

Grace United Church of Christ

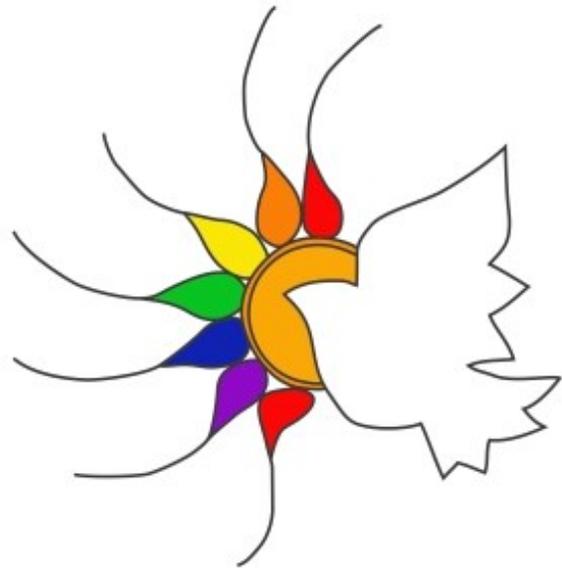
# Shalom

February 2016

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



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## Snow Day Sabbath

*"And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done." Genesis 2:2*

One of the most stressful things for a minister has nothing to do with theology or pastoral care. It's the decision whether to cancel church due to inclement weather. I am lucky to be able to share the decision with our wise council presidents, but the call is still risky, especially because it must be made by mid-day Saturday.

Then the question becomes yours: "What should I do with this Sunday morning free time?" Should I try to figure out what the pastor might have preached on this morning? Should I make sure I'm productive so I don't waste this opportunity? If all I do is stay in my pajamas and binge on Netflix, does that make me a bad person? How do I best honor my Snow Day Sabbath?

I wonder what God did while resting on the seventh day? Obviously, there is no way to answer that question with certainty, but I expect it wasn't part of an every-day regimen. I don't think God washed the dishes or vacuumed the living room or took out the trash. The world had just been created. Plants and animals and humankind had just been created. God not only took a rest that was well-deserved, but I wonder if there was some time of reflection? Some time to just look around at the beauty of this new creation?

I believe the lesson we can learn from Genesis 2:2 is that sometimes it's okay to rest, to be unproductive, or just to be able to take hold of the reins of your life rather than having life take the reins of you. I hope you did binge on movies, or cuddle up with a loved one, or simply watched the snow fall. I hope you took the opportunity to do that little thing you've been hoping to have time to do, like alphabetizing your DVDs or going through your wardrobe. I hope you found connection with God through prayer, through good deeds, or simply through rest. And, I hope to see you next Sunday...weather permitting.

Pastor Katie



## Grace Upon Grace for a Second Century

In this our second century, we set out to expand and preserve areas of worship, Christian education, and outreach.

*Grace upon Grace  
for a second century*

- We endeavored to re-roof the Fellowship Hall and Christian Education wing. And we did!
- We pledged to create a Memorial Garden not only for the interment of ashes of members, friends, and family of Grace, but also as a quiet place for members and visitors to reflect, meditate, and gather for outdoor worship. We sought to install a handicapped-accessible sidewalk to all church entrances. And we did!
- We wanted to preserve the organ for music in worship for a second century. And we did!
- We wanted the campaign not to be all about ourselves by giving a portion to benevolences. And we did!
- We gave \$5,000 to First Reformed UCC to help remodel the kitchen where we serve breakfasts monthly to our neighbors in need. We also gave \$2,671 for the Benevolence Fund of the UCC-affiliated Ephrata Manor nursing home.

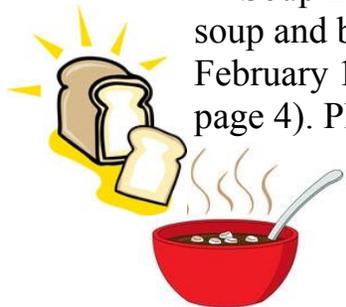
We did it, giving a total of \$136,646 during the three-year campaign. We ended 2015 just \$1,500 short of being able to pay our final bill for all projects undertaken. We borrowed that amount from our line of credit at the UCC Cornerstone Fund and will need to repay this debt. Contributions are welcome!

Look for upcoming announcements about celebrating all we have done together for a second century sharing God's grace.

~ Centennial Capital Campaign Committee

### Join in Congo Life Winter Events

Soup makers and bread bakers are needed for soup and bread luncheons Sundays in Lent starting February 14 after the congregational meeting (see page 4). Please sign up in the narthex.



Stay tuned for Friday night movies during Lent, sponsored by Congo Life. Watch for details in the announcements and in *Shalom*.

### Spring Into Fun at the Beach

Join in Grace's annual get-away weekend at Cape May Friday, April 29 through Sunday, May 1 (or stay until Monday morning if you like). Sign up on the sheet in the narthex. Shared rides are available.

Talk with Jessie Dombach for more information.

## ***Pausing with the Psalms:***

### **A Church-Wide Lenten Reflection**

Lent is a time of reflection. Reflection about the meaning of life, the meaning of forgiveness, the meaning of resurrection – of new life and more.

Without Easter, there is no Christmas.

Lent is a time for community – a time for us to be bound together in scripture, prayer and reflection.

So, here is the suggestion from the Spiritual Life and Growth Team.

This season of Lent, each week, daily read the psalm listed below. Read it quietly aloud. Pause.

Read it again, and pause. Read again, pause and then ask the questions:

*What in this passage challenged, supported, provoked or created curiosity within you? What words... phrases... in this passage caught your attention? How was it with your soul as you let these words come within you?*

If you can, write it down, share it with someone, and in all cases, share it with God.

Read the Psalms listed below during the week before the listed Sunday:

Ash Wednesday, February 10: Psalm 91:1-2, 9-16  
Sunday, February 14: Psalm 27  
Sunday, February 21: Psalm 63:1-8  
Sunday, February 28: Psalm 32  
Sunday, March 6: Psalm 126  
Sunday, March 13: Psalm 118:1-2, 19-29  
Palm Sunday, March 20: Psalm 118:1-2, 14-24  
Good Friday, March 25: Psalm 22  
Easter, March 27: Psalm 150



~ Jeffrey Hamilton

### **Gather Before Worship in the Prayer Room**

As part of our programming for Lent, there will be an intentional time for silent prayer at 10:15am each Sunday in the prayer room located in the education wing. Come and pray for Grace church, and prepare for worship.

~ The Spiritual Life & Growth Team

## February 2016 Worship Participants (and Congregational Meeting Update)

*Please remember it is your responsibility to find a substitute or swap dates with another participant as needed, and then notify the church office of any changes. A complete list of worship volunteers -- to help you know who else has volunteered for each role -- is posted in the narthex and also available from the church office.*

### **February 7, 2016**

Greeters (10am) —  
Jen Swank, Verna Labrador  
Ushers —  
\*Beth Bowers & Cathy Hainley, Kellie Wilson  
Lector — Jeff Hackenberger  
Liturgist — Herb McCollom  
Pew Communion Set-up/Clean-up —  
Christen Chew, Denise Pfeiffer  
Prayer Candle Lighter — Jeff Dombach  
Fellowship Hosts —  
Nick & Lori Santaniello  
Bulletin Volunteer 2/5 — Jessie Dombach

### **February 28, 2016**

Greeters (10am) —  
Amy Fishburn, Kellie Wilson  
Ushers —  
\*Suzy Luber, Tom & Marilynn Miller  
Lector — Carol Welsh  
Prayer Candle Lighter — Kay Charles  
Fellowship Host — Holly Keller  
Bulletin Volunteer 2/26 — Verna Labrador  
Shalom Volunteer 2/26 — Doug Frank

### **February 14, 2016**

Greeters (10am) —  
Holly Keller, Herb McCollom  
Ushers — \*Jim Wentz, Laura Carey,  
Emily Carey  
Lector — Kellie Wilson  
Prayer Candle Lighter — Jen Swank  
Fellowship Hosts —  
Robin Cain & Jeffrey Hamilton  
Bulletin Volunteer 2/12 — Ve Wolfe

### **March 6, 2016**

Greeters (10am) —  
Jessie Dombach, Carol Welsh  
Ushers —  
\*Amy Southall, Jeff Wolfe, Christen Chew  
Lector — Tim Whitney  
Liturgist — Jeffrey Hamilton  
Chancel Communion Set-up/Clean-up —  
Denise Pfeiffer, Robin Cain  
Prayer Candle Lighter — Laura Carey  
Fellowship Host — Kellie Wilson  
Bulletin Volunteer 3/4 — Jessie Dombach

### **February 21, 2016**

Greeters (10am) —  
Christen Chew, Denise Pfeiffer  
Ushers — \*Verna Labrador, John Markley,  
Jessie Dombach  
Lector — Rob MacGregor  
Prayer Candle Lighter — Herb McCollom  
Fellowship Hosts —  
Jeff & Jessie Dombach  
Bulletin Volunteer 2/19 — Suzy Luber

## **Congregational Meeting Rescheduled**

The congregational meeting will be held Sunday, February 14 after worship and a soup and bread luncheon.

Everyone is encouraged to attend to approve the 2016 budget and discuss Grace's future programs, church organization, and leadership.





## Parish and Community Health Resources

**Ask Dr. Trudie:** "TLC = Tender Loving Care = Therapeutic Lifestyle Changes"

Although I was born and raised in Lebanon County and have spent most of my adult life in Lancaster County, I have to confess that I've never acquired a taste for fastnachts. This is NOT to say I don't like sweets, fats, or other unhealthy foods — I could probably consume an entire Mardi Gras King cake without any difficulty. Since the impetus for both cultures' practices is to use up fat prior to Lent, I wonder if there would be a significant drop between observant Christians' pre- and post-Lent cholesterol and triglyceride levels.

While genetics, certain disease states, and some medications contribute to elevated lipid levels, diet plays an important part.

When your doctor checks your "cholesterol," he or she is actually checking several subtypes of lipids. Total cholesterol is made up of LDL (low density lipoprotein), VLDL (very low density lipoprotein), and HDL (high density lipoprotein).

Triglycerides are also measured. You want the LDL and VLDL to be low because these are the lipids that cause vessel disease. Loss of compliance in the arterial walls contributes to high blood pressure. Lipids cause inflammation and form plaques in the coronary arteries (which supply blood to the heart), decreasing blood flow. If the plaque ruptures, it can occlude the artery, resulting in a heart attack. If the plaques are in the carotid arteries, blood flow to the brain is diminished and a ruptured plaque can result in stroke.

High triglycerides MIGHT contribute to changes in the arterial walls; they operate a bit differently than cholesterol. Nonetheless, elevated triglycerides are often a sign

of other conditions that can cause heart disease and stroke. With HDL, however, you want higher numbers because the HDL tends to round up the bad cholesterol and transport it to the liver where it can be eliminated.

Coexisting risk factors for heart disease and stroke will help your doctor set treatment goals to lower those bad cholesterol and triglyceride numbers. A patient with 0-1 risk factors and an LDL of less than 160 doesn't need to start dietary modifications or meds, while someone with 2 or more should start treatment when the LDL is greater than 130. Risk factors include smoking, diabetes, high blood pressure, increasing age, and family history of early heart disease.

The first step in treatment is *TLC* — therapeutic life changes. These include quitting smoking, increasing exercise, cutting out saturated fats, increasing dietary fiber, and working toward a healthy weight. Depending on how high your numbers are, your doctor may also prescribe a medication. After three months, levels can be re-evaluated, and medication can be initiated for those not making progress with *TLC* alone.

Initial treatment of high triglycerides is also weight management and increased activity, with a goal of 150 or less. If triglycerides remain high after getting the LDL down, it's time for meds. Treatment of HDL (should be more than 40) includes regulating the LDL and triglycerides as well as intensifying weight management and ramping up your physical activity.

*(Continued on page 6)*

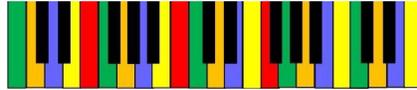
## **Ask Dr. Trudie** *(continued from page 5)*

There are many agents available for the treatment of elevated lipids. Like all medications, there are side effects and drug interactions to consider, and as with anything, “one size doesn’t fit all.” If your doctor starts a med, you will need periodic blood tests to keep an eye on liver function. Your doctor will discuss side effects to watch for and can change your treatment if necessary.

But remember, the first line of treatment is TLC, therapeutic lifestyle change. We can’t change our genetic fate, but we can control our diet and get off the couch. And none of us needs to make the tobacco industry any richer.

So know your numbers and give yourself some TLC!

*(Dr. Trudie welcomes readers’ comments and suggestions for future columns. Write to her in care of [graceucc@comcast.net](mailto:graceucc@comcast.net)).*



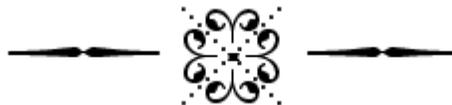
### **Making Music with Grace**

Greetings friends! The rehearsal schedule for choir and Memorial Bells will remain the same until further notice. Memorial Bells will practice Mondays at 7pm, and choir will sing Tuesdays at 7pm.

I would like to encourage all instrumentalists, singers, or performance groups to *Share Their Gifts* at worship service every third Sunday of the month. You can be a student, a professional, or a member of a performance group. You can perform solo or I can accompany you! You can sing or play any part of the service, prelude, postlude or hymns. Just volunteer. An eager congregation awaits you!

Finally, we are always looking for new members for choir and Memorial Bells. Please consider giving it a try! I hope everyone has a blessed and healthy year!

~ Suzanne Delahunt, Director of Music



### **Coat and Bedding Contributions Needed**

The Lancaster County Council of Churches clothing bank is in urgent need of winter coats (children and adult, especially men’s), bedding and towels.



Donations may be placed in the “give-as-you-go” area in the narthex for Grace volunteers to deliver to the clothing bank.

## Little Shepherds Class Begins



Grace's Little Shepherds program for all children four years and older will begin Sunday, February 14 during the 10:30am church hour. We invite you to bring your children for "Godly Play," a program we're adapting to our needs.

The Godly Play approach helps children to explore their faith through story, to gain religious language and to enhance their spiritual experience through wonder and play. Teachers include Melissa Keares, Holly Keller, Verna Labrador, Amy Southall, Jim Wentz and Karen Wentz.



Little Shepherds will be offered every Sunday morning except the first Sunday of each month, which will remain Family Sunday. Please see Verna Labrador for more information about enrollment or volunteering in our Little Shepherds program.

~ Verna Labrador

### Thanks from the Arch Street Center

"To Pastor Katie Cort and the congregation of Grace United Church Of Christ,

"Thank you so much for your donations to Arch Street Center! As the state budget impasse has dragged on we have become increasingly dependent on the largesse of organizations, churches and individuals to keep our center open and provide the services our members depend on. We are truly blessed to live in such a caring and generous community! Without help from compassionate people such as yourselves our members would have had to go without two daily meals, access to laundry and shower facilities and the safe, nurturing social environment so vital to combatting the poverty, homelessness and mental illness with which many of them struggle. Our staff and membership are forever grateful for your kindness and from the bottom of our many hearts we say thank you!

"If anyone is interested in learning more about Arch Street Center and the vital services we provide please contact Suzanne Matera, director of development, at (717) 392-8536 or smatera@archstreetcenter.org. We are also always looking for volunteers.

"Again, thank you all for your help!

Brad L. Hollowniczky"

## Grace is Open and Affirming

As an open and affirming congregation, Grace UCC welcomes gay, lesbian, bisexual and transgender persons into the full life and ministry of the church.

We invite all people to share their gifts as we journey together in faith and covenant to be responsible to God and to one another.

# Grace United Church of Christ

*Welcoming All  
Sharing Love  
Proclaiming God's Grace*

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