



# ZION CHURCH NEWS

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

## When Will Services Resume?

In-Person Services have resumed in the chapel. Your health and welfare are of paramount importance to us. We are observing all health and safety guidelines. Practicing social distancing as well as wearing face masks while in building.

Those that are unable to attend in-person services, can all watch Pastor Katie's sermons on our new YouTube channel "Zion Reformed United Church of Christ." New sermons are posted Sunday mornings at 11:00 am. You can also view past sermons and enjoy them over and over again at your leisure.

We miss you all and will see you soon!

## Words Of Faith and Strength

I know you're a Healer, I know you will keep me Lord I will trust in You Lord. You're my shelter, You're a world-maker I will trust in You, Lord. My hands are raised because I surrender, Your will is what's best for me. I worship you because You're Jehovah Jireh, I bow before the King of Kings. No more crying, no more complaining. You did not create me to worry, You did not create me to fear, But You created me to worship daily, So I'mma leave it all right here.

In Hebrews Chapter 11, It teaches us about having Faith in the Lord. No matter what's going on around us or even in our personal lives we have to have Faith that God will work it all out. James Chapter 1 tells us to count it all Joy. God is in full control and won't put anymore on us then we can bare. Let's not worry and stress and Just give all our various trials and tribulation to God. Trust me He'll work it ALL out in His timing, So don't get weary in the waiting process.



VOLUME 61 ISSUE 10

### TOPICS OF INTEREST

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

### IN THIS ISSUE

- Sunday Morning Schedule
- Helping Hands
- Treasurer's Report
- Birthdays & Anniversaries
- Calendar of Events
- Just for Kids

### ZION REFORMED UCC

- 201 N. Potomac St.
- Hagerstown, MD 21740
- Phone: 301-739-7244
- [www.ZionReformed.Church](http://www.ZionReformed.Church)
- Like us on Facebook.

2020 OCTOBER

# Pastor's Pen

O give thanks to the Lord, for God is good;  
for God's steadfast love endures forever.

Psalm 106:1

When each new season breaks forth, I think: "I love this time of year!" I love the promise of snow, the spring flowers and the summer sun. And I love autumn. Soon the leaves will be changing - their leaves shining in bright yellows, reds and oranges. As they fall to the ground, we will feel the crispness of the frost. Already yards are decorated with pumpkins and scarecrows. The ever-changing nature of life is once again unmistakable. It is literally in the air.

It is beautiful to see, at least for those of us who watch from a distance and aren't falling from the trees ourselves. This life-altering change isn't all that terrifying for those of us who have witnessed it before. There is something calming about the rhythm of the changing seasons, in these times of pandemics and fear. We know through seasons past that the seasons have a way of turning one into another, of going all the way around again until winter gives way to spring, and new births and new life arise out of the deep darkness. Perspective helps. It is a gift to see enough of the bright hope of a future just beyond our gaze.

As we anticipate the changes of the season, we have much to be thankful for. I hope you will take time to praise God for the enduring love that has been given to us.

Our hope and help are in God. This is true regardless of the decisions made by our elected leaders, or what may happen with the economy in the coming year, or how the virus and protests rumble all around us. This is true no matter what changes or troubles we may be facing in our personal lives, in church, or in any aspect of life.

Scripture remind us to look back with thanksgiving, recounting the stories of God's faithfulness. As we do, we gain perspective on the challenges we encounter. Like those who have gone before us, we need to remember and give thanks even as we cry out for God's help, so that we can venture forward in confidence and faith.

The Wind is coaxing us to entrust ourselves to the God who holds us and the future in God's hands. The Voice of God is calling us to step forward with faith. We cannot know where every twist and turn will take us. But as we give thanks, we can remember that the One whose grace has led us safely thus far, can be trusted to lead us safely home.

Blessings,  
Pastor Katie



## Special Services for October

Oct 4 (11am) Communion Service

**October 18 (11 am) Harvest Home Sunday**

Oct 25 (11 am) Reformation Sunday

Children's Church  
is held during  
Sunday Morning  
Worship Services

## Sunday Morning Schedule

### Sunday Services

9:45-10:45 am Sunday School Classes

Classes for Adults: *Rev. Arthur Grove Class*

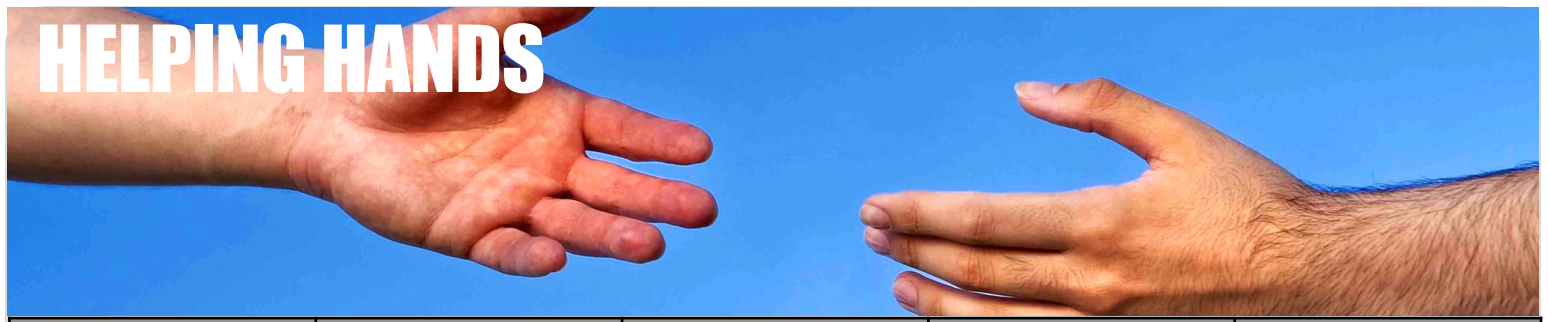
*Young Adult Bible Study Class*

*Space for Grace Class*

11:00 am Worship Service



# HELPING HANDS



OCTOBER 4	OCTOBER 11	OCTOBER 18	OCTOBER 25	
<b>Greeters:</b> Volunteer Needed  <b>Ushers:</b> Burnie Clutz Susan Clutz David Rhodes John Schnebly  <b>Soup Kitchen:</b> 10/6 Team 1	<b>Greeters:</b> Caroll Sager Barb Hendershot  <b>Ushers:</b> Barb Hendershot Matt McDonald William Wantz  <b>Soup Kitchen:</b> 10/13 Team 2	<b>Greeters:</b> Scherry Sellers Rae Smith  <b>Ushers:</b> Bill Brewer James Minnich Ralph Sellers <i>Gerald Saum</i>  <b>Soup Kitchen:</b> 10/20 Team 3	<b>Greeters:</b> Peggy Lowman Louise Danzer  <b>Ushers:</b> Richard Cantilena Ed Patterson Kim Ridenour  <b>Soup Kitchen:</b> 10/27 Team 4	
NOVEMBER 1	NOVEMBER 8	NOVEMBER 15	NOVEMBER 22	NOVEMBER 29
<b>Greeters:</b> Burnie Clutz Susie Clutz Rae Smith  <b>Ushers:</b> Burnie Clutz Susan Clutz David Rhodes John Schnebly  <b>Soup Kitchen:</b> 11/3 Team 1	<b>Greeters:</b> <i>Volunteer Needed</i>  <b>Ushers:</b> Barb Hendershot Matt McDonald William Wantz  <b>Soup Kitchen:</b> 11/10 Team 2	<b>Greeters:</b> Carroll Sager Barb Hendershot  <b>Ushers:</b> Bill Brewer James Minnich Ralph Sellers <i>Gerald Saum</i>  <b>Soup Kitchen:</b> 11/17 Team 3	<b>Greeters:</b> Scherry Sellers  <b>Ushers:</b> Richard Cantilena Ed Patterson Kim Ridenour  <b>Soup Kitchen:</b> 11/24 Team 4	<b>Greeters:</b> Peggy Lowman Louise Danzer  <b>Ushers:</b> Burnie Clutz Susan Clutz David Rhodes John Schnebly  <b>Soup Kitchen:</b> 12/1 Team 1

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, October 16th at 7pm at the home of Sue Graff to discuss the book, "Nineteen Minutes" by Jodi Picoult. This NewHampshire based book is about 17 year old high school student Petet Houghton having to deal with years of verbal and physical abuse at the hands of his classmates. Please join us in a very timely and meaningful discussion of an issue that is very relevant today.

*Soup Kitchen Resumes Oct 6,  
2020 @ 5:15 pm.*

## 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 Darlene in the church office Monday through Friday or see the music director for more information.



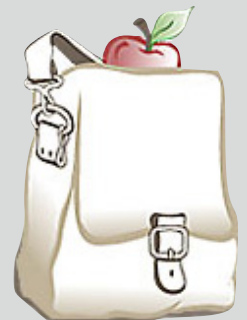
## ALTAR FLOWERS

We have started using artificial flowers on the altar in place of the real flowers. The only time we will be using real flowers will be at Christmas, Easter Sunday, and the Sunday before Decorative Day in May. Real flowers used on those days will be removed and taken to the cemetery and placed on the family lot known as "The Family Lot" at Rose Hill Cemetery by the flower committee. The monthly coordinators or Scherry Sellers will place artificial flowers each month on the altar. There will be no cost for the flowers. However, donations to the church will be accepted. If any questions, you may contact Scherry Sellers @ 301-797-9697.

## Micah's Backpacks

We have started our 10th year in September. 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 with volunteer in- person.)*



## Treasurer's Report

MONTHLY FIGURES	August 2020	Year to Date 2020
Income	\$13,371.00	\$312,576.18
Transfer from Special Funds	\$40,000.00	\$245,000.00
Expenses	-50,097.32	-301,603.19
<b>Net Income</b>	<b>\$3,273.68</b>	<b>\$255,972.99</b>



# CHURCH CALENDAR

## October 2020

October 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

November 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					

THU	10/1	Properties Committee Meeting	4:30 pm
SUN	10/4	Sunday School	9:45 am
		Communion Service	11:00 am
MON	10/5	Consistory Meeting	7:00 pm
TUE	10/6	Tech Team Meeting	3:30 pm
		Soup Kitchen	5:15 pm
THU	10/8	4-H Club Meeting via ZOOM	4:00 pm
		Worship Planning Team Meeting	11:00 am
FRI	10/9	Celebrate Recovery	7:00 pm
SUN	10/11	Sunday School	9:45 am
		Worship Service	11:00 am
TUE	10/13	Soup Kitchen	5:15 pm
THU	10/15	4-H Club Meeting via ZOOM	4:00 pm
FRI	10/14	Celebrate Recovery	7:00 pm
SUN	10/18	Harvest Home Sunday	
		Sunday School	9:45 am
		Worship Service	11:00 am
MON	10/19	<i>November Newsletter Deadline</i>	
TUE	10/21	Tech Team Meeting	3:30 pm
		Soup Kitchen	5:15 pm
THU	10/22	4-H Club Meeting via ZOOM	4:00 pm
		Worship Planning Team Meeting	11:00 am
FRI	10/23	Zion Book Club	7:00 pm
		Celebrate Recovery	7:00 pm
SUN	10/25	<i>Food Collection - Micah's Backpack, local food bank</i>	
		Sunday School	9:45 am
		Worship Service	11:00 am
MON	10/26	Christian Education Ministry Team Meeting	7:30 pm
TUE	10/27	Soup Kitchen	5:15 pm
THU	10/29	4-H Club Meeting via ZOOM	4:00 pm
FRI	10/30	Celebrate Recovery	7:00 pm



10/4	Caroll Sagar
	Rebecca Sager
	Bill Cook
10/8	David Richardson Jr.
10/10	James McDonald
10/13	James Minnich
	Cynthia Parks
	Ruth Dwyer
10/15	Robert Grosh
10/16	Joanne Albright
10/19	Megan Graff
	Darlene Covington
10/26	Beth McDonald
10/30	Nicholas Patterson

MARK YOUR CALENDARS  
Trumpet and Organ recital in our Sanctuary

November 15, 2020 at 3:00pm



## Zion Consistory Highlights

The October 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.

At the beginning of the COVID-19 pandemic, we were mostly in reactionary mode— simply reacting to the new set of circumstances which seemed to be changing daily. More recently, it feels as though we are proactively preparing for what comes next. We've resumed in-person Worship Services in the Chapel on Sundays at 11 am, preceded by adult Sunday School at 9:45 am. Children's Sunday School will be held virtually at 9:45 on Sundays. Our plan is "written in pencil" and will be adjusted to reflect ever-changing realities. As believers, we know that all our future plans are "Lord- willing". Safety measures implemented for in-person Sunday School and Sunday Worship Service will include temperature checks, answering of health screening questions upon arrival, wearing of masks, no touch greeting and ushering to seating that is 6 ft apart, limiting the number of people in the worship space at one time, elimination of handling of paper bulletins and hymn books, not passing offering plates, and providing hand sanitizing stations at the church entry point. Extra cleaning procedures will be performed before and after worship.

During the initial COVID-19 quarantine period, Zion experienced a steep learning curve as we initiated the broadcasting of Katie's (pre-recorded) Sunday Worship Services. Incorporating what we learned, we progressed to virtual streaming and incorporation of audiovisual components into our in-person Worship Services in the Chapel. The Consistory has voted approval for purchase and installation of projection screens and a confidence monitor in the Sanctuary. The Zion Tech Team is hard at work on the project. We continue to make progress on the Parking Lot Expansion Project. As review, in July 2019, Rich and Becky Owens purchased the old Christian Science Reading Room property located at 235 N. Potomac Street, with an Easement in Perpetuity Agreement in place granting Zion use of the rear aspect of the property for use as a parking lot. The Easement agreement specifies that Zion pays the parking lot construction costs, including costs associated with lowering the level of the terrain to that of existing Zion parking lot behind the Parsonage; including lowering of the existing sewer line to the Reading Room property and installation of a retaining wall and a City-mandated ADA complaint handicapped ramp with railing. Construction has been progressing and we're ready to commence with the asphalt installation and marking the lot. Completion of the project is in sight!!! Cracks in the plaster of the Sanctuary walls was discovered in January. Assessment of the underlying cause of the cracks performed by a structural engineer revealed multiple problems, including stress fractures in the overhead trusses, deterioration of the bell tower masonry, water accumulation on the bell tower roof due to a poorly-located drain, and hidden gutter deterioration. We've embarked on a mission to repair these problems, which were allowing water to enter between the interior and exterior Sanctuary walls. The truss repairs have been completed and the masonry repairs are under way. We're obtaining bids to assess moving of the hatch and for the needed gutter repairs prior to performing the Sanctuary plaster repairs.

The Properties Committee has recommended that Zion work toward selling the Parsonage building and the Consistory has voted approval for the plan. We're pursuing approval from the City to subdivide the Parsonage property, which would enable us to sell the building separate from the rear lot and the driveways on either side.

Upon returning to Zion you'll notice some new faces! When you meet them, feel free to introduce yourself to our new Media Specialist, Michael Jones; and our new Administrative Assistant, Darlene Covington. Michael will be providing his skills and talent through a 6-month Covental agreement between Connections Six Eight UCC (previously Veritas) and Zion UCC. He will be helping us to achieve the transition to use of modern audiovisual media in the Sanctuary, streaming of our Worship Services, and management of our website and Social Media. Darlene has been hired through Manpower on a temp to perm basis. She will be manning the front desk and fulfilling Zion's administrative duties. In these unsettled times, it may be helpful to recall that we are not the first God- followers to enter uncharted territory. The Bible is replete with stories of people being called into lands they know not of. In such situations, we must take the next faithful step, trusting God's guidance and intervention.

Thank you for your ever-faithful encouragement and generous giving. We serve a living God, who continues to change lives. Please pray for our church, always remembering that you ARE the church.

Blessings and good health to all,

Becky Owens

Zion Consistory President

## Changing Numbers

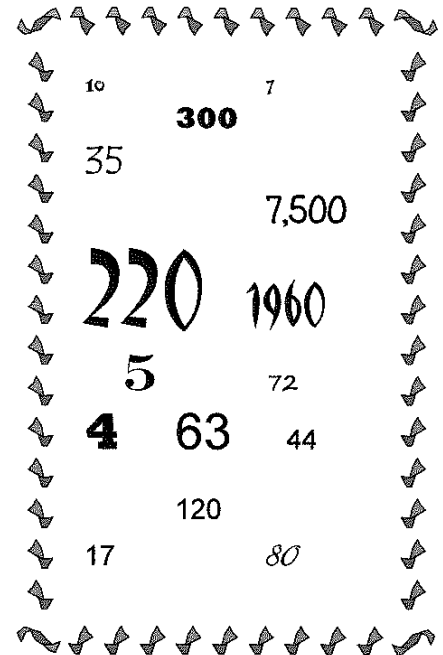
A Parish Nurse Note 2020

Change is a big part of our everyday life. There is now a “new math” for your health. A focus on numbers, especially steps per day, became popular in the 1960’s when a Japanese pedometer called “Manpo-Kei” or **10,000** steps meter was made. That number was thought to be the most beneficial with regard to how many steps a healthy person needs to make in one day. However, a recent 2020 study by Brigham Young University found that people that walked **5,000** steps per day achieved as much benefit and weight loss as those that walked 10,000 steps. They also determined that the ideal number of daily steps for older women should be **7,500**. But walking is not the sole method for staying healthy. Focus on getting **300** minutes of “sweat” activity per week; in other words- exercise, too. Stand, walk and sit less every hour and break your activities into smaller parts to help achieve your goals. It all adds up!

If you are middle aged or older, you lose about **3%** of your muscle mass every year. Resistance training (using weights or stretchy bands to exercise) can help build and maintain muscle mass.

BMI, or body mass index, has been a staple for determining health for many years. A better measurement of your health is your waist size. The goal for men is less than a **40** inch waist and women should strive for a **35** inch waist. A waist to height ratio (WHtR) is the best measurement to use in determining your over all health. There are easy to use waist to height ratio calculators online.

And while we are focusing on new numbers, forget about target heart rates when exercising. Your maximum heart rate should be **220** minus your age. During moderate activity (**70%** of your maximum heart rate), you should be able to talk but not sing. At **85%** of your maximum heart rate ( a high intensity work out), you can only say a few words per breath. Also, focus less on your cholesterol numbers and more on your triglycerides; this fat in your blood should be **150** mg/dL or below. When your triglycerides are lower, your beneficial cholesterol (HDL) goes up.



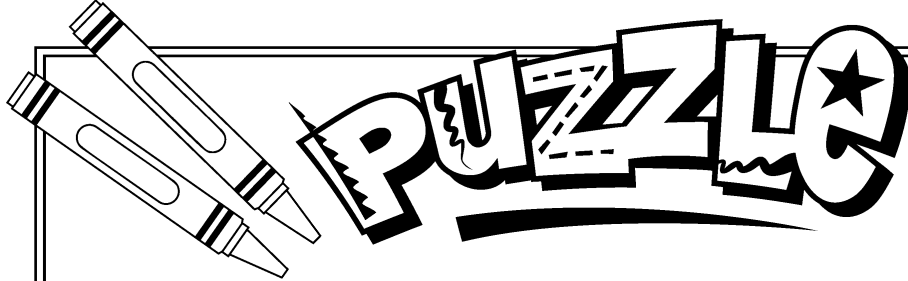
Here are a few more target numbers- not necessarily new, but definitely helpful in staying healthy.

- ★ Shut off all electronic devices at least **30-45** minutes before going to bed.
- ★ Sit at least **one minute** less every hour than you do now.
- ★ **50%** of your plate should be fruits and vegetables.
- ★ Wash you hands at least **20 seconds** and do it often. ( Believe it or not- this is **not** a new recommendation)
- ★ Keep you blood pressure at or below the new normal of **120/80**.
- ★ Sleep **7 - 9** hours if you are 18-64 and **7-8** hours if you are over 65.

Keep these numbers in mind while living in our ever changing world. You will be healthier and feel better!

Blessings and Health,  
Barb Hendershot, RN  
Parish Nurse

Sources: “Stay Healthy”, Parade Magazine, July 19, 2020  
[www.health.harvard.edu/blog](http://www.health.harvard.edu/blog)



# A PLANTING PARABLE

Jesus had to explain his Parable of the Sower to the confused disciples.

**Directions:** Use the word bank to answer the clues. Then fill in the correct words below to complete Matthew 13:23, NIV.

**WORD BANK:** sow, soil, wither, root, thorn, crop, seed, farmer

1. Plant part that absorbs water . . . . .
2. Contains what's needed to grow a plant . . . . .
3. To plant . . . . .
4. Sharp part of a plant . . . . .
5. What is harvested. . . . .
6. To dry up and shrivel . . . . .
7. Person who plants . . . . .
8. The earth a plant grows in. . . . .

"But the \_\_\_\_\_ falling on good \_\_\_\_\_ refers to  
 2 8  
 someone who hears the word and understands it.

This is the one who produces a \_\_\_\_\_, yielding a  
 5  
 hundred, sixty or thirty times what was \_\_\_\_\_ n."  
 3

M A T T H E W 1 3 : 2 3 , N I V

Answer: root, seed, sow, thorn, crop, wither, farmer, soil, seed, soil, crop, sow

## SEED impressions

Create autumn-themed artwork using items from plants.



### What you need:

- Seed pods, nuts, pine cones
- Mixing bowl
- 2 cups flour
- 1 cup salt
- 1 cup warm water
- Adult help

### What you do:

1. Go on a nature walk and collect seeds with interesting textures.
2. In the bowl, mix flour and salt. Gradually add water. On a table, knead the dough. (If too dry, add more water; if too sticky, add more flour.)
3. Flatten a ball of dough and stamp impressions in it with the seeds.
4. If desired, bake for several hours at 150 degrees until dry and hard. Or, to reuse dough, store in an airtight container up to 6 months.

ZION CHURCH NEWS is published monthly by  
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 201 North Potomac Street  
 Hagerstown, MD 21740.  
 Telephone 301-739-7244.  
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 Office Hours: Monday-Friday 8:30 a.m.-12:30 pm.

Deadline for articles: the third Monday of the month prior to the month of publication. All articles submitted are subject to editing for space. The medical information in our newsletter is provided without any representations or warranties, express or implied. You must not rely on the information in our newsletter was an alternative to medical advice from your doctor or other professional healthcare provider.

Interim Minister: Rev. Katie Penick (240)418-8028. Church Administrator: Darlene Covington. 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.





*the*  
**NO SHOW BLACK TIE**  
**& Blue Jeans**  
*Gala*  
Benefiting the children in care at  
Hoffman Homes for Youth!

**Your Gift Makes A Difference!**

<b>\$40</b> babysitter for the evening	<i>or</i>	1 weighted blanket for an anxious child
<b>\$60</b> mani-pedi	<i>or</i>	1-month supply of art therapy materials
<b>\$75</b> 1 gala ticket	<i>or</i>	75 journals used each day to help children express their feelings
<b>\$125</b> 1-night hotel stay	<i>or</i>	3 winter coats for children without one
<b>\$250</b> high bid on an auction item	<i>or</i>	1 iPad for continued online learning for a child enrolled in Hoffman Academy
<b>\$750</b> a VIP table for 10	<i>or</i>	1-month of uncovered necessary medical expenses for the well-being of our children in care

\$ I just want to stay home and give what I can.

**Donation Amount \$** \_\_\_\_\_

Church/Organization Name (preferred listing name): \_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Credit Card Type: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please make checks payable to Hoffman Homes for Youth and mail to:**  
ATTN: Alicia Stanley, 815 Orphanage Road, Littlestown, PA 17340

**Questions?**

Please contact Alicia Stanley, VP of Marketing & Development at 717-359-7148 x4500 or  
astanley@hoffmanhomes.com

Contributions are tax deductible to the extent the law allows. Tax exempt number: 23-2732296.



### **Special Announcements**

October 18, 2020 will be Harvest Home Sunday. We are asking everyone that can and will donate non-perishable foods for the food bank (Or donate money to purchase them).

Thanks and God Bless You All,  
Pastor Katie

**REACH** is holding its annual "Taste of the Town" on Sunday, October 4. This year, due to the pandemic and safety concerns, it will be Taste of the Town with a Twist. The event will feature local eateries as usual. But ticket holders can decide if they wish to dine in or drive through to enjoy the wonderful food that is part of this event. This year the event is being held at Leiter's Fine Dining in Williamsport from 12 noon - 3 pm. The Taste of the Town is the major fund-raising event for REACH. Tickets are going quickly so please contact REACH directly at <https://www.tasteofthetownwc.com> for tickets.



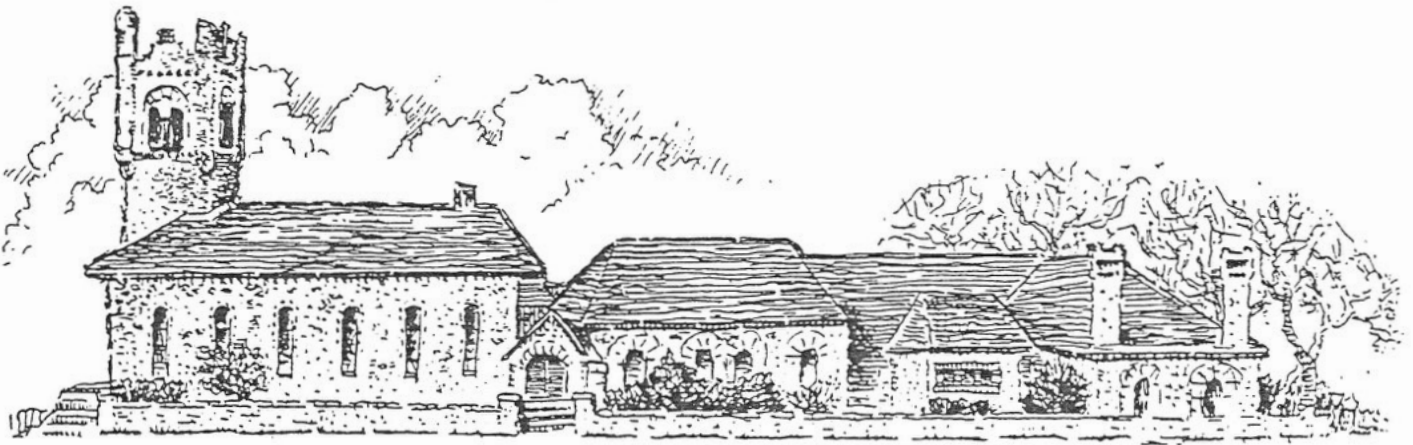


***Come and join us Sunday mornings***

Virtually or in person

All are welcome

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



Zion Reformed United Church of Christ