

Grace United Church of Christ

Shalom

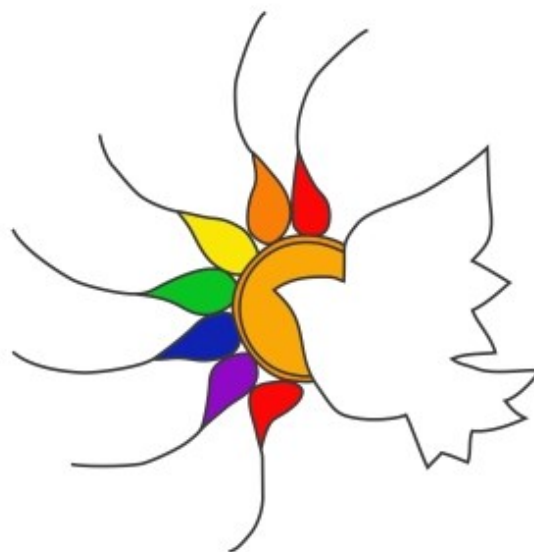
October 2014

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Falling

In terms of the church calendar things don't change much until the start of Advent. We will remain in "Ordinary Time" using the liturgical color green all through October and most of November. The Gospel lessons will continue to focus on Jesus' life and ministry. This seems to be a stark contrast to what's going on around us. The season is beginning to change and the consumerism monster is beginning to stretch its jaws for the impending feeding frenzy.

Fall is one of my favorite times of the year. I love to see the trees changing colors and the smell of the crisp fall air. The idea of apple pies and fireplaces glowing with warmth makes me smile. Overnight temperatures are beginning to dip lower and lower. There is part of me that loves change! Loves the anticipation of new things. Change brings an excitement. Even though I've been through decades of falls, no two have ever been the same. Each season is nuanced with subtleties and complexities. Our God is one change, bringing life to places where there has been death, creating new possibilities, and bearing growth in unexpected places. Grace UCC is filled with such a fertile foundation there is no telling what God might be getting ready to birth here.

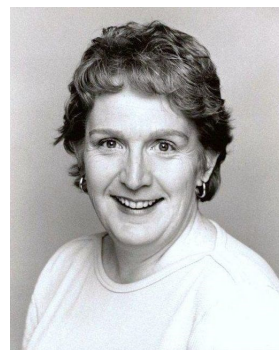
Last month I invited you to jump with me into the last sections of our ministry together. This month we are in the limbo of the fall, the season of things changing on the surface, preparing for the inner change that is yet to be realized in the inevitability of winter.

There is of course part of me that doesn't want things to change, part of me that does not want to ever consider the possibility of saying goodbye. But just like winter, such a time will come. I find myself pondering what this pre-holiday season will be like, what surprises will be in store for us as a congregation and for us as individuals, and what things will shift to prepare for the new birth we are getting ready to bear.

Shalom
Pastor Chris

Greetings from Grace's New Music Director

Born into a family of church musicians, Suzanne Delahunt is originally from Long Island, New York. She earned a BFA in theater from Adelphi University, Massachusetts, and in music from Brooklyn College Conservatory of Music, City University of New York. She taught music for the New York City Dept. of Education for 18 years. Suzanne is a Pennsylvania-certified teacher in music and elementary education who teaches in Hershey and Lancaster-Lebanon school districts. She has worked as an extra in movies, television, and commercials in New York City and Lancaster, has performed a one-woman show in Lancaster and in Ephrata as a soprano soloist. Welcome, Suzanne!



As in Psalm 150, true worship, befitting our God, is joyful and inspirational for the worshippers. Music has a way of bringing different people together for a common goal. This is what I wish for Grace UCC.

In the short time that I have been at Grace UCC, I see that, like the Memorial Garden Sculpture, energy radiates out from the center to touch everyone. The church is a center of the community drawing people in by special music performances. I would like to build on this and draw even more people to our church. But first we must build up our own musical community.

I want to rebuild our choir, be it two-part, three-part, or four-part. It doesn't matter. Let's just come together and sing! Before too long we will have our fine choir back and they can lead us in worship. The children, too, must have a chance to lead us in worship. I want to build a Children's Choir, so the youth can grow musically in the church and find a home for their song.

As the psalmist states, we need instruments, all making a joyful noise! I want to hear trumpets, violins, guitars, ukuleles, all joining in song. We are blessed to have a magnificent Handbell Choir already in existence. I want to encourage and help Jeff to make them even greater.

The psalmist also mentioned dance, yes, dance. Calling all dancers, you are needed! Let's create a spectacle worthy of Cecil B. DeMille, in the name of authentic worship. Let's bring back the Christmas Pageant, and Easter Cantata. What about Jazz Vespers on a Sunday evening, or Lessons and Carols in Advent? What about soloists, vocalists, and performers of all types? There is a place for you at Grace UCC, and a need.

Ambitious? Well yes, but I am willing to try. Will it take time? Yes, definitely, maybe years, but those years will pass anyway! In the meantime, keep telling me what you like, or don't like. If the tempo is too slow or too fast, and I'll lower the keys for some of the hymns, so everybody feels comfortable. But don't stop singing, even if you don't know the song!

~ Suzanne Delahunt, Director of Music

Gracey NEEDS TO GO!

I need to talk to you about our bathrooms, that place where we go to take care of some of our biological needs in privacy. You probably know that we have two bathrooms, but have you noticed how they are labeled?

I think most folks have assumed one was for the “Ladies” and the other was for “Men”. However this is not the case. We have one “Gender Neutral” bathroom and one labeled “Ladies”. It’s also worth noting the “Gender Neutral” bathroom is the one that is handicap accessible.

So which bathroom is best to use? Where can I pee in privacy? Great questions!

As we continue to grow as church we are learning that there are some folks who identify as women though their biology may disagree with a traditional understanding of that label. And there are some who identify as men whose biology may disagree with traditional understanding of that label. And some folks don’t identify with either gender or those whose biology says both. Gender is not an “either or” kind of question.

Someone who identifies with the label of being a woman though having different biology may choose to use the bathroom labeled with their identification. Of course they would, and of course we would want them to be who they are, especially when they are here!

Over ten years ago we became an Open and Affirming church. We studied the Bible and talked about what we believed. We made space for previously excluded people. This is just an expansion of that.

Now we all have a right to privacy, so feel free to use the “Gender Neutral” bathroom and lock the hallway door behind you.

What about our kids? Another great question!

Have you seen the Disney show “Nina Needs to Go!”? I find it a bit annoying, but my youngest thinks it’s funny. This young girl is taken on all these family outings and suddenly finds herself needing to GO!, with no bathroom in sight. Her parents try to help but they can’t find one fast enough. Grandma swings in, secret agent style, and whisks Nina off to find the potty just in time!

When you have to go you have to go! Get in there fast and do your business and don’t stress.

I plan to tell my kids we have two bathrooms, one that is labeled for women, and that everyone who feels like they are a woman should go in there. When you feel like you need privacy, go in the bathroom and lock the hallway door.

Maybe this is part of how we give children some space to identify their own gender and sexuality as they figure out how God has created them.

~ Pastor Chris

Come to Bible Story Time

Reminder: Bible Story Time is held every first and third Sunday of the month, meeting October 5 and 19. We will be retelling and talking about the day's Biblical lesson from the worship service. This is open to everyone kindergarten and up. Please bring your snack to the Christian Ed room.

Falling Into Outdoor Fun

Thanks to everyone who has been coming out to the events planned by Congo Life in July, August and September. The Friday evening camp fires, the church picnic, and the trip to the Barnstormers game have all been great successes.

The Congo Life committee continues to plan activities to celebrate fellowship and enjoy the beauty of the autumn season. Get ready to mark your calendars for October's events. You may want to invite friends to join you also .

🍏 **Sunday October 12th — Hiking at Tucquan Glen (note date change)**

Lace up your hiking boots, pack your favorite snack and a beverage and come hiking. Carpools will leave Grace Church at noon for an afternoon hike at one of the county's most beautiful hiking spots.

🍏 **Friday October 24th — Corn Maze at the Country Barn**

Bring your flashlight and sense of adventure and join us as we find our way through the Corn Maze at the Country Barn (211 South Donnerville Road , Lancaster). We'll meet there at 7:30pm. Cost is \$11 per person.

Congo Life has more activities coming later in November and December, so stay tuned to *Shalom*, the Sunday bulletins, and Sunday announcements for details.

Interested in Taking Care of the Memorial Garden?

The Memorial Garden Task Force has worked for four years to make the garden a reality, but it is now time to step back and develop a new committee to care for the garden. The congregation will vote January 2015 on making the Task Force a permanent part of Grace Church.

If you have a love of gardens and would like to help with the administration of our garden, please talk to Suzy Luber. Some of the tasks will be:

- Overseeing the work of the gardener
- Making choices for future items and plantings in the Garden
- Handling the record keeping of payments to the Garden
- Recording the interments

Please prayerfully consider this important and enjoyable commitment. We need to have four or five people.

~ Suzy Luber, Chair of the Garden Task Force



Parish and Community Health Resources

Ask Dr. Trudie: *“Ebola on the Home Front”*

The news today is full of Ebola virus. Since the transfer of two health care workers to the infectious disease unit at Emory University Hospital in Atlanta, this African infection has come to the United States. We’ve heard of it before, but since this most recent outbreak, and with increased concern for possible bio-terrorism, it seems we’ve been deluged with stories of this deadly disease. So what actually is Ebola and why is it so devastating?

Ebola is a virus transmitted by contact with an infected individual’s blood or body fluids. Once infected, the virus multiplies rapidly. It can bind to white blood cells (the blood cells that fight infection), impairing the body’s ability to mount a response to fight the virus. It also binds to endothelial cells, the cells lining blood vessels, destroying them and causing bleeding. This is where the term “hemorrhagic” comes from when Ebola is described as hemorrhagic fever. As with any virus, no antibiotic will cure it, and unfortunately, as of now there’s no vaccine to prevent it.

What are the signs and symptoms? Early on, Ebola can present with mild or vague symptoms like sore throat, red eyes, rash, and fever. Later, a patient may develop myocarditis (an inflammation of the heart muscle), fluid in the lungs, bleeding from mucus membranes, (nosebleeds, blood in the urine, bleeding from the gums, bloody bowel movements, and bleeding from IV sites), low blood pressure, lack of urine output, and coma. The likelihood of death is high. Patients who don’t die in the first two weeks are likely to survive, but may suffer late sequelae such as poor appetite, fatigue, ringing in the ears, hearing loss, vomiting,

joint pain and muscle aches.

Like any disease, the best treatment is prevention. In medicine, we use universal precautions to limit the spread of disease. This means hand washing, wearing gloves when dealing with open wounds, use of single use suture kits, syringes, and blood drawing equipment, and meticulous sterilization of non-disposable instruments. If a family member becomes ill and others in the household don’t have access to clean water, gloves, masks, etc., and cannot properly dispose of contaminated items, the rest of the family is at risk. Likewise, if hospitals and funeral homes aren’t equipped with personal protective equipment, the outbreak will spread. If the population exposed to the virus is already unhealthy due to poor nutrition, the virus has a better chance of making people sick.

Why isn’t there a cure? I can’t answer that, but if there were, would it make a difference? “Of course,” you say. There would be mass immunizations in Africa and anywhere the virus was prevalent, and that would end it. Okay, that worked for smallpox, but it wasn’t easy. In some areas, people were afraid the vaccine was a poison. “We’re more educated now,” you say. Are we? Then why are measles, mumps, and German measles still around? Because some people are still suspicious of vaccines. Even though the scientist who initially linked vaccine to autism has reversed his position, there are still plenty of parents who won’t get their kids vaccinated. I grew up in the ‘50’s and can remember seeing television footage of kids in iron lungs as a result of polio. I was scared as heck, so

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

when I found out there was a vaccine, I was MORE than happy to get my shots. I had an aunt who died as a child from diphtheria. As a med student I remember seeing the birth defects caused by pregnant women's exposure to German measles. I agree it's a great idea to fend against disease by living a healthy lifestyle, eating your greens, exercising and getting a good night's rest. But I can't see the point of allowing preventable diseases to cripple, deform, or kill us. We do a good enough job of that on our own.

p.s. Get your flu shot!

(Dr. Trudie welcomes readers' comments and suggestions for future columns. She can be reached c/o graceucc@comcast.net.)



Learn to Knit, Teach Knitting, (or Just Knit)



Knit one – purl two!

Do you like to knit?

Would you like to learn how to knit?

Join the Prayer Shawl group when they meet on the first Tuesday of each month (Oct. 7 - next meeting) at 7pm and knit a shawl to share with someone who is ill or in need of support. Talk with Dottie Book for more information.



Pinochle Players Welcome

Would you like to play pinochle?

The Pinochle Group needs some more players! The group meets on the first and third Mondays at 1pm at the church.

Talk with Dottie Book to say that you would like to join the group.

Prayer Bear Thanks

Dear Grace Church,

Paul, Matthew, and I appreciate so much your prayers and well wishes toward us during the last few months. We love the precious bear and know your prayers came with it. Matthew is doing well and delighting us every day. We look forward to you all meeting him soon!

Love,
Erin Carey



Photo Cards Help Fund Capital Campaign

Just a reminder, photo greeting cards by Amy Fishburn are available for purchase in the fellowship hall. Half of the proceeds go to the Centennial Capital Campaign!



*Grace upon Grace
for a second century*

Centennial Capital Campaign Update

Grace members, friends, and families gathered under sunny skies Sunday, September 7 to worship in the recently completed Memorial Garden. Members of the Memorial Garden Task Force, Suzy Luber, Dottie Book, Verna Labrador, and Brad Trostle, participated in the dedication. (Task force member Jim Wentz was unable to attend.) Jeremy Waak, an assistant professor at the Pennsylvania College of Art and Design and creator of the "Grace Memorial Blossom" sculpture to commemorate those who are interred in the garden, was recognized at the dedication service. We also welcomed Grace's new Director of Music, Suzanne Delahunt, who played keyboard with great enthusiasm!

The Memorial Garden was made possible by the generous donations of Grace members and friends. We have repaid \$9,000 of the \$16,000 borrowed from our line of credit at the Cornerstone Fund. The sooner we repay all of this loan, the less we will pay in interest. Thank you to those who have given a total of \$108,186 to the Capital Campaign so far. Future projects in 2014-2015 include the organ repair and sanctuary roof repair. Our campaign goal is \$180,859, or a balance of \$72,673 as of August 31.

~ Centennial Capital Campaign Committee



Coming Soon: **Neighbors in Need** Special Mission Offering

The 2014 theme for Neighbors In Need is "Imagining Another World Where Literacy is No Longer a Concern" and connects to the "Reading Changes Lives" justice advocacy initiative of the United Church of Christ.

Neighbors In Need supports ministries of justice and compassion throughout the United States and Puerto Rico, including ministry of the Council for American Indian Ministries (CAIM) and by the national offices of Justice and Witness Ministries. This annual offering (received on World Communion Sunday, the first Sunday of October) will be received October 5. Look for envelopes inside your bulletins.

Come to the Fall Retreat at Hartman Center

There's still time to get on board for the day retreat to Hartman Center Saturday, October 18 with the Spiritual Life & Growth Committee. We will leave the Grace parking lot at 8am for the two-hour drive and plan to be back in Lancaster by 6pm. If you are interested, please sign up in the narthex, and if you are willing to be a driver, please indicate that as well.

~ Amy Fishburn and the SL&G Committee

Friends Helping Friends Helps Breakfast at 1st Reformed

There's still time to get your tickets to support our monthly breakfast at First Reformed! Tuesday, October 21, we will be participating in Boscov's "Friends Helping Friends" event. Boscov's supplies Grace Church with free tickets for a 25 percent discount shopping pass for October 21, then we sell the tickets at \$5 each. Grace Church gets to keep all \$5 for every ticket we sell!

We will use this money to buy supplies for our Second Saturday Breakfast ministry at First Reformed Church in Lancaster. While shopping that day, you can also enter to win door prizes. Refreshments will be served also. For more information contact Jessie Dombach at 314-4710.

Save the Date: Fall Work Day

Saturday, October 4, from 8am to noon, help prepare the church for winter inside and out.

Coffee and donuts will be supplied. A large turnout means less work for all. There will be a job for everyone!

Thank you from the Property Committee: Rob MacGregor, Donald Leayman, Tom Miller, Don Pfeiffer, Bob Tineri, and Jeff Wolfe.

Open & 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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