



# ZION CHURCH NEWS

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

## Sunday Services

In-Person Services have halted due to rise of Covid-19 cases. Your health and welfare are of paramount importance to us.

You 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

You are a child of the most High God. He has given you the authority to defeat every enemy. He has given you favor that shall usher in abundance. He has given you the inheritance to walk in divine health. You are blessed in spite of your circumstances. Praise Him for what He has already done. For better is sure to come... You are a survivor. A lot of people know everything that you've gone through, but God continues to pick you up every time. He has never failed you yet... And He will not fail you this time. You don't even look like what you been through. And the good news is God is not through with you yet. God is about to blow your mind and the minds of those that wrote you off. Believe and Receive... Have FAITH in Him.

### Prayer For Anxiety & Worry

Dear Lord, we ask for your help to calm those who are feeling anxious, stressed, worried or fearful. Please touch them and slow their racing thoughts. May they find rest in body, mind and spirit. Help them to release their burdens and to remember that you are firmly in control. May they feel your nearness and be filled with your peace. In the mighty name of Jesus we ask. Amen.



VOLUME 61 ISSUE 12

### 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

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- Phone: 301-739-7244
- [www.ZionReformed.Church](http://www.ZionReformed.Church)
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# Pastor's Pen

**"The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favor..." (Isaiah 61:1-2)**

On the shore of the Jordan, Isaiah proclaims that the One who is coming will give those who mourn garlands of flowers, the oil of gladness, and the mantle of praise. Here we are in the midst of the advent season and joyful anticipation fills the air: on the shores of the Jordan and on the shores of the Potomac. God's beautiful promises greet us.

The year of the Lord's favor – a time when the light bursts forth and shines upon each of God's children. All of us! Joy fills the air and those who need God's presence the most will find sustenance in the Spirit of the Lord.

What a wonderful thing to hear as we enter another month of isolation and uncertainty and face another sacred celebration away from our beloved church sanctuary. We have spent the past year learning what it means to be people who wait.

Through the ages, the people have waited for God, and we are still waiting. We look to the promises found in scripture... we look for signs of God's presence in our lives... we try to save ourselves... we try to save each other. But the truth is, nothing can change without God.

This year, we are reminded of a holy time. One night in Bethlehem, a star shined bright. A light broke through the darkness. A few years later, a witness comes forward and testifies: "Look!" John the Baptist tells us, "this is the one we have waited for." "Look," cry the angels, "We bring you good news that will bring great joy to all people!" "Look at the baby boy!" say the shepherds, "and praise God!"

"Do not be afraid!"

Look, look all around and you will see the signs of God's loving presence among us. The presence of God is here among us... we find it in this man, Jesus, who lived more than 2000 years ago. And God's presence continues here, 2000 years later. God is still beside us and with us and for us, forever and ever. Amen

Merry Christmas to you and your families!

Pastor Katie



## Special Services for November

Dec 6 (11am) Communion Service

December 22 Soup Kitchen (Christmas Dinner)

Children's Church  
is held virtually  
during  
Sunday Morning  
Worship Services

## Sunday Morning Schedule

### Sunday Services

9:45-10:45 am Sunday School Classes

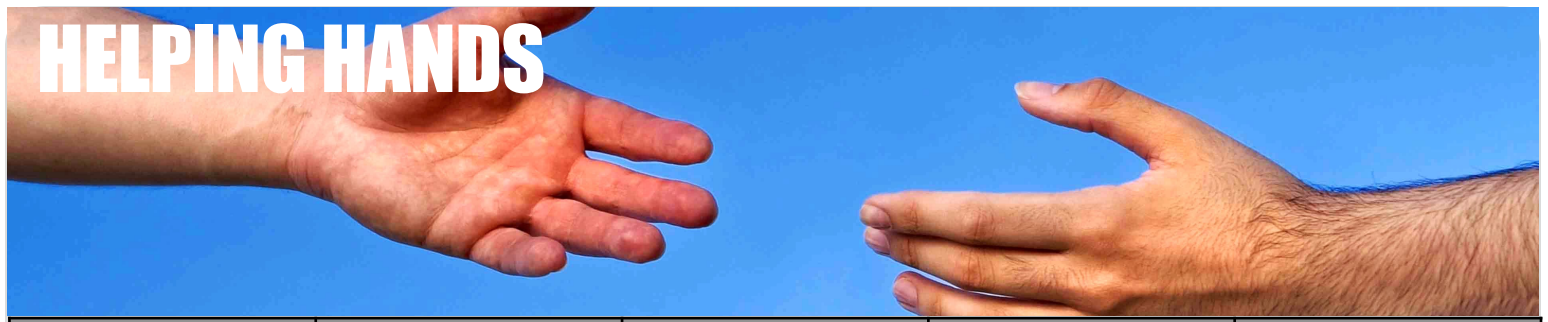
Adult Classes: *Rev. Arthur Grove Class*  
*Young Adult Bible Study Class*

Children's Class: *Space for Grace Class*

11:00 am Worship Service



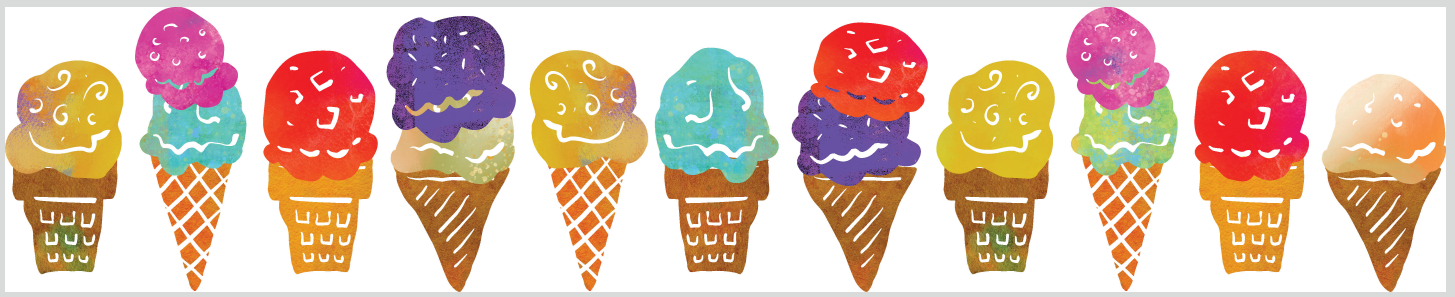
# HELPING HANDS



DECEMBER 6	DECEMBER 13	DECEMBER 20	Special Services	DECEMBER 27
<b>Lector:</b> Carroll Sager  <b>Soup Kitchen:</b> 12/1 Team 1	<b>Lector:</b> Barb Hendershot  <b>Soup Kitchen:</b> 12/8 Team 2	<b>Lector:</b> Carol Mooers  <b>Soup Kitchen:</b> 12/15 Team 3	Watch for info about special services on 12/21 and 12/24	<b>Lector:</b> Aaron Kelly  <b>Soup Kitchen:</b> 12/22 Team 4
JANUARY 3	JANUARY 10	JANUARY 17	JANUARY 24	JANUARY 31
<b>Lector:</b> TBA*  <b>Soup Kitchen:</b> 1/5 Team 1	<b>Lector:</b> TBA*  <b>Soup Kitchen:</b> 1/12 Team 2	<b>Lector:</b> TBA*  <b>Soup Kitchen:</b> 1/19 Team 3	<b>Lector:</b> TBA*  <b>Soup Kitchen:</b> 1/26 Team 4	<b>Lector:</b> TBA*  <b>Soup Kitchen:</b> 2/2 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 not meet for the month of December. All Book Club members are to choose their own book and bring a synopsis to share at January's Book club meeting.

*Soup Kitchen is Every Tuesday from 5:00 pm - 6:15 pm. If you would like to volunteer please contact the church admin.*

## 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.

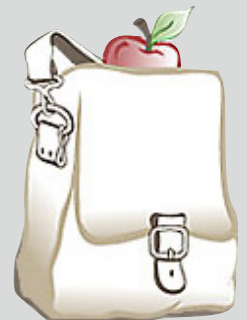


## ALTAR FLOWERS

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.

## 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 we currently have 20 children from Bester Elementary School we deliver to every Friday.*

## Treasurer's Report

MONTHLY FIGURES	October 2020	Year to Date 2020
Income	\$6,471.50	\$477,711.43
Transfer from Special Funds	\$75,000.00	\$395,000.00
Expenses	-102,515.12	-477,100.97
<b>Net Income</b>	<b>-\$21,043.62</b>	<b>\$395,610.46</b>



# CHURCH CALENDAR

## December 2020

December 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		

January 2021						
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						

TUE	12/1	Properties Committee Meeting Soup Kitchen	4:30 pm 5:00 pm
THU	12/3	Worship team meeting 4-H Club Meeting via ZOOM	4:30 pm
FRI	12/4	Celebrate Recovery	7:00 pm
SUN	12/6	Sunday School Sunday Worship Service	9:45 am 11:00 am
MON	12/7	Consistory Meeting	7:00 pm
TUE	12/8	Soup Kitchen	5:00 pm
THU	12/10	4-H Club Meeting via ZOOM	4:30 pm
FRI	12/11	Celebrate Recovery	7:00 pm
SUN	12/13	Sunday School Worship Service	9:45 am 11:00 am
TUE	12/15	Soup Kitchen	5:00 pm
THU	12/17	Worship Team Meeting 4-H Club Meeting via ZOOM	11:00 am 4:30 pm
FRI	12/18	Celebrate Recovery	7:00 pm
SUN	12/20	Sunday School Worship Service	9:45 am 11:00 am
MON	12/21	December Newsletter Deadline	
TUE	12/22	Soup Kitchen (Christmas Dinner)	5:00 pm
THU	12/24	4-H Club Meeting via ZOOM Christmas Eve	4:30 pm
FRI	12/25	Christmas (Office Closed)	
SUN	12/27	Food Collection - Micah's Backpack, local food bank Sunday School	9:45 am
MON	12/28	Christian Education Ministry Team Meeting	7:30 pm
TUE	12/29	Soup Kitchen	5:15 pm
THU	12/31	New Years Eve (Office Closed) 4-H Club Meeting via ZOOM	4:30 pm



12/1	Matthew Cook
12/2	Richard Owens
12/5	John Dwyer
12/10	Jeanne Stoner
12/12	Koda Bell
12/13	Carol France
12/15	Sherry Sellers
12/20	Doug Wade Howard Kaylor
12/21	Dave Ridenour
12/22	Carol Schultz
12/23	Michael Jones Ralph Sellers
12/24	Sandra Rhodes
12/29	Mackenzie Ridenour

### ANNOUNCEMENT

Trumpet and Organ recital in our Sanctuary  
Postponed (TBA)  
Free Admission/Open to the Public



# Zion Consistory Highlights

The November Consistory meeting was opened with a prayer asking for God's guidance, wisdom, and support.

We were able to reclaim the use of our Sanctuary on Stewardship Sunday, despite the ongoing challenges of COVID-19 and our internet instability. Hallelujah! We were decidedly disappointed (yet not surprised) that we have had to subsequently suspend in-person services and Sunday School due to a surge in the pandemic. Kim Ridenour is continuing to hold Youth Sunday School (and weekly 4-H meetings) via Zoom. Our Sunday Worship Services can be viewed virtually. A weekly Service Summary is mailed to members without internet capability. The Service Summary incorporates the Bulletin, with Pastor Katie's sermon inserted. In this manner, we hope to stay spiritually connected with those who don't have digital access.

Rae Smith and a hardy band of Zion volunteers braved the cold weather to host our Holyween outdoor event. During the course of the evening, 72 hot dogs, bags of chips, water, and gift bags containing candy and Zion refrigerator magnets was distributed to neighborhood children and goblins.

The Soup Kitchen continues to operate on both an eat-in and take out basis.

Mosko Monument Services has initiated resetting and restoring of broken and toppled headstones in our cemetery. The repairs, covered by a Community Foundation Grant, were delayed, but are finally under way.

The Zion Budget Committee, with input from our other committee chairpersons, is in the process of developing our 2021 Annual Budget.

Now that the parking lot construction is complete, we can now look toward subdividing the Parsonage parcel as being separate from the entry/exit driveways and rear aspect of the lot; providing more flexibility for future possible uses of the property.

One day this dark winter of the pandemic will be behind us. We need to trust God in all of this—but God won't mind if we pick up the phone to check on, and to pray for each other.

Blessings and good health to all,  
Becky Owens  
Zion Consistory President



***Get Ready...Get Set.....Winter!!***  
***A Parish Nurse Note    December 2020***

Ready or not, here it comes....WINTER. This year has been challenging so far, and my guess is that winter will also require some adapting. However, remembering some health and preparedness tips will make this season easier. With winter comes flu season (on top of CoVid-19....yikes!). Remember to wash your hands frequently for at least 20 seconds and cover your nose and mouth if you sneeze or cough. **STAY HOME IF YOU DON'T FEEL WELL.** Get your flu vaccination; it will **not** make you ill and will help lessen your symptoms if you are exposed to the flu. Don't postpone routine vaccinations, exams and screenings. Even though this is a busy season, keeping your screenings on track is important.

Try to manage your stress during the upcoming months. Don't over extend your budget or your calendar with activities ( this probably will be a lesser problem this year due to CoVid-19 restrictions). Getting 7-8 hours of sleep daily is a great way to combat stress and stay healthy. Avoid smoking and tobacco use of any kind as well as places where you are exposed to second hand smoke; this can be very detrimental to your health during this time of increased respiratory infections. If consuming alcohol is part of your holidays, be sure to not drink and drive. Reminding others of this is also important. Remember that alcohol can also add lots of extra calories to your diet.

Manage those wonderful holiday treats by including healthy food choices when you can. Eat lots of fruits and vegetables every day- your immune system loves a steady supply of these foods. Limit your intake of most fats, sugar and salt. Use a smaller plate when at a gathering and fill up on healthy foods before eating desserts and high calorie foods. Eat slowly - it takes at least 10 minutes for your brain to tell your stomach that you are full. When preparing foods, avoid cross contamination of uncooked and cooked foods. Be sure to refrigerate temperature sensitive foods promptly.



Pets and children need special care during the holidays. New toys, decorations, seasonal plants, household items, different foods and new surroundings can be dangerous. Cautiously use stoves, candles, space heaters and fireplaces; the majority of house fires occur in the winter. Be sure to review your fire safety plan with your family. Always wear your seat belt and be sure that all passengers in your car do the same. Even a short trip could end in disaster.

Exercise is key to staying healthy, even in winter. Walking is great and outside activities with children are good for all involved. Remember to dress in layers and wear shoes or boots that keep your feet dry. If you prefer inside fitness activities, dance to your favorite music, try yoga or delve into an exercise CD. Adults need at least 2 ½ hours of exercise per week; children and adolescents should have at least one hour of exercise daily.

Finally, keep everything in perspective; remember both the beauty of the winter season as well as the wonderful gift God has given us as we celebrate the coming of his Son! Stay well and active during this special season!



Blessings and Health,  
Barb Hendershot, RN  
Parish Nurse

Sources: [www.cdc.gov](http://www.cdc.gov)  
[www.dummies.com/health](http://www.dummies.com/health)  
[www.eatright.org](http://www.eatright.org)



# WINTER WORD SEARCH



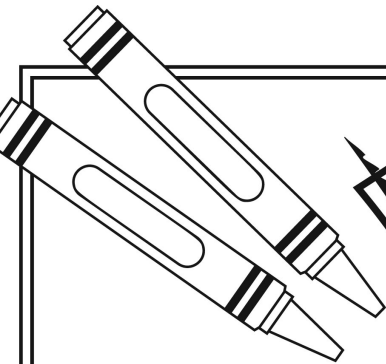
Created by  
Sue Lindlauf  
Grand Forks Herald  
2010

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S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |





# PUZZLE

## WHITE AS SNOW

Jesus, our Savior, came to earth to purify sinners.

*Directions: Figure out which path through the puzzle is correct. Choose one to try, starting at the first picture under the "Path" box. Follow each picture's directional cues to see if the words make sense when placed in order in the blanks below. If not, try a different path until you figure out the Bible verse.*



PATH 1	PATH 2	PATH 3	PATH 4	PATH 5	PATH 6
for	give	come	together	around	after
self	into	settle	eternal	thanks	forgive
God	LORD	says	without	Christ	warmth
love	sins	scarlet	other	light	praise
red	star	white	snow	winter	peace



"\_\_\_\_\_ now, let us \_\_\_\_\_ the matter," \_\_\_\_\_ the  
\_\_\_\_\_. "Though your \_\_\_\_\_ are like \_\_\_\_\_,  
they shall be as \_\_\_\_\_ as \_\_\_\_\_ ...."

ISAIAH 1:18, NIV

## LET IT snow!

Create a winter wonderland with this fun craft.



### What you need:

- Glass jar with lid but no label
- Laminated photo (that will fit in the jar)
- Small plastic Christmas trinkets
- Hot or waterproof glue
- Container with spout
- 1 cup distilled water
- 3 tsp. glycerin
- Glitter



### What you do:

1. Unscrew lid and flip jar upside down. Glue the photo and trinkets to the inside of the lid, standing upright.
2. In a container, mix water and glycerin. Pour the mixture into the jar, leaving space at the top.
3. Spoon in some glitter.
4. When glue is dry, attach the decorated lid tightly. Shake the jar to see "snow" swirl and settle.

Answer: Path 3; come, settle, says, LORD, sins, scarlet, white, snow

## *Special Announcements:*

**(All In-Person Services are halted due to rising Covid-19 cases.)**

***Young and the Restless (young adult) Sunday School Class, Any questions, please contact Richard Cantilena at (678) 559-8297.***

***Arthur Grove Sunday School Class***

***Our Children's Sunday School Class is hosted via Zoom with Kim Ridenour every Sunday at 9:45 am. If you have a young child that would like to participate please contact the church office at (301) 739-7244 for more details.***

***We have started a new Advent Bible Study/ Sunday School Mailing. Asking all that can to participate.***

***Please contact the church office for further assistance with any of these announcements. God Bless and Stay Safe...***



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

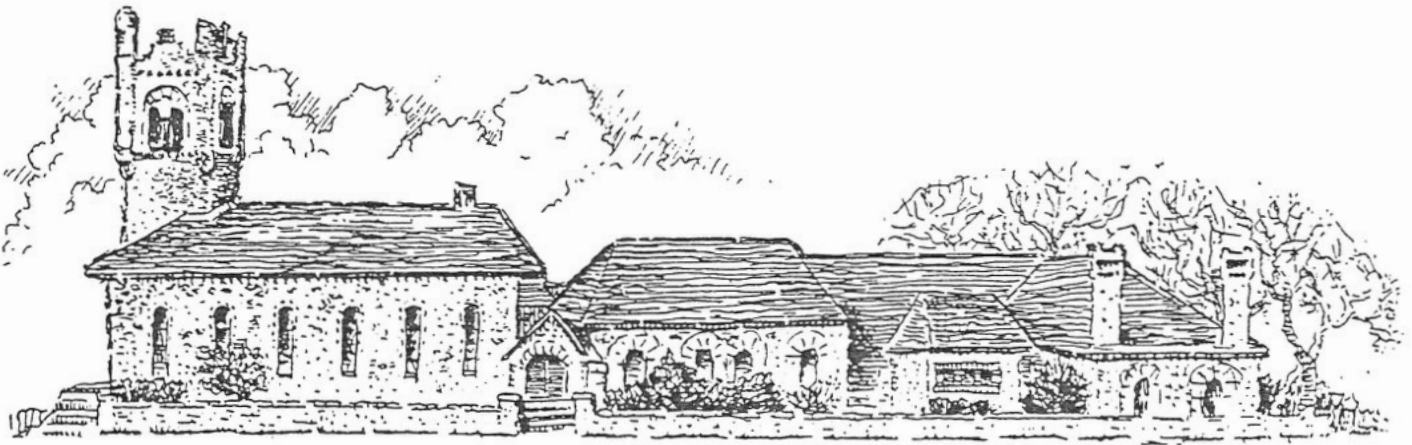
Facebook: [www.Facebook.com/ZionRUCC](https://www.facebook.com/ZionRUCC)

YouTube: <https://www.youtube.com/channel/UC7u3ox-o1Hn0d86bYvCclmw>

Web: [www.zionreformed.church/sermons](http://www.zionreformed.church/sermons)

ALL are welcome!

ZION REFORMED UCC  
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RETURN SERVICE REQUESTED



Zion Reformed United Church of Christ