



ZION CHURCH NEWS

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

FEBRUARY 2022

Volume 63 Issue 2



A Valentine Prayer

I said a Valentine prayer for you
And asked the Lord above
To fill your heart and bless your soul

With the precious gift of love,
I asked Him for a sincere love
The kind that's meant to stay
Just like the generous love
You give to those you touch each day

I prayed for love from family
And from every cherished friend
Then I asked the Lord to give you
His love that knows no end

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Christ has no body on earth but ours, no hands but ours, no feet but ours. Ours are the eyes through which the compassion of Christ looks out upon the world. Ours are the feet with which he goes about doing good. Ours are the hands with which he blesses his people now. ~St Teresa of Avila~

We are linked together as one. We are stronger together than we ever are alone, all members of the body of Christ. And as members, we are each called to do the work God needs in our community, the hands and feet, eyes and ears of God.

Our interdependence is what keeps the body alive and vibrant. Paul tells us that we need one another, and the need is mutual. He is NOT just saying that the poor need the rich, the sick need the healthy, and the weak need the strong to protect or rescue them; he's saying that we ALL need one another... the rich and healthy and strong need the others just as much. Each and every one of us makes a vital contribution and no one is excluded. The Spirit has given gifts to all and each individual gift is needed by all of us. Even the smallest, seemingly weakest parts contribute to the health of the whole body. Each of us is indispensable. When one part is gone, the whole body grieves its loss.

Just as our physical bodies need all of the parts to be healthy... our arms and our legs, our livers and spleens, even each eyelash... in the same way, Christ's body needs each of us.

This is important because we are not just parts of *a* body; we're members of *the Whole Body of Christ*. The gifts given to us by the Spirit are needed for the health of the whole body, because who we are as God's people is connected inextricably with our call to work for God's mission in the world.

We are Christ's hands and feet, eyes and ears, heart and soul, in the world.

God has made us one Body, a sign -- a living sacrament -- for the world to see what God's grace is doing in the world.

In the coming weeks, I hope we will continue to discover what our gifts are, both as individuals and a community. I hope you will join me in exploring ways to share our unique gifts with each other, so we can continue to serve the one who loves us so much.

The presence of the Spirit continues in our lives: The same Spirit that descended at the Jordan and the same Spirit that lifted the people up at Pentecost blesses this community today. That Spirit gifts us, and our gifts are special and unique. It is our combined gifts that strengthen us and make us whole. Each of us is important to the fulfillment of Jesus' words. We are the hands and the feet, the eyes and the ears, the heart and the soul of Christ.

Blessings,

~Pastor Katie

Special Worship Announcement

In-person worship services have been temporarily suspended due to the exceedingly high positivity rate in Washington County. Currently Washington County has a positivity rate of 29.18% as of Jan 19th with 74 new cases reported in the previous 24 hours. This rate exceeds the 10% rate determined by our Consistory as a rate to safely congregate together for corporate worship. In-person worship will resume once the positivity rate reaches 10% or below. In the meantime, please worship with us virtually in an effort to keep us all safe during the pandemic while we navigate holiday surges and the new omnicron variant. All in-person activities are suspended during this time except for Tuesday's Supper which will offer carry-out meals only.

March 2nd is Ash Wednesday and we will have ashes available. If you would like us to deliver ashes to you please let us know by calling the church office. If not, we will be mailing them out in time for you to receive them before March 2nd.

Virtual worship will be available at www.zionreformed.church/worshiplive at 11am every Sunday. Sunday School will be available via ZOOM every Sunday from 9:45 – 10:45am with the Children's Sunday School Class (ages 4-18) and Journeys Adult Class offered virtually. As we navigate this newest leg of the journey, should other Sunday School options become available virtually, we will share that information as soon as possible.

If you are unable to participate virtually and would like a written format of the service to read instead, please contact the church office.

If you require assistance connecting virtually or have any technical difficulties, please contact the church office at 301-739-7244 or by email at zionrucc@myactv.net.

And please remember, should you need anything, Pastor Katie and the Church Office are available by phone or email to assist you.

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To join Children's Sunday School virtually: Go to <https://zoom.us/join> or call 301.715.8592, and when prompted, enter Meeting ID: 865 7471 1577 and Passcode: YouthSS.

To join Journeys Adult Sunday School virtually: Go to <https://zoom.us/join> or call 301.715.8592, and when prompted, enter Meeting ID: 894 3614 5937 and Passcode: 536055.

For a One-Click Join option, simply copy and paste the following URL into your browser:

<https://us02web.zoom.us/j/89436145937?pwd=SGxMbWNlYzBqbNjvVE9iUlJYTXl0dz09>

Worship virtually: Go to www.zionreformed.church/worshiplive at 11am Sunday morning (or any time after to participate on-demand).



Church Happenings

Zion Book Club

The Zion Book Club will meet on February 25, 2022 at 7pm at the home of Sue Graff, or you may use the link for the Journeys Sunday School Class to join us via Zoom. We will be discussing "The Wish" by Nicholas Sparks.

Please join us as we have lively discussions and lots of fellowship!

Tuesday's Supper

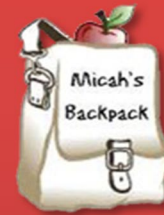
Free Community Dinner & Food Pantry

Every Tuesday from 5 - 6:30 pm

Until further notice we will be serving carry-out only.

This ministry is growing in leaps and bounds, especially during a pandemic! Our guests continue to be able to get a hot meal to take with them and items from the food pantry each week. Due to the high positivity rate meals are served as carry-out only with no in-house dining option. Donations are still needed and welcome as we are still serving the same number of guests. Non-perishable food items, toiletries, or cash donations are greatly appreciated.

Outreach



Over 10,000 students in Washington County Public Schools receive free or reduced lunches and for many this lunch will be the last hot meal of the day. Children are especially hungry over the weekend when schools are closed. This is our 11th year working with this wonderful organization by helping to feed 20 children each weekend. If anyone would like to join us, please call the office at 301-739-7244. All food and monetary donations are welcome.



CHURCH CALENDAR

February 2022

TUE	2/2	Tuesday's Supper & Food Pantry	5:00pm
THUR	2/3	Staff Meeting	11:00am
		4-H Club Meeting via Zoom	4:30pm
SUN	2/6	Sunday School (virtual only)	9:45am
		Sunday Worship (virtual only)	11:00am
MON	2/7	Consistory Meeting via Zoom	7:00pm
TUE	2/8	Tuesday's Supper & Food Pantry	5:00pm
THUR	2/10	4-H Club Meeting via Zoom	4:30pm
SUN	2/13	Sunday School (virtual only)	9:45am
		Sunday Worship (virtual only)	11:00am
MON	2/14	Valentines Day	
		Search & Call Committee Meeting	5:30pm
TUE	2/15	March Newsletter Deadline	
		Tuesday's Supper & Food Pantry	5:00pm
THUR	2/17	Staff Meeting	11:00am
		4-H Club Meeting via Zoom	4:30pm
SUN	2/20	Sunday School (virtual only)	9:45am
		Sunday Worship (virtual only)	11:00am
MON	2/21	Presidents Day – Office Closed	
TUE	2/22	Tuesday's Supper & Food Pantry	5:00pm
WED	2/23	Search & Call Committee Meeting	5:30pm
THUR	2/24	Executive Committee Meeting	2:00pm
		4-H Club Meeting via Zoom	4:30pm
FRI	2/25	Book Club at home of Sue Graff	7:00pm
SUN	2/27	Sunday School (virtual only)	9:45am
		Sunday Worship (virtual only)	11:00am
MON	2/28	CE Meeting	4:00pm

February 2022						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022						
S	M	T	W	T	F	S
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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		

FEBRUARY Birthdays

Ivan Dwyer	2/2
Michael Schultz	2/2
Lenzie Weicht	2/5
Peggy Lowman	2/7
Brett Hendershot	2/8
Angie Schaff	2/18
Linda Cantilena	2/20
William Wantz	2/21
Kristin Kelly	2/28



CONSISTORY HIGHLIGHTS

January Consistory 2022 Highlights

ZION's New Year began with welcoming the new Consistory members and electing the new officers. Kim Ridenour was elected President, Michael Jones was elected Vice President, Carroll Sager was elected Secretary, Lisa Saum was elected Treasurer, and Rae Smith was elected Financial Recording Secretary. (Note: while Rae is serving as our temporary Administrative Assistant, she is not serving on the Consistory.) Becky then handed over the reins to Kim. Becky was thanked for her service as President especially during the pandemic and her dedication to ZION.

The first discussion topic of our January meeting was the proposed changes to our Articles of Incorporation (previously known as the Constitution) and the draft Bylaws. After consulting with a committee of ZION members, Bill Wantz crafted the draft Articles and the proposed Bylaws. Questions about additional changes included whether a straight 12 year term on the Consistory was a good idea and whether the Consistory should be meeting year round.

In the committee reports it was noted that online giving has increased and, overall, our giving in 2021 was greater than projected. Great news!! The work on the new roof for the church will begin on January 24. Since we are not meeting in person at least through the month of January, this construction work and the related debris field initially should not impact anyone.

Updated job descriptions for the Administrative Assistant, the Director of Music and Organist, and the Choir Director position were reviewed and suggested edits were made. Some of these job descriptions had not be updated in many years. By having current job descriptions, the process of evaluating job performance will be much easier.

The Consistory also discussed restructuring and realigning church committees. This idea would consolidate committees and be respectful of the small number of congregation members able and willing to participate on committees. The draft Bylaws contain one version of a realignment of the committees. Katie proposed a 3 prong committee structure where Consistory members would take more of a leadership role in the life of the church.

Several general information announcements shared. The Pastoral Search and Call Committee and the Consistory will hold a joint meeting on Wednesday, January 19 @ 5:30 to discuss shared goals and to consider ZION's mission statement. Due to the current covid situation, Rae will work remotely. ZION's phone lines will be transferred to Rae so calls will not be missed. The church building will remain closed until such time as it is safe to resume in-person worship and to reopen the office, hopefully by some time in February. We have received word that the Bowman grant is seeking applications again this year. In the past we have applied for this grant and received money to support the restoration and maintenance of the headstones in the graveyard. The work scheduled for 2021 was begun but has not yet been completed due to weather and scheduling issues for the restoration company. A letter from this company has been requested. This will be submitted to the Bowman Foundation in hopes that we can continue with this work in the spring and that we can apply again for additional funding for the on-going cemetery work. HARC is celebrating its 75th anniversary this year. Check out the HARC Newsflash to see ZION and some of our history featured in their upcoming emails!

As we are on the cusp of winter weather, a reminder to all to stay warm, stay safe, and stay masked!

Parish Nurse Notes

F Is For February..... And Fun *A Parish Nurse Note February 2022*

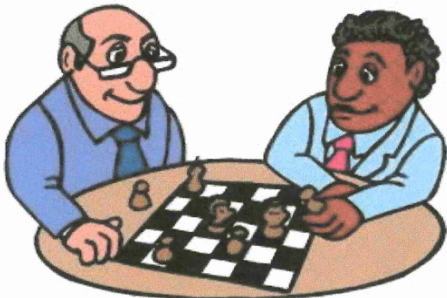
February is a short month, but to some it is long and depressing. The Christmas excitement is over and the New Year's anticipation has evaporated. Days are short and often cloudy, not to mention SNOW! This is a great time to have some fun. Put down your phone, get off of your Facebook page, and go outside. Enjoy the fresh air and take a walk if you are able. Take note of what you see when you are outside and record your observations in a notebook (a bright red cardinal in a tree, a friendly hello from a neighbor, or a big breath of fresh, crisp air); reading them later can bring a smile back to your face! If you can't be outside, put on some upbeat music and clean your house or just dance for a while; all exercise is good to help boost your mood and decrease stress. Stay connected with friends and family by actually talking to them... not just texting, posting or messaging. It's amazing what the actual sound of a voice can do to make you feel in the loop. This is especially important in the elderly population because of the continued isolation and frustrations of the Coronavirus. Catherine Price, a science journalist, warns about relying on "fake fun." This is in part defined as overloading on social media and bingeing on television. This is something you may enjoy, but it often makes you feel worse afterwards. REAL life interaction makes the best REAL fun.

We often acquaint how much something costs as to how much fun it should be--**not true**. Activities that are inexpensive are often the best. Play some board and card games with your family. Remember playing in the snow when you were younger--nothing beats that for fun! Don't go into debt for the sake of fun; visit a nearby park or be a tourist in your own town. Take the time to investigate local places and check out what's interesting to you. Try a new recipe or learn a new craft. Put a puzzle together (ask Claire-Marie about this!) Clean your closet and give your gently used items to a thrift shop. Volunteer at a soup kitchen or a food pantry. Research garden planting, even if you only have a small space or a window box. These are only a few ways to have fun.



Having fun is actually good for your health! When you have fun, your stress hormone (cortisol) level drops and your serotonin level increases. Serotonin is a chemical responsible for stabilizing your mood, and increasing a feeling of well-being and happiness. Because of these chemical changes, you are better able to cope and have increased energy. Both your memory and your concentration are improved (who doesn't need that!) These feelings lead to increased connections with others and better sleep! (Decreased stress promotes sleep.) What else do you need to convince you to have some fun?

Do what you enjoy and invite someone else to join you if possible. Make your own Valentine cards this year or just send a note--handwritten-- to someone you care about. The list of fun things and their benefits is endless. Remember that the days **are** getting longer and that the sun is out, even if you can't see it for the clouds. Take time to have some fun and maybe February will turn out to be your favorite month of the year!



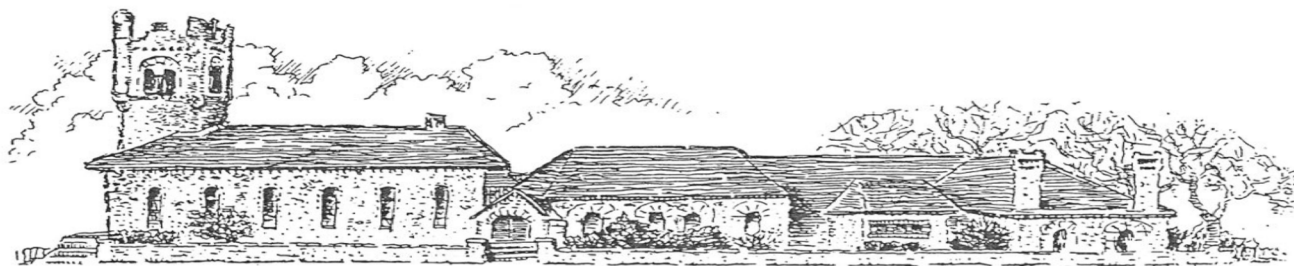
Blessings and Health,

Barb Hendershot, RN
Parish Nurse

Sources: wisebread.com/47-cheap-fun-things
heelthepain.com

Parade Magazine, December 12, 2021 A Recipe For More Fun by Catherine Price

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