

MONTHLY NEWSLETTER | JULY/AUGUST 2022 - VOLUME 63 ISSUE 7/8

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.

The idea of the newsletter name change is to remind us that we are in communion or fellowship with one another. Sharing our news helps create and build the community of Zion, a community of which we are all a part. It also reminds us that we exist to be an extension of God's community, fellowshipping with God and one another. Koinonia also encapsulates our newly revised church mission, vision, and values statements that express the very core of our existence as a church but also as Christians.

By having the name of the newsletter focus on koinonia and purpose, we are reminded that we are a community of fellowship, joint participation, communion, and love. This is yet another way for us to live and breathe this reminder. May we always remember to continually strive to be the welcoming, loving agents of fellowship and community as God asks of us as an expression of our faith!

Worship With Us

Our summer worship schedule is in effect. Worship at 10am through Sept. 4th. Sunday School resumes Sep 11th.

Can't make it in-person?

Worship with us virtually at www.zionreformed.church/worshiplive during worship or worship on-demand 24/7.



ZION REFORMED UCC

No Matter Who You Are, Or Where You Are On Life's Journey — You Are Welcome Here!



Beloved,

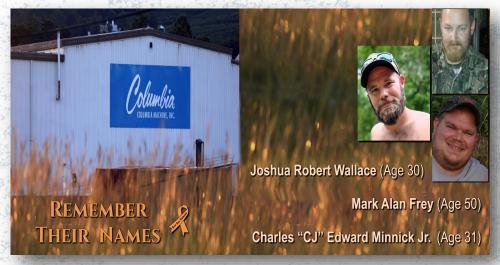
Our church and our community was devastated by the recent shootings in Hagerstown and throughout our country. On Sunday, June 12th people from all walks of faith gathered at Shiloh United Methodist Church to pray and sing, remembering those in our community who were impacted by these tragic events. We ended our time together with candles lit in hope. I was honored to be asked to do the closing prayer as we held our candles high, and I would like to share this prayer with all of you:

God of new beginnings and sacred endings, we gather today under the shade darkened skies of grief, in this in-between time and space, unsure of what the future holds... awaiting transformation, renewal, and the chance to begin again. Our times are in Your hands, O God, give us hope for the journey.

Encourage us to be ever mindful of Your Still-Speaking voice; to dance without fear when the morning has come, and to know that with the coming of Your Light fear must release its death-grip on our lives. Our times are in Your hands, O God, give us light for the journey.

Today we stand in this present moment, frustrated by miscarriages of justice, angered by the lack of collective concern for our safety, exasperated with broken institutions that allow this epidemic of violence to continue, and we deeply grieve the growing numbers of deaths by gun violence that has now impacted this community.

As we prepare to leave this place, may our thought and prayers be transformed into sacred action that will bring about a place where justice flows like a river and peace overflows into each of our lives. Our times are in Your hands, O God, give us justice for the journey.



To watch the news coverage of this gathering please use the link below: www.localdvm.com/news/local-news/maryland/community-gathers-to-pay-tribute-to-shooting-victims

Zion News

"A merry heart does good like medicine." Proverbs 22:17

Book Club

The Zion Book Club will meet in person and via Zoom on Friday, July 29, 2022 at 7pm to discuss two recent reads, "The Lady's Mine" by Francine Rivers and "Run, Rose, Run" by Dolly Parton and James Patterson. These two very different books will provide lots of lively discussion! The selection for August is "The Beekeeper of Aleppo" by Christy Lefteri. Be sure to join us for fun and fellowship. Join by ZOOM at https://zoom.us/join or by phone call at +1 301 715 8592 and when prompted enter Meeting ID: 814 4653 4587 and Passcode: Zion. Virtual participation details can always be found at www.zionreformed.church/bookclub.

Micah's Backpack, Tuesday's Supper and One Stop Shop

The number of children and families needing help with food is increasing at an alarming rate. All of the churches involved with the these programs are facing the same questions:

How do we feed more people than we currently are?

Where do we get more volunteers from to help us out?

This past school year Zion fed 30 children at Bester Elementary School and 4 at Barbara Ingram School for the Arts. We have been asked if there is any way possible that we can increase these numbers. We have more and more families and people coming in on Tuesday evenings also. Without your help we are finding it difficult to do any more than we are. Even though we will be getting most of our food from the Maryland Food Bank at discounted rates there is always a need for more and many ways you can help out:

When you go to the grocery store try to pick up a few extras for the families that don't have much to eat. If you have a few minutes on Sunday morning, help fill bags for Micah's Backpack. If you have time on Thursday mornings, see if Carol needs help delivering those bags to the schools. On Tuesday evenings we can always use help serving dinner and assisting people in the One Stop Shop area.

Anything you can do will be a big help and greatly appreciated by all involved with these much needed missions. If you can help out in any way please let Carol, Rae or Pastor Katie know.



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JULY AND AUGUST WEEKLY EVENTS

Sunday Worship — Every Sunday at 10am in the sanctuary and virtually at www.zionreformed.church/worshiplive

Tuesday's Supper and One Stop Shop — Every Tuesday from 5—6:30pm in the Fellowship Hall Staff Team Meetings — 7/7, 7/21, 8/4, and 8/18 at noon in the Burhan's Room 4-H Club — Every Thursday at 4:30pm via ZOOM Search & Call Team Meetings — 7/11, 7/27, 8/8, and 8/24 at 5:30pm in Burhans Room and ZOOM

ONA Team Meetings — 7/11, 7/27, 8/8, and 8/24 at 5:30pm in Burnans Room and 200N Team Meetings — 7/14, 7/28, 8/11, and 8/25 at 12:30pm in the Burhan's Room Zion Book Club — 7/22 and 8/26 at 7pm at the home of Sue Graff and via ZOOM Properties Team Meeting — 7/27 and 8/27 at 4pm in the Burhan's Room and via ZOOM

SPECIAL EVENTS FOR JULY AND AUGUST

July 4th Independence Day — OFFICE CLOSED

Saturday Matinee - Disney's "Encanto" — 7/16 at 3pm in the chapel

Open & Affirming Coalition's Annual Gathering — 8/6 at 6pm in the chapel (all are invited)

Back to School Block Party — 8/13 at 3pm in the church parking lot

Annual Picnic /Sunday Worship — 8/21 at 10am at Pangborn Park's East Pavilion

Blessing of the Backpacks 8/28 during worship at 10:00am

Summer Birthdays

Todd Hershey	7/1
Ralph France	7/9
Domenick Gerlando	7/24
Betty Teel	7/29
Judy Thompson	8/5
Angie Shafer	8/5
Doug Wade	8/9
Barry Newlin	8/9
Carol Mooers	8/12
Stacey Shealer-Broadwater	8/13
Frank Ebersole	8/15
Megan Shroyer	8/17
Rae Smith	8/22
Felicity Shafer	8/25
Peggie Roscoe	8/27
Missie LaBombard	8/28

Summer Anniversaries

Carol & Ralph France	7/11
Scherry & Ralph Sellers	7/14
Carol & Randy Schultz	8/23
Susan & Burnie Clutz	8/24

It's that time of year again, STINK BUG SEASON!!

Here's a tip to keep them out of your house:

Take an empty spray bottle and mix 2 tablespoons of Blue Dawn dish detergent and fill with water. Spray all over your outside doors and windows and anywhere else you are seeing them. Some people even use their pressure washer to cover their entire

house with the Dawn mix but check your pressure washer manual first. Stink Bugs for some reason hate the smell and it will keep them away, hence, out of your house!! Repeat every 2 or 3 days for best results!

What's Happening at Zion



Congratulations to Mackenzie Ridenour who graduated from Clear Spring HS on May 31st and will be attending Delaware Valley Univ. as her first step to becoming a Large Animal Veterinarian.



On June 5th we commissioned our ONA Team. This is the beginning of our journey toward becoming an open and inclusive house of worship.



Our Block Party on June 18th was a lot of fun for everyone. Kids had lots of games to play and an opportunity to make new friends. Everyone enjoyed the hot dogs, popcorn, and cotton candy. Plan on joining us on August 13th for our Back to School Block

Saturday Matinée

Popcorn, snacks, and a movie!

Beat the dog days of summer and cool down with us in our air-conditioned chapel for a Saturday matinée showing of Disney's "Encanto" on July 16th at 3pm.



Back to School Block Party

Fun, Games, Music and Free Food! —Spread the word and plan to join us on August 13th at 3pm in the church parking lot as we enjoy the calm before the hustle and bustle of the new school year begins. We will also be giving out school supplies to all the kids.



Church Picnic



Don't miss the annual church picnic and worship service at Pangborn Park on Sunday, August 21st. The church will be providing chicken and drinks so just bring your favorite sides and dessert.

Oh— and don't forget your appetite!

Blessing of the Backpacks



Bring in your children's and grandchildren's backpacks on Sunday, August 28th to be blessed during our blessing of the backpacks as we send forth blessings

upon the children & adults starting the new school year.

Progressive Dinner

On September 11th we will be participating in the Interfaith Coalition's Progressive Dinner. The theme of this years diner is PEACE. This is a great opportunity to interact with our neighbors from different area churches and faiths. Plan to join us as we go from church to church for each course of our meal. Locations will be posted at a later date.

Have a Happy and Safe Independence Day!



Consistory Highlights for June 2022

This spring the Consistory has been starting each meeting with a litany reading led by Katie of our Values, Beliefs, and Mission statements. This has been a wonderful way to reflect on the path that ZION is taking.

Questions about the monthly team reports were brief and easily answered. The Search Committee met with the Association Conference Minister in May to review ZION's profile. The committee currently is making some adjustments to our profile based on this discussion. Our new Articles of Incorporation has been held up at the State due to a formatting question. This should be easily resolved. ZION has sent checks to the World Central Kitchen and the UCC Ukrainian relief fund and has received thank you letters from both groups. Donations for both Ukrainian relief efforts will continue to be collected.

ZION had the largest number of participants of any UCC church at the May 14 Association meeting. Debra was approved for ordination. Katie will be preaching at Debra's ordination which will be scheduled for sometime this summer. Katie also spoke about a new Association initiative to address Medical Debt Relief. Medical debt is the leading cause of poverty in many areas of our country. The Association has pledged \$7000 to support this effort. Each church in the Association is asked to contribute \$185 toward this goal. Katie will address and elaborate on this issue in her upcoming sermon. It was decided that we will accept donations from the congregation for this effort and that ZION will make up any deficit to meet the \$185 pledge request. It was also suggested that perhaps Medical Debt Relief could be a future HARC project with ZION taking the lead on it.

ZION was awarded \$2000 from the Funkhouser Grant for the Soup Kitchen and the Food Pantry. We did not receive an award from the Rotary Club this year.

A representative from the Maryland Food Bank will visit the Soup Kitchen and Food Pantry this week to familiarize himself with our operation. It is hoped that this may lead to some financial support from the Maryland Food Bank to modernize this part of our church and/or the parsonage.

We continue to have difficulty with our security cameras whenever there is a strong storm. This then results in calling Tele-plus to correct this issue. Upon further discussion with Tele-plus, it was decided that it was most cost effective to replace the NVR device, basically the computer brain of our security system. A motion to this effect was made, seconded, and passed.

Draft job descriptions for the Administrative Assistant and the Multi-Media Specialist positions were shared. These drafts are hoped to be finalized within the next week or so in order to begin advertising for these two positions.

Upcoming events include the Mental Health First Aid Training on June 11 at ZION, the Block Party on June 18, an inside movie event to be scheduled this summer, the Ag Fair in July which involves our 4-H Club, the Cash Scholarship application deadline of June 30, and a planning meeting on June 28 at 3pm at ZION for an Interfaith Day of Peace Progressive Dinner on September 11. If you are interested in attending or volunteering for any of these events, please contact the church office.

As you can see, lots is happening this summer at ZION but, the Consistory will be on hiatus until Sept.

Our Open and Affirming Journey:

What Is a Covenant and What Does it Have to Do With Becoming an ONA Congregation?

"For Christ, having received, not one or two of us, but all together, has thus connected us, so that we ought to cherish one another." "John Calvin

Covenant is a core-value not only in the ONA movement but within the Reformed tradition that is deeply rooted in the Bible. It is a concept that not only goes back 500-years to the beginning of the Reformation, but that is over 3000 years-old going back to the Hebrew scriptures and tradition. Essentially, to be in covenant means this: "Accept one another, just as Christ accepted you, in order to bring praise to God" (Romans 5:17, NIV). Now, Paul in Romans is literally using a word that means "to take". It is translated in the NIV version as "accept" and is a better translation than "welcomed" as many translations including the NRSV version translate it as. "Welcomed" is really a weak translation of the word, where "accept" gets closer to Paul's concept which is "to take people into our lives" and is the same sense in which we use it in our marriage vows: "I take you to be my husband...I take you to be my wife...I take you to be my spouse." So we see that "acceptance" for Paul is more than a "welcome". The Greek verb Paul uses means "to take" others into our lives.-not a transitory welcome but an enduring relationship. Paul wants us to take other people into our lives, and that is the basic content of a covenant in our tradition. John Calvin (French Theologian and Reformer) wrote regarding Romans 15:7 that "For Christ, having received, not one or two of us, but all together, has thus connected us, so that we ought to cherish one another."

The Mayflower Compact in 1620 put it this way: "[We] solemnly and mutually, in the presence of God, and one another, covenant and combine ourselves together...."

The church in Dedham, Massachusetts in 1638 said it this way, "[We covenant] through the help of the Lord to live together in this, our, holy fellowship according to the rule of love."

Thomas Shepherd (Congregationalist Theologian) wrote in 1648 that "Members [of the church are] bound to cleave only to Christ, their head... and to one another by mutual love, which they are bound to strengthen and confirm... by a Solemn Covenant."

In 17th-century New England, covenants actually created churches because there was no hierarchy. There was no external authority to tell churches what they had to do so they gathered together on the basis of a covenant and those covenants actually constituted the church. In the same way an ONA covenant really tells a church who they are and what their values are. The values our ancestors in faith associated with covenants included belonging to Christ, connection, mutual love, experiencing God's presence, and holy listening. The church in Dedham, MA, wrote their covenant only after several months of sitting down every day listening to the Word of God together, not only in Scripture but in the stories they shared with one another, and they prayed. They did all of this because they wanted to discern what God's plan was for their church. And just as they did, we too must pray, discerning what God's plan for our church is because God does have a plan for our church and every participant in it. Will we covenant together to breathe life into God's plans, to discern what God's will for us as a congregation is? Will those plans include an ONA covenant? Will that covenant be inclusive of all of God's children or will it demand exclusivity? Will our covenant be compassionate and loving of all of our neighbors or only to select neighbors? Will it be mindful of the language it uses to include the oppressed and the marginalized or will it contain language that is inclusive of us but offensive to the oppressed and marginalized? Will our fellowship be governed by the rule of love, connecting us all together so that we may cherish one another? Will we cleave to Christ and one another by mutual love, strengthening and confirming that love in solemn covenant? These are the exciting questions we have set forth to answer in the process of our ONA journey.

We look forward to journeying together with you! Your ONA Team

In March we as a congregation voted to begin the journey of discernment to decide if we should become an open and affirming (ONA) congregation. ONA is a movement within the UCC that would designate us as a welcoming and inclusive congregation to include our LGBTQIA+ siblings in Christ. In April we formed an ONA team to help guide us through this journey of discernment. On Pentecost Sunday, June 5th, we officially commissioned that team. The team has been busy planning and building a foundation to begin sharing with the congregation inviting us all to hear, pray, listen, and to be gracefully engaged in and throughout this process. Updates and informative articles such as this will be shared in the newsletter and/or weekly bulletins in addition to special events and forums to help guide us together throughout this process of discernment.

Hot, Hot, Hot!! A Parish Nurse Note—July 2022

The dog days of summer are here! July 3 through August 11 are considered the dog days for 2022. What exactly are "dog days?" The ancient Greeks and Romans believed this time period was filled with drought, bad luck, unrest, and heat so extreme it could cause men and dogs to be "driven mad." They also felt that disease and discomfort were abundant. (FYI- a 2009 study in Finland showed that infections were higher during dog days....coincidence?) Astrologically, this is the time when the star Sirius, part of the constellation Canis Major (Greater Dog) and the brightest star other than the sun, rises at dawn and is close to the sun. This alignment was thought to be the cause for the temperature- hot, hot, hot! The Greeks and Romans were not fond of this star. However, the Ancient Egyptians knew that the Nile River flooded in late June, bringing rich soil to their crops; they were more pleased when Sirius was visible.

Here are some tips to beat the heat of the dog days and avoid dehydration. Wear lightweight, light colored, loose fitting cotton or linen clothing. Dark colors do absorb heat and tight fitting clothes block perspiration from evaporating (the body's air conditioner.) Some clothes also have built-in SPF (sun protection factor). Dry clothes give more protection against heat than wet ones. Wide brim hats and sunglasses are a must when out in the heat. Sunscreen products help prevent sunburn.....a whole other kind of heat! Pay special attention to your nose, ears, shoulders, back of the neck and lips when using sunscreen products.



Drink water throughout the day; don't wait until your are thirsty to start. Monitor how often you urinate; light colored urine and normal or frequent urination means you are hydrated. Dark urine and less than normal urination are signs you are not well-hydrated. Avoid alcohol and drinks containing caffeine; these beverages are dehydrating, even without hot weather. Specific foods can also help you stay cool and hydrated. Fresh fruits and vegetables often have a high water concentration; think watermelon, strawberries, tomatoes and peppers. Choose low fat meats, as fat takes longer to digest and has a higher salt concentration than lean meats, adding extra work for your body in hot weather.

Avoid being outside between 10 am and 2-4 pm. Take frequent breaks when in the heat and humidity, being sure to drink and snack during those breaks. If necessary, work outside in shady areas during peak sun hours. This will also help decrease your chances of heat related health issues.

Sunstroke (also known as heat stroke) is a serious medical emergency. This happens when your body can no longer regulate its temperature. Warning signs of sunstroke include throbbing headache, skin that is sore and red, nausea, vomiting, dizziness, muscle weakness, confusion, rapid heart rate and rapid breathing. If this occurs, get in a shady spot, elevate your head slightly (like using a pillow), drink cool (not cold) fluids, put a cool compress on your head, and try to stay calm. Ignoring these warning signs of a sunstroke can lead to brain swelling and even death.

So bring on the dog days of summer! But please, enjoy them safely!

Blessings and Health, Barb Hendershot, RN Parish Nurse



Sources: www.almanac.com healthline.com



May 19, 2022

Zion Reformed United Church Of Christ 201 N Potomac St Hagerstown, MD 21740

Re: Thank you for your donation!

Dear Friend,

On behalf of the entire World Central Kitchen team, I want to thank Zion Reformed United Church Of Christ for the donation of **\$500.00** made on **4/21/2022** in support of our response to the crisis in and around Ukraine. No goods or services were received in exchange for this philanthropic contribution.

WCK has served more than 60 million meals since 2010, and we have responded to disasters — both natural and man-made — in locations across the world including Albania, Australia, The Bahamas, Colombia, Indonesia, Mexico, Mozambique, and Venezuela.

Since mid-March 2020, WCK has been steeped in our pandemic response, providing relief to populations struggling to access food due to COVID-19. To address rising food insecurity and widespread restaurant closures, we pay local restaurants to prepare fresh, nourishing meals for neighbors in need. Through these partnerships, WCK has put \$162+ million directly back into local restaurants. To date, we have served more than 38 million meals to communities impacted by COVID-19.

WCK responded to other crises in 2021, including earthquakes in Indonesia, a winter outbreak in Texas and Mississippi, the eruption of La Soufrière volcano on St. Vincent, the devastating COVID-19 surge in India, the severe flooding in western Germany, the earthquake in Haiti, and Hurricane Ida in Louisiana.

Wherever there is a fight so that hungry people may eat, we will be there. Thank you for your belief and trust in our mission.

Sincerely,

Nate Mook CEO

p.s. - We hope that you follow us on Twitter (@WCKitchen), Facebook (@WorldCentralKitchen) and Instagram (@wckitchen) for the latest updates on our work.

Thank you for abolishing medical debt!

Your Gift

Please let this email serve as an acknowledgment of your generosity and a receipt for your tax-deductible gift. Your donation was received as follows:

Name	Date	Amount	Fund
Zion Reformed United Church of Christ	6/13/2022	\$216.62	Restricted - West Virginia

Thank You!

Your gift will abolish debilitating medical debt, giving recipients and their families a fresh start and empowering them to embark on a new path of greater financial stability. We, along with more than 3,600,000 beneficiaries and their families, are very grateful for your compassionate action. Your support has helped RIP Medical Debt abolish more than \$6.5 billion of medical debt since inception. On behalf of our program beneficiaries, thank you!

If you would like to make a change to your donation amount, or to the frequency of a recurring donation, please contact Donor Services Associate, Sam Garber, at sam.garber@ripmedicaldebt.org.

Your feedback is valuable to us. Please share any comments or questions by taking a quick **donor** survey here.

Please follow us on social media for more news, research, and debt relief initiatives.



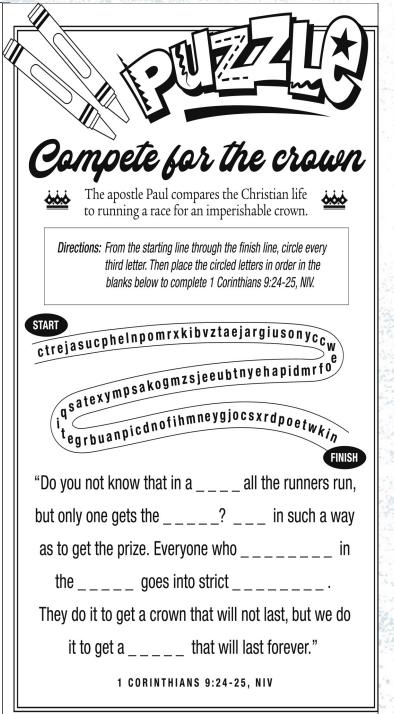
Puzzle!

Search for and circle all the bold words from Psalm 18:2, which reminds us where we find our strength.

The **LORD** is **MY ROCK**, my **FORTRESS** and my **DELIVERER**; my **GOD** is my rock, in whom I **TAKE REFUGE**. **HE** is my **SHIELD** and the **HORN** of my **SALVATION**, my **STRONGHOLD**.

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GOP ROCKS!



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

Interim Minister: Rev. Katie Penick (240) 418-8028

Interim Admin. Assistant: Rae Smith

Tech. & Multimedia Director: 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 - VP,

Carroll Sager - Secretary, Susan Clutz, & Carol Mooers.

Consistory Deacons: Dee Krause, Calvin Livingston, Rich Owens,

Daisy Schlotterbeck, & Tina Shafer.

KOINONIA *focus* is published monthly by Zion Reformed United Church of Christ, 201 North Potomac Street, Hagerstown, MD 21740.

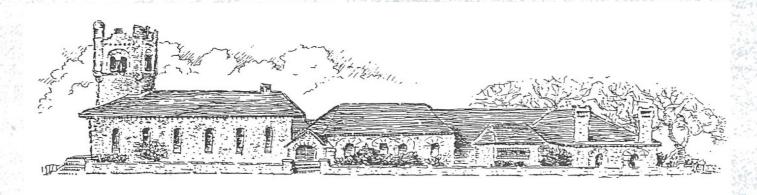
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Deadline for articles is the $15\,\mathrm{th}$ of each month prior to the month of publication. All articles are subject to editing for space.

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Zion Reformed United Church of Christ