

Koinonia

focus

MONTHLY NEWSLETTER | ZION REFORMED UCC | 301-739-7244 | ZIONRUCC@MYACTV.NET

APRIL 2022 | VOLUME 63 ISSUE 4

Koinonia (pronounced coy-no-knee-uh) is a transliterated form of the Greek word *κοινωνία*, which refers to concepts such as fellowship, joint participation, the share which one has in anything, a gift jointly contributed, a collection, a contribution. It identifies the idealized state of fellowship and unity that should exist within the Christian church, the Body of Christ. The term may have been borrowed from the early Epicureans—as it is used by Epicurus' Principal Doctrines 37–38.

The term communion, derived from Latin *communio* ('sharing in common'), is related. The term "Holy Communion" normally refers to the Christian rite also called the Eucharist.

A Prayer for Easter Eyes

My Lord, Jesus,
You have risen to new life!
Give me new eyes with which to recognize
your presence in the world around me.
Sharpen my vision so that I see beyond the
ordinary events of each day and into the
extraordinary reality of your grace.
Brighten my view of the world with renewed
hope in the coming of your Kingdom.
Soften my gaze so that I view others with the
kind of tenderness and compassion you
showed to so many.
May each day of this Easter season provide
Glimpses of your glory.
In your sacred name, I pray.
Amen.

Prayer ©2015 by William Sadler Inc.

Church Events

- 4/3 Sunday Worship 11am
- 4/7 Lenten Mid-Week Worship, 7pm
- 4/10 *Palm Sunday*
Sunday Worship 11am
- 4/14 *Maundy Thursday*
Seder Dinner & Worship, 6pm
- 4/15 *Good Friday*
Church open from 9am-12pm for
personal meditation and prayer
Unity Cross Walk at City Park, 1pm
- 4/16 Decorate Flower Cross, 4pm
- 4/17 *Easter Sunday*
No Sunday School
Worship Service begins at the
Flower Cross at 10:45am
- 4/24 Sunday Worship, 11am

Worship virtually every Sunday at 11am
or on-demand immediately after at
www.zionreformed.church/worshiplive

Holy Week & Easter details at
www.zionreformed.church/Easter

Church Yard Sale – Collecting items for a fall
yard sale to benefit Zion's Community
Outreach programs.



In the beginning when God created the heavens and the earth, the earth was a formless void, and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. (Genesis 1:1-3, NRSV)

And as God continued to look over the void, the light began to push the darkness away. God saw such potential in the emptiness that continued to hover. Holy words spoken and creation sprung forth.

And with each moment of creation, God saw that it was... Good.

Here we are, in this beautiful place. Winter chill has given way to Spring sunshine and leaves and flowers are blooming. The glimpses of the change of season remind us of the ongoing beauty of God's creative process. Soon we will gather around the Easter cross, overflowing with blossoms, celebrating the miracle of God's resurrecting Love. In Christ, we are reminded once again that we *are* God's good and glorious creation.

This Easter, as we gather together, we celebrate God's Faithfulness! God's faithfulness, known in those early moments of creation, found in the darkness of the wilderness, the desolation of the cross, and bursting forth once again in the glory of the empty tomb! God's faithfulness, experienced by our earliest ancestors. God's faithfulness, encountered over and over by prophets and people like you and me.... God's faithful presence reaching out through time and space... reaching out to each of us.

Every time two or three gather together, we celebrate God's faithfulness, but what does that mean? We celebrate the fact that God can be trusted in all things... in good times and bad, shadows and light. God created us, God is with us and God loves us.

And we celebrate that God trusts us as well. God's creation, given to us to care for as good stewards... God's children, our neighbors, who God trusts us to offer love. Now, we don't always do such a good job as stewards and neighbors – sometimes we forget to trust the God who cares for the lilies and the birds. But God keeps giving us another chance because God trusts that we will figure it out.

So, this Easter, let us gather together and celebrate in word and song... celebrate with loved ones and new friends. We celebrate in-person or virtually – but remember that as we gather as a *Resurrection People* that we are called to live into Jesus' wish that we may all be one.



What's Happening

at Zion Reformed UCC

Zion Book Club

Zion's Book Club finished reading their 125th book in February! The group has been meeting for over 10 years now, following a suggestion by then Interim Minister Gerry Hanberry with the reading of "The Shack". Since then, Zion's core group of attendees have faithfully met each month in fellowship for conversation and learning, for sharing opinions, and supporting one another. Some Zion members have read the books on their own along with us, and others have suggested titles that we appreciated reading. I want to especially thank Daisy Schlotterbeck, Carol Mooers, Lynda Graves (now joining us remotely!), and Ola Jones for their faithfulness to this group and their love of conversation! Here's to the next favorite book we read!

The book for April's meeting on April 22nd at 7pm is "The Lady's Mine" by Francine Rivers. Join us at the home of Sue Graff or virtually via Zoom at <https://zoom.us/join> or call 301.715.8592 and when prompted, enter Meeting ID: 814 4653 4587 and Passcode: Zion. ([One-Click-Join Link](#))

Micah's Backpack

We are now supplying food for the weekend to 30 children at Bester Elementary and 10 children at Barbara Ingram School of the Arts. Volunteers and donations of food and/or money are greatly appreciated.

Palms for Palm Sunday

If you are local and unable to attend worship on Palm Sunday and would like palms, please call the office at 301-739-7244 and someone will deliver them to you.

Thank You

Thank you for the beautiful poinsettia that Wells Ridenour delivered to me before Christmas.

Frances Sweigert

New Members

We will be welcoming new members on Palm Sunday, April 10th. If you or any one you know would like to become a member of Zion, please contact Pastor Katie at 301-739-7244.

Tuesday's Supper

Free Community Dinner & Food Pantry every Tuesday from 5 – 6:30 pm. Volunteers are always welcome as are donations of food and/or money.

www.facebook.com/events/344211137168392

Sunday School Options

Our Lenten Sunday School study will continue through the Sunday of Holy Week (April 10th) at 9:45 am each week. There will be no Sunday School on Easter Sunday (April 17th). This special Lenten study is offered as a hybrid class with in-person and Zoom options for both the children's session in the children's room and the combined adult classes session in the Burhans Room.

To participate by Zoom for either class, go to <https://zoom.us/join> or call 301.715.8592 and enter the Meeting ID and Passcode for your desired class:

Children's Class - Meeting ID: 865 7471 1577 and Passcode: YouthSS ([One-Click-Join Link](#))

Joint Adult Class - Meeting ID: 894 3614 5937 and Passcode: 536055 ([One-Click-Join Link](#))

CHURCH CALENDAR

April 2022

SUN	4/3	Sunday School	9:45am
		Sunday Worship	11:00am
MON	4/4	Consistory Meeting	7:00pm
TUE	4/5	Tuesday's Supper & Food Pantry	5:00pm
THUR	4/7	Staff Meeting	12:00pm
		4-H Club Meeting via Zoom	4:30pm
SUN	4/10	Palm Sunday – Reception of New Members	
		Sunday School	9:45am
		Sunday Worship	11:00am
MON	4/11	Search & Call Team Meeting	5:30pm
TUE	4/12	Tuesday's Supper & Food Pantry	5:00pm
THUR	4/14	Maundy Thursday Seder Dinner	6:00pm
FRI	4/15	Prayer & Meditation in Chapel	9am – 12pm
		HARC Cross Walk at City Park	1:00pm
SAT	4/16	Decorate Flower Cross	4:00pm
SUN	4/17	Easter (Resurrection) Sunday	
		Sunday Worship at the Flower Cross	10:45am
MON	4/18	May Newsletter Deadline	
TUE	4/19	Tuesday's Supper & Food Pantry	5:00pm
THUR	4/21	Staff Meeting	11:00am
		4-H Club Meeting via Zoom	4:30pm
FRI	4/22	Book Club at home of Sue Graff	7:00pm
SUN	4/24	Sunday School	9:45am
		Sunday Worship	11:00am
		Dinner Theater Rehearsal	12:30pm
MON	4/25	CE Meeting	4:00pm
TUE	4/26	Tuesday's Supper & Food Pantry	5:00pm
WED	4/27	Search & Call Team Meeting	5:30pm
THUR	4/28	Executive Committee Meeting	2:00pm
		4-H Club Meeting via Zoom	4:30pm

April 2022							May 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

APRIL Birthdays

Aaron Kelly	4/4
Tess Summers	4/5
Betsy Roulette	4/7
David Rhodes	4/9
Lynda Graves	4/10
Kim Ridenour	4/10
Robert Kefauver	4/12
Michael Mooers	4/21
LoriBeth Martin	4/21
Krista Burgan	4/23
Kenlin Martin	4/24
Burnie Clutz	4/26
Michael Heyser	4/28

APRIL Anniversaries

Danny & Julia Springer	4/9
------------------------	-----



Easter Flower Cross 2021

Treasurer's Report

Monthly	Feb 2022	YTD 2022
Income	\$7,502.50	\$10,345.50
Transfer from Special Funds	\$106,755.50	\$131,755.50
Expenses	-\$100,859.12	-\$136,407.50
Net Income	\$13,398.88	\$5,693.50

Holy Week & Easter Schedule 2022



Worship with Us this Easter Season!

Maundy Thursday Seder Service - Join us Maundy Thursday (April 14th) to celebrate and remember Jesus' last supper with a seder meal service as we experience the roots of the Christian Communion service. We will meet in-person in the Chapel and virtually via Zoom beginning at 6pm. In-person participation will be limited to 60 people due to safety precautions. Sign-up now to attend this beautiful service in the vestibule on the information table or contact Rae in the church office at 301.739.7244 or email her at zionrucc@myactv.net. There is no fee for this dinner service as in the past but a free-will offering is greatly appreciated.

Good Friday Time of Personal Prayer & Meditation – Stop by the Chapel anytime from 9am – Noon on April 15th for a time of personal prayer and meditation. Meditative prayer music and candles will be lit to help create a meditative atmosphere for a powerful time of prayer and reflection.

Good Friday Unity Walk at Hagerstown City Park - In memory of Christ's passion and death, we join HARC and Unity Walks for the Good Friday Unity Walk (formerly known as Good Friday Cross Walk). Walk begins in the gazebo adjacent to the Museum of Fine Arts parking lot at 1pm on Friday, April 15th. The walk will include 7 stops with scripture readings and meditations, and call-and-response songs between stops. We will meet up as a group at 12:45pm to participate together in this time of prayer and reflection.

Easter Flower Cross Set-up – Come join us to help decorate the Easter Flower Cross with flowers on April 16th at 4:00 pm in preparation for the Easter Flower Cross service on Easter morning prior to Easter Worship.

Easter Flower Cross & Worship Service – Please join us at 10:45am Easter morning (April 17th) to celebrate Christ's resurrection with the powerful symbol of new life found in the fresh flower blossoms of the Easter Flower Cross. Remember there will be no Sunday School this morning due to our Easter celebrations. After a brief service at the Easter Flower Cross in front of the church on N. Potomac Street, we will proceed into our historic sanctuary for the remainder of our celebration. Don't forget to invite a friend!

More info, virtual participant details, and updates available at www.zionreformed.church/easter.



He is Risen!

Parish Nurse Notes

A is for April and Antioxidants

A Parish Nurse Note ♥ April 2022



“Antioxidant” seems to be a frequently heard buzz word. An antioxidant is a substance that slows oxidation- a chemical reaction that damages the cells of your body. However, nearly every living organism requires oxygen to survive, even if its chemical reactions cause cell damage. Quite a dilemma! Luckily, there are readily available “chemicals” that are antioxidants. The sole dietary antioxidants are Vitamins A, C, and E. Other substances that are called antioxidants have not been shown to improve health or prevent disease.

Antioxidants were active as early as 5- to 200 million years ago! Plants adapting from living in the sea to growing on land began producing Vitamin C. In the late 19th and early 20th centuries, the use of antioxidants was focused on the prevention of metal corrosion, the vulcanization of rubber and fuels for the combustion engine. Foods came into the antioxidant picture when biologists were looking for a way to keep unsaturated fats from turning rancid. In the early 1900’s, the discovery of Vitamin’s C and E energized biology and the importance of these antioxidants with regard to living creatures.

Antioxidant vitamins are present in fruits, vegetables, nuts, legumes and eggs. Vitamin C (also known as Ascorbic Acid) can be found in fruits and vegetables. Vitamin E is present in vegetable oils, seeds and nuts. Vitamin A (carotenoids or carotenes) can be found in fruits, eggs, and vegetables. The easiest way to be sure you are consuming antioxidants is to eat a variety of fruits, vegetables, and nuts. Vivid colors and strong taste often indicate which foods are the most beneficial. You should try to eat four and one-half cups of produce per day. Be careful though; fresh produce decreases in nutritional value within a few days. Refrigeration can help curb this loss. Frozen fruits and vegetables are a great source of antioxidants, as they are harvested at their peak and freezing keeps the nutrients in good shape for a much longer time period. When cooking vegetables, use as little water as possible and cook for the least amount of time as possible to maintain all the health benefits. Some antioxidants work better when paired with others: olive oil or avocado with spinach or tomatoes can make fat soluble antioxidants more easily available.

Include the peels of carrots, apples, citrus (zest), potatoes and broccoli stems, when possible, as these parts of the vegetables have higher concentrations of valuable nutrients. One warning about antioxidants: some antioxidant properties can interfere with cancer medications and radiation, so be sure to check with your healthcare provider for any needed restrictions.

Eat up and stay healthy!



Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources:

Better Homes and Gardens, March 2022

<https://antioxidantsworld.blogspot.com>

<https://en.wikipedia.org>

Consistory Notes

The March meeting of the Consistory was relatively short and sweet. The committee reports had been previously shared with the Consistory and there were no questions about the reports.

The Consistory did discuss the plans for the upcoming Annual Congregational Meeting. It was agreed that this meeting will be a hybrid meeting, meaning that members who wish to attend in person may do so and those who prefer to participate from home may do so via ZOOM. The items to be voted on are the draft Constitution and Bylaws and a proposal to have a standard Sunday worship time year-round. Members should receive a copy of the Annual Report and the draft Constitution and Bylaws by March 13th. Please review these documents carefully. Your input is valuable.

The Joint Search Committee and Consistory meeting resulted in new Mission, Values, and Vision statements. These will also be presented to the Congregation for consideration on the 27th.

Updating our heat sensors and detectors will cost \$3351. This protection of our church building is critical, and the Consistory voted to move forward with this project. A new request to the Mary K. Bowman Grant was made to support the on-going restoration work of headstones in our historic cemetery.

The Consistory was pleased to note that the county covid positivity rate is declining. This rate will continue to be monitored carefully and any future adjustments to normal operations will be communicated to the Congregation swiftly.

Plans for the Easter Flower cross were reviewed. A smaller cross is being considered due to the cost of flowers, the proximity of the Cross to our stained-glass windows, and the declining number of people to raise the Cross. Decorating the Cross will begin at 4 pm on April 16th.

Resuming the operation of the Cinderella Shop during the month of April was also agreed upon. Steven Wise will be approached about serving as the Security Guard each Saturday. Please contact Carroll Sager (240.313.0582) if interested in volunteering.

The Executive Board of the Consistory suggested presenting an annual Zion Volunteer of the Year award to a deserving Zion member who contributed significantly to the church throughout the year. This award will include a gift card of appreciation. The Consistory agreed that this was a wonderful idea.

Several people have asked about ways to support the people of Ukraine. Katie offered to locate some local Ukrainian churches or organizations that would be worthy recipients of our assistance, be it financial or otherwise. Keep the Ukrainians and all people who are suffering in war in your thoughts and prayers.

Spring is here!

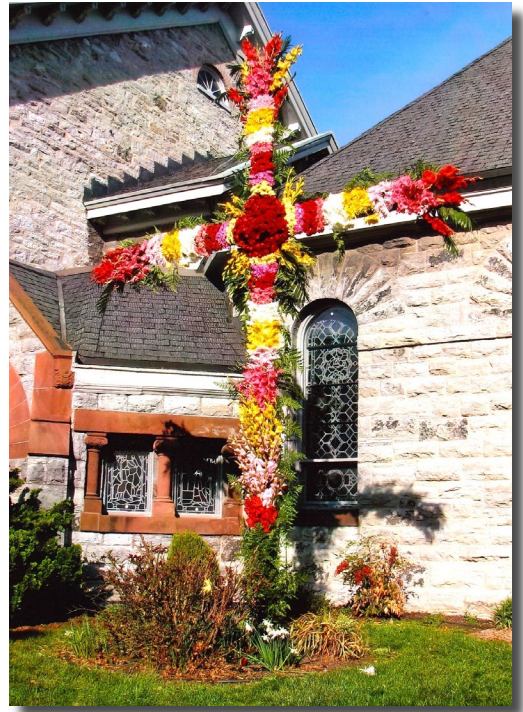


Easter Cross

One of our Easter traditions at Zion Church is the Easter Cross, erected at the beginning of Passion Week, representing the Cross of the Crucifixion. On Easter morning, as a symbol of the Resurrection, it will bloom with Spring flowers.

Those who wish to be a part of this tradition are invited to sponsor flowers on the cross. Flowers may be contributed in memory of loved ones or in honor of someone dear. The names of those honored will be included in the Easter Sunday bulletin.

If you are interested in donating flowers, please complete this form and drop it in the offering plate or bring it to the church office by **Monday, April 4, 2022**.



Easter Cross Flowers

(Please check one)

In memory of _____

In honor of _____

By: _____

Amount Contributed: \$ _____

Please submit payment with your request. Make checks payable to **Zion Reformed UCC** and clearly marked "**Easter Cross.**"



Cinderella Shop

@Zion Reformed UCC

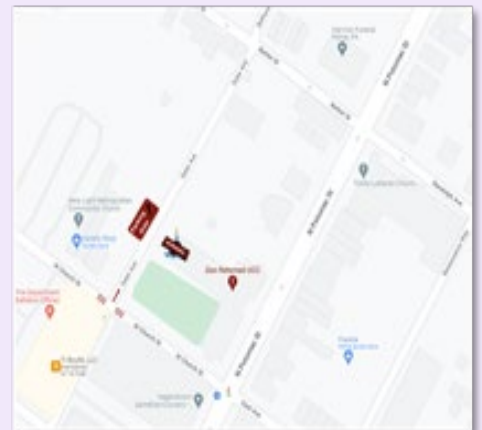
*Bringing Your Dreams
Within Reach for 19 years!*

The Cinderella Shop at Zion Reformed UCC will be open every Saturday during the month of April from 10am to 12pm selling clean, gently used gowns for prom and other formal events for a \$25 donation (cash or check made out to REACH of Washington County). All proceeds go directly to REACH of Washington County.

The church is located at 201 N. Potomac St., Hagerstown, MD. Access to and parking for the Cinderella Shop are in the rear of the church via the Suter Avenue alleyway off Church Street and across the street from the Farmer's Market.

Information and updates available at:

www.zionreformed.church/cinderella.

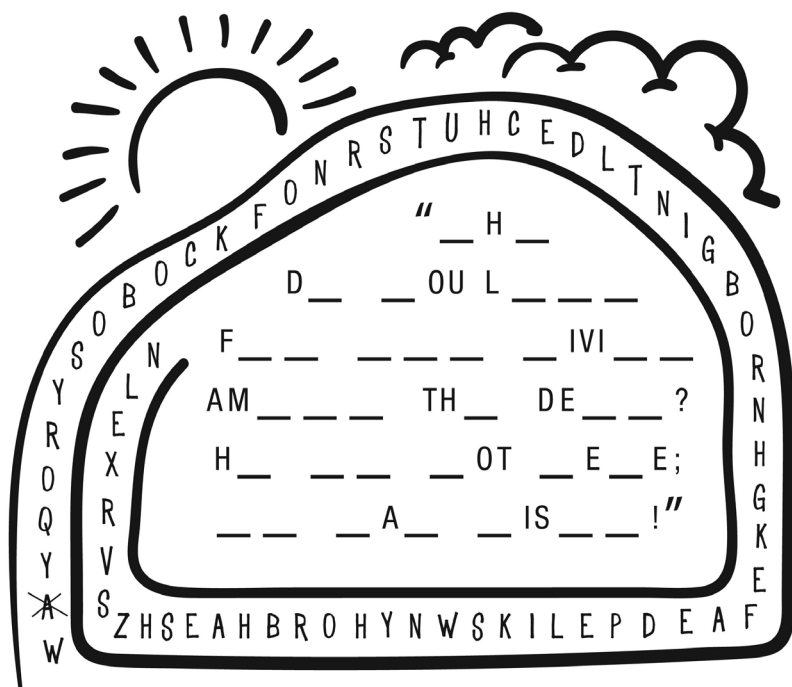




EASTER MORNING *message*

Early Sunday morning, some women who followed Jesus encountered a great surprise. Solve the puzzle to see what the angels told them.

Directions: Cross out every other letter in the maze. Write the remaining letters in order to complete Luke 24:5-6, NIV.



LUKE 24:5-6, NIV

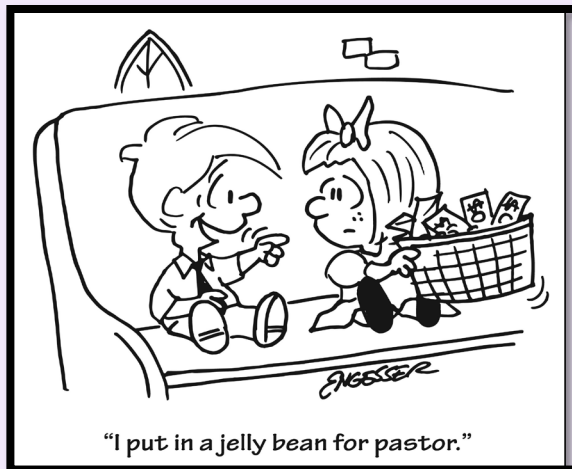
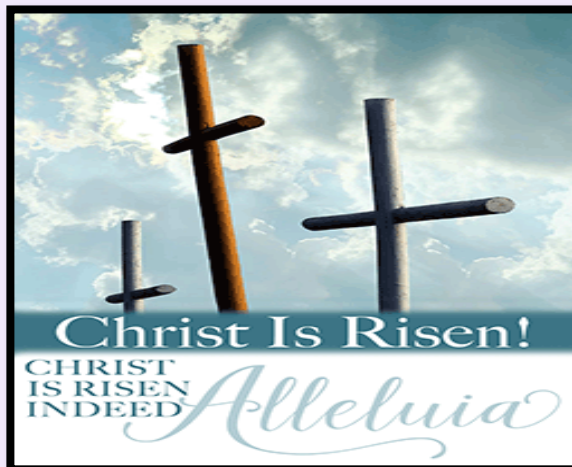
Answer: "Why do you look for the living among the dead? He is not here; he has risen!" Luke 24:5-6, NIV



Zion Dinner Theater Returns!

Mark your calendar for June 25th at 5pm. Tickets will go on sale at the beginning of May - \$15/person or \$25/couple.

www.zionreformed.church/theater



Interim Minister: Rev. Katie Penick, (240) 418.8028
 Interim Administrative Assistant: Rae Smith, (301) 739.7244
 Technology & Multimedia: Michael Jones (240) 883.4544
 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: Kim Ridenour, President; Michael Jones, Vice-President; Carroll Sager, Secretary; Susan Clutz, and Carol Mooers.

Consistory Deacons: Dee Krause, Calvin Livingston. Rich Owens, Daisy Schlotterbeck, and Tina Shafer.

Koinonia focus 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: the third Monday of the month prior to the month of publication. All articles 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 as an alternative to medical advice from your doctor or other professional healthcare provider.

10 Years: 2012  2022

Celebrating



HARC HIKE

for Hunger & Hope

It's our 10th year,
come help us celebrate!

Saturday
June 4, 2022

On the beautiful

C&O Canal Towpath
in Washington County, Md.

Check-in location for all hikers: **Shepherd's Spring Outdoor Retreat Center**
16869 Taylors Landing Road, Sharpsburg, Md. 21782
You will be shuttled to your start point on the towpath

Three distances to choose from:

4K (2.5 miles)

Check-in: 9:30 or 10:15 am
Individuals \$40; Families \$65

10K (6.3 miles)

Check-in: 8:00 or 8:45 am
Individuals \$50; Families \$85

Half-marathon (13 miles)

Check-in: 7:00 am
Individuals \$60; Families \$105

- **\$10 Early-bird discount and guaranteed t-shirt if you register by May 13**
- Enjoy Snacks & Drink stops along the way
- All hikes conclude at Shepherd's Spring Outdoor Retreat Center
- Post-hike Celebration for all hikers at Shepherd's Spring with food, music & fellowship!
- Photo scavenger hunt for youth & nature scavenger hunt for younger children
- Prizes for top fundraising individual & team; prize drawing for anyone who raises funds



HARC75

Hagerstown Area Religious Council
we can do more TOGETHER

75th Anniversary ● 1946-2021

Visit www.pledgereg.com/4195/t/zrucc
to donate or register with the Zion Team

Online registration open through June 3rd
(same-day, in-person registration is permitted)

learn more about the hike at <https://harccoalition.org/hike>

Virtual Hike

You can also hike virtually!
See website for details.

Challenge Hike

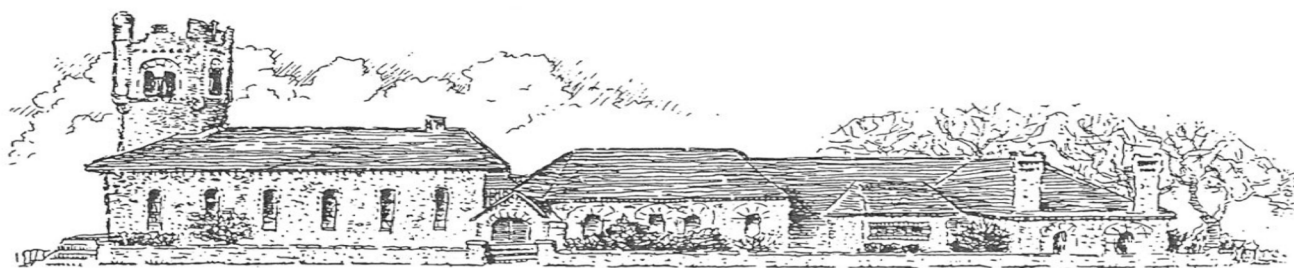
Up for a bigger challenge?
Join us Saturday, June 11,
for 20 miles on the AT!
Details on our website.

Proceeds benefit HARC & Micah's Backpack

- Micah's Backpack, a program to feed food-insecure school children on weekends
- Celebrating 20 years of interfaith work in Wash. Co.!
- Early childhood education and well-being programs



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



Zion Reformed United Church of Christ