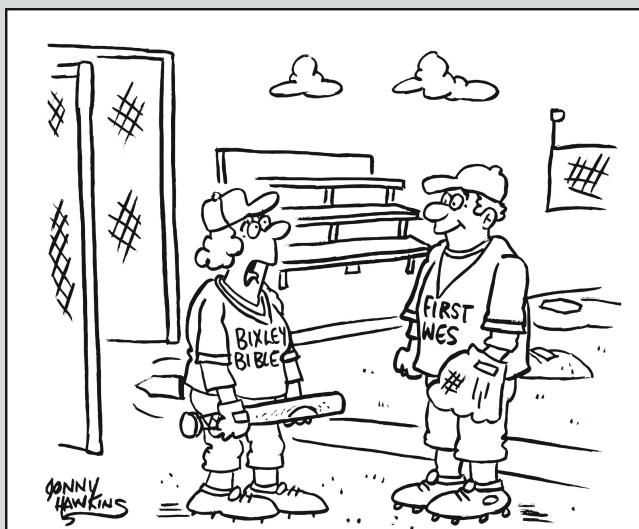
SUN	8/2	Communion Service	10:00 am
TUE	8/4	Soup Kitchen — Carryout Only	5:00 pm
THU	8/6	4-H Club Meeting via ZOOM	4:00 pm
FRI	8/7	Celebrate Recovery	7:00 pm
SUN	8/9	Worship Service	10:00 am
TUE	8/11	Soup Kitchen — Carryout Only	5:00 pm
THU	8/13	4-H Club Meeting via ZOOM	4:00 pm
FRI	8/14	Celebrate Recovery	7:00 pm
SUN	8/16	Worship Service	10:00 am
MON	8/17	September Newsletter Deadline	
TUE	8/18	Soup Kitchen — Carryout Only	5:00 pm
THU	8/20	4-H Club Meeting via ZOOM	4:00 pm
FRI	8/21	Zion Book Club	7:00 pm
		Celebrate Recovery	7:00 pm
SUN	8/23	Worship Service	10:00 am
MON	8/24	Christian Education Ministry Team Meeting	7:30 pm
TUE	8/25	Soup Kitchen — Carryout Only	5:00 pm
THU	8/27	4-H Club Meeting via ZOOM	4:00 pm
FRI	8/28	Celebrate Recovery	7:00 pm
SUN	8/30	Food Collection - Soup Kitchen, Micah's Backpack, local food bank	
		Worship Service	10:00 am



8/1	Anne Kaylor
8/5	Judy Thompson
8/5	Angie Shafer
8/8	Doug Wade
8/9	Barry Newlin
8/12	Carol Mooers
8/12	Michelle Ferguson
8/13	Stacey Shealer- Broadwater
8/15	Frank Ebersole
8/16	Megan Shroyer
8/22	Rae Smith
8/25	Felicity Shafer
8/27	Peggie Roscoe



8/23	Carol & Randy Schultz
8/24	Susan & Burnie Clutz



"We're short a couple players.
Mind if we use Holy Ghost runners?"

MARK YOUR CALENDARS
Trumpet and Organ recital in our Sanctuary

November 15, 2020 at 3:00pm

CHURCH CALENDAR

September 2020

WED 9/2	Service Worker's Meeting followed by Luncheon	10:00 am
THU 9/3	4-H Club Meeting via ZOOM	4:00 pm
FRI 9/4	Celebrate Recovery	7:00 pm
SUN 9/6	Communion Service	10:00 am
MON 9/7	Labor Day - Office closed	
TUE 9/8	Soup Kitchen - Closed until further notice	
WED 9/9	Choir Rehearsal - Postponed until further notice	
THU 9/10	4-H Club Meeting via ZOOM	4:00 pm
FRI 9/11	Celebrate Recovery	7:00 pm
SUN 9/13	Sunday School	9:45 am
	Worship Service	11:00 am
THU 9/17	4-H Club Meeting via ZOOM	4:00 pm
FRI 9/18	Zion Book Club	7:00 pm
	Celebrate Recovery	7:00 pm
SUN 9/20	Sunday School	9:45 am
	Worship Service	11:00 am
MON 9/21	<i>October Newsletter Deadline</i>	
THU 9/24	4-H Club Meeting via ZOOM	4:00 pm
FRI 9/25	Celebrate Recovery	7:00 pm
SUN 9/26	Sunday School	9:45 am
	Worship Service	11:00 am
MON 9/28	Christian Education Ministry Team Meeting	7:30 pm



BIRTHDAYS THIS MONTH

9/4	Margaret Wagner
9/7	Kate Wade
9/10	Frances Sweigert
	Cooper Green
	Seth Shirley
9/15	Naomi Brackett
	Kara Hoover
9/16	Richard Coleman
9/18	Barbara Hendershot
9/19	Page Palmer
9/21	Jonathan Patterson
	Janet Roberts
	Teresa Zukowski
	Latrice Widmyer
	Amy Newlin
9/23	Gerry Saum
9/24	Julia Springer
9/27	Staci Shafer
9/28	Andrew Patterson
	Claire Marie Moblard

ANNIVERSARIES THIS MONTH

9/3	Julia & Ed Patterson
9/4	Megan & Mark Shroyer
9/8	Brandi & Eric Burchard

Consistory Highlights

The August 2020 Consistory meeting was conducted in-person in the Zion Chapel and via Zoom.

We've resumed in-person Sunday Worship Services in the Chapel. Social distancing and wearing of masks is enforced. Our Parish Nurse, Barb Hendershot, is present at the door asking people critical health questions and checking temperatures as they enter. Virtual viewing of our Sunday Services continues to be available.

Administrative Assistant, Susan Younkens, gave notice this month, effective July 31st. Susan played an important role in our church life and we thank her for her many years of service. She will be missed. The Personnel Committee is working to hire someone to fill the position. They're also seeking to hire a Media Specialist to manage the audio-visual and broadcasting needs of our Worship Services and activities, as well as management of our website and social media sites. The position will entail coordination and oversight of the Zion Tech Team pertaining to the installation and operation of the audiovisual equipment in the chapel, sanctuary, and off-site locations as requested by the church.

The Consistory voted to take the Parsonage off of the market at this time for both sale and rent. This will enable us to subdivide the property to ensure that the church continues to access the use of both driveways and the parking lot. Once the subdivision is approved, the property will be put back on the market for sale.

We're making progress on the parking lot expansion project, with construction of the retaining wall and handicapped ramp are under way. A trench for the installation of additional exterior security cameras has been completed.

Prior to COVID-19, you may have noticed the development of cracks in the Sanctuary walls. A Structural Engineering Assessment indicated that the cracks were occurring due to the fact that water was entering between the interior and exterior Sanctuary walls. Correction of the problem involved repair of the the Sanctuary trusses, bell tower masonry, hidden gutters, flashing, and roofing. The truss repairs have been completed and the bell tower masonry repairs have commenced.

In anticipation of Services once again being held in the Sanctuary, we've voted to install audio-visual components so that we can continue to reach beyond our 4 walls as we have been doing during these trying times.

Blessings to Everyone,
Becky Owens
Consistory President

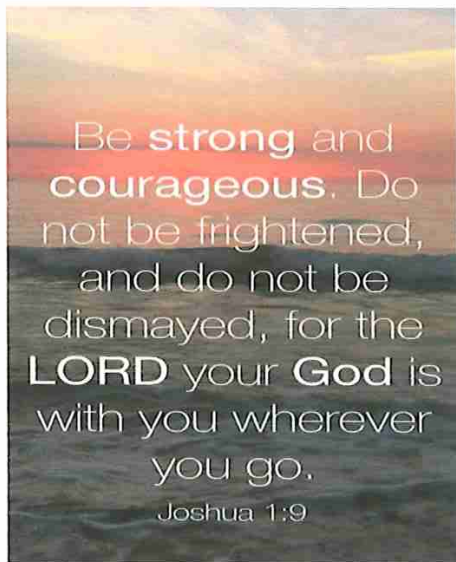
Now More Than Ever
A Parish Nurse Note Summer 2020

Now, more than ever, it is vital to have a healthy immune system to fight off disease and infection. There are many things you can do to stay well during both the Corona Virus pandemic and in its aftermath. There is no pill or supplement to take that will increase the functioning of your immune system; however, there is a combination of practices that will help keep your immune system in tip-top shape.

Washing your hands frequently and following proper social distancing are not new practices. These measures have been an important approach to staying healthy since 1847 when Dr. Ignaz Semmelweis noted in a Vienna hospital that hand disinfecting by doctors between patients drastically reduced infectious diseases.

Proper diet is a must to boost your immune system. The more colorful your diet, the better it is for your health. Include garlic, prebiotics such as asparagus and green bananas, vitamin C sources including citrus fruits, broccoli, kiwi and cantaloupe, and antioxidants found in berries and spinach.

Decrease your stress (easier said than done!). Get at least 7 to 8 hours of sleep per 24 hours. Meditation, even for 10 minutes, can help decrease your blood pressure and heart rate; simply sit quietly and focus on your breathing.



Sources : www.umms.org
Cleveland Clinic
www.waterandhealth.org
medicalxpress.com

Exercise is great for your immune system. Just 10 minutes of brisk walking daily can help you stay healthy.

STOP SMOKING. Your immune system will thank you.

Stay connected as much as you can. Call someone. Don't wait for a special occasion to send a note or a card to a friend. Listen to the radio or a pod cast- be creative with how you reach out to others.

BE KIND!! It takes anywhere from 5 to 8 positive comments to counteract one negative comment. Do something for others, whether it be opening a door or doing a greater service. Positive thoughts and actions have been shown to decrease inflammation and stress as well as increase your body's immune response. The best defense is a good offense!

Instead of waking up and thinking, "CoVid-19 is still here," say out loud, " 'This is the day that the Lord has made. Rejoice and be glad in it.' (Ps 18:24). I am well!"

Look for uplifting moments everyday- the sweet song of a bird, a beautiful flower or the voice of a loved one. And remember, "The Lord is greater than the giants you face." (1John 4:4) Stay healthy!

Blessings and Health,
Barb Hendershot, RN
Parish Nurse



Compete for the crown



The apostle Paul compares the Christian life to running a race for an imperishable crown.



Directions: From the starting line through the finish line, circle every third letter. Then place the circled letters in order in the blanks below to complete 1 Corinthians 9:24-25, NIV.

START

ctrejasucphelpomrxkibvztaejargiusonycw

iqsatexympsakogmzsjeeubtnyehapidmrfo

itegrbuanpicdnofihmneygjocsxrdpoetwkin

FINISH

“Do you not know that in a _____ all the runners run,
but only one gets the _____? _____ in such a way
as to get the prize. Everyone who _____ in
the _____ goes into strict _____.
They do it to get a crown that will not last, but we do
it to get a _____ that will last forever.”

1 CORINTHIANS 9:24-25, NIV

Answer: race, prize, run, competes, games, training, crown

GREAT SUMMER GAMES

Though this year's Summer Olympics were postponed, you can host friendly neighborhood competitions.

What you need:

- Masking tape
- Large craft sticks
- Paper plates
- Balloons
- Ribbon
- Scissors
- Green construction paper
- Craft glue



What you do:

Balloon Badminton: Make rackets by taping a stick “handle” to each plate. Blow up and tie a balloon. Use the rackets to pass the balloon back and forth, without letting it touch the floor.

Rhythmic Routines: Using tape, firmly attach one end of a 4-foot ribbon to a craft stick. Display style and skill by waving it around. Try choreographing a routine to a praise song.

Champion Crown: Cut a large hole out of the center of a paper plate. Cut 2-inch ovals from green paper. Glue those “leaves” to the ring as garland. Crown a winner of each game!

ZION CHURCH NEWS is published monthly by Zion Reformed United Church of Christ
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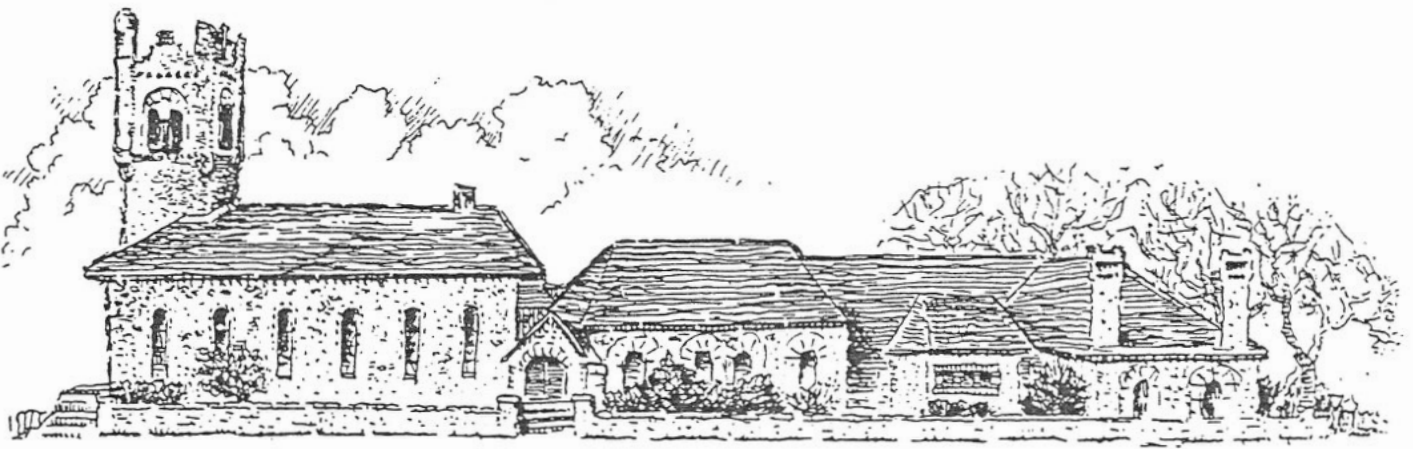
Interim Minister: Rev. Katie Penick (240)418-8028. Church Administrator: Susan Younkins. Music Director/Organist: Claire Marie Moblard. Adult Choir Director: Byron L. Stay. Treasurer: Lisa Saum. Special Funds Treasurer: Carol Mooers. Parish Nurse: Barb Hendershot..

Consistory Elders: Carol Mooers, Becky Owens-President, Kim Ridenour, Carroll Sager.=.

Consistory Deacons: Burnie Clutz-Vice-President, Dee Krause, Daisy Schlotterbeck, Felicity Shafer, Rae Smith, Judy Thompson-Secretary.



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



Zion Reformed United Church of Christ