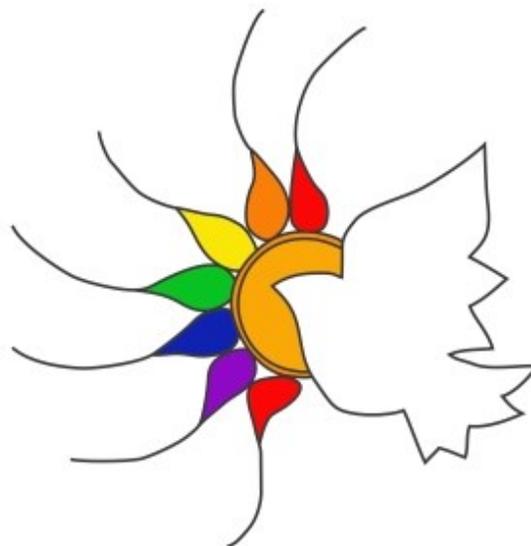


Grace United Church of Christ

# Shalom

February 2015

Rev. Katie Cort, Pastor



Lynn K. Miller, editor

Thank you to story contributors and proofreaders.

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## Behold, WE Are Doing A New Thing

Hello, Grace friends.

I am still reeling from the honor and blessing of having been called as your new settled pastor. Thank you again for the opportunity to walk on this journey with you. I know a lot of you are currently wondering what that journey looks like, and where it will take us. I am excited for us to find those answers together because I have not come to Grace to bring those answers. I cannot tell you who you are or where we are going. Hopefully we can find those answers together.

Over the next month or so, we will be spending some time getting to know each other. As in any relationship, especially at the beginning, there may be some missteps. We may have miscommunications. We may find that we are used to doing things differently. We may find ourselves feeling hurt, confused, or lost. These are all normal feelings and we should not dismiss them. But, my covenant with you and with God means we are in this holy work together and we will do the hard things together. I welcome open and honest communication, and I offer the same back to you. And, I believe that in the midst of change and doing hard things, we will find joy, peace, and great blessings as we work together to discover how we are to do God's work in the world. This is great and wonderful work we have come together to do.



I don't have to tell you the difference that a strong, faithful worship community can make, because you have already seen that in yourselves. Your past inspires me and I am truly excited for us to discover together how the future of Grace UCC will continue to inspire Lancaster County in the years to come.

~ Pastor Katie

## **Grace's New Care Team Ministry in the Works**

The Spiritual Life and Growth Committee is in the planning stages of developing an exciting new ministry: the Care Team Ministry. This ministry's goal is to reach out to Grace members who have a need for a meal, a visit, a phone call or a card whenever they express a need or whenever a need is known. This ministry is being developed due to a recognition that church members, from time to time, may require support from others within Grace's church family due to illnesses, family emergencies, birth of a child, death in the family, surgeries, moving to a new location, individual crisis, etc.

Our prayer is that this ministry of support will be a blessing not only to the recipient, but as well, to the one providing support. We believe that it will bring Grace's family closer together in personal relation with each other, also, as we choose to minister to one another.

There are many logistical details yet to be ironed out before the Care Team Ministry is officially rolled out. We are in the process of gathering names of Grace folks who would be interested in being on the Care Team to cook a meal, deliver a meal, make a phone call, mail a card, or make a home visit. If you would be interested in becoming a part of this blessing of support, please email Carol Welsh at [m2goldsnkids@gmail.com](mailto:m2goldsnkids@gmail.com) or call Carol at (717) 419-4856. If you know of someone who could use this type of support now or in the future, please notify a member of the Spiritual Life and Growth Committee.

An announcement will be made in church with more information.

In John 21:16 Jesus said "Take care of my sheep."

Blessings from the Spiritual Life and Growth Committee!

## **Winter Shelter Needs Supplies**

The Stewardship-Mission Committee has received a special request to help another church in Lancaster County. Columbia Presbyterian church helps to run a winter shelter, housing overnight guests who would not otherwise have a warm place to sleep. They are in need of certain supplies. Grace will collect these items now through Sunday, February 8.

Please place your items in the narthex by the coat rack on the right hand side as you enter the sanctuary. The following are the products they need: laundry detergent, Lysol, paper towels, cups, napkins, coffee, tea, creamer, sugar, sugar substitute, tampons, and sanitary napkins.

~ Stewardship-Mission Committee

## Centennial Capital Campaign Update

As the second year of our three-year capital campaign ended, we needed contributions totaling about \$120,450 to be on track to reach our campaign goal of \$180,859. Our total contributions as of December 31 were \$124,262! Thank you, Grace families and friends!



*Grace upon Grace  
for a second century*

At our January 11 congregational meeting, Capital Campaign Chair Jeff Bomboy announced we have re-paid all but \$1,000 of the monies borrowed from the Cornerstone Fund. We would like to minimize borrowing to keep interest charges as low as possible, but two major projects remain: repairing and updating the organ this summer and re-roofing the sanctuary.

To reach our campaign goal to complete these last two projects in 2015, we will need contributions of approximately \$50,000, including both pledged money and an additional \$25,000 as the entire \$180,859 was not pledged at the outset of the campaign.

~ Centennial Capital Campaign Committee

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## Thanks to the Handbell Ringers

I would like to thank the 4Grace Ringers for taking the time to represent Grace United Church of Christ by performing at two off-site events recently. Thursday evening, December 18, 2014, 4Grace Ringers performed two selections at “Just Peace,” a fundraiser for the social justice ministry of St. Peter’s UCC which was held at Lancaster Theological Seminary. Then on Sunday afternoon, January 11, 4Grace Ringers performed several selections at Audubon Villa in Lititz. What a blessing to have such generous and dedicated members of Grace share their talents with those in the community. Thank you.

~ Jeffrey Clouser, Director  
Memorial Bells of Grace & 4Grace Ringers

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## Lend Us a HAND (chime), Please

We are looking for supporters/donors to expand our handbell choir with hand chimes. Do you know anybody looking to pay it forward? Then please pass along this info. Our upcoming outreach to the community includes the Lancaster/Lebanon Handbell Festival Saturday, March 14 at Palm Lutheran Church, 11 W. Cherry St., Palmyra. Please plan on attending the visitors’ program which begins at 2:15pm. Hope to see you there, and please consider a gift to the Grace hand chime fund.

~ Jeffrey Clouser, Director  
Memorial Bells of Grace & 4Grace Ringers

## Congo Life Sponsors Winter Fun, Food



Looking for a way to fight the winter doldrums? Congo Life has many ideas on how to add some fun and fellowship to your life in February.

On Sunday February 1, we say good-bye and thank you to Pastor Chris for his time with us. Please plan to stay after the service for cake.

We've been talking about going snow tubing at Avalanche Xpress in York County. Are you interested in an outing this month? Pricing would be around \$15 for night tubing or \$32 for Saturday or Sunday tubing. Congo Life has talked about Roller Skating at Overlook or a trip to SkyZone (for those who have stifled their inner "Tigger" and want to bounce around). If you are interested in any of these activities, please talk to a member of Congo Life or check the sign up sheet in the narthex. No really, there is a sign up sheet in the narthex now!!

Finally, as we look ahead to the Lenten season and our weekly soup and bread lunches after the service, we are looking for soup makers and bakers to dust off their recipes. We will be looking for large pots/regular size crock pots full of soup and full loaves of bread. If you want to share your culinary talents, please sign up on the sheet in the narthex. If you have any questions, please feel free to contact a member of Congo Life.

Congo Life has more activities coming in 2015 as the church welcomes our new Pastor and as we strive to bring opportunities for laughter-filled gatherings. Stay tuned to *Shalom*, the Sunday bulletins and Sunday announcements for details.

~ Congregational Life Committee

### **Questions? Concerns? Suggestions?**

Talk with a Council member:

President: Amy Southall

Secretary: Ve Wolfe

Congregational Life Committee: Jessie Dombach

Endowment Committee: Karen Wentz

Evangelism and Outreach Committee: Nick Santaniello

Property Committee: Rob MacGregor

Spiritual Life and Growth Committee: Carol Welsh

Stewardship–Mission Committee: Denise Pfeiffer

Member-at-Large: Suzy Luber

Pastor: Rev. Katie Cort (ex officio)

## Safe Church Policy at Grace Church – and Background Checks

In the next few weeks, you will be learning more about “safe church” and what it will mean at Grace. Safe Church is more than policy and procedure – although that is part of it. It is more than background checks – although that is part of it. Safe Church is a way of examining how we create a safe place for children and adults alike to worship, learn, and be in community. It is a way to increase our awareness of child abuse, identify those who may be at risk or have experienced it, and take the steps needed to provide care.

One key element in Safe Church is the requirement for persons who work with children of any age to have background checks. Background checks are required for two reasons. By law, people must have these background checks done and complete some essential training, in order to work with and/or provide care to children. In addition, our insurance carrier will also require background checks and training.

It would be ideal for everyone to complete background checks and training, but it is most important now for persons who work in the nursery, teach Sunday school, or who hope to work with children in the future will need to complete the background checks and training by July 1, 2015.

The process is very simple and can be done online. We will provide information on how to do this and will be available on several Sundays to complete the process during fellowship time.

Safe Church policy is a part of our ministry to the community. It will remind ourselves and let others know of the importance we place on our children. It is a way to protect our children, and enhance their experience at Grace.

If you have any questions, please contact any of us on the Safe Church Task Force:

Suzanne MacGregor, Robin Cain, Jeffrey D. Hamilton



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### Did You Know...

Suzy Luber has a new address:

405 N Mulberry St.

Apt. 214

Lancaster PA 17603

Email is [suzyluber@gmail.com](mailto:suzyluber@gmail.com)

Her phone number is 989-2522.



### Weather-Related Cancellations

If the church needs to close due to weather, a message will be recorded on the church voice-mail, an email will be sent to those who have email, and a notice will be posted on Grace’s Facebook page.



## Parish and Community Health Resources

### Ask Dr. Trudie: “A Pain in the Vein”

Everyone gets a cut here and there. We put some pressure on it and eventually it stops bleeding due to the magic of coagulation. A breach in the blood vessel wall activates enzymes that create a web of fibrin; platelets, the non-nucleated cells that exist in our bloodstreams along with red and white cells, get caught in the web. Our bodies maintain a balance that keeps our blood from clotting until it needs to; then, when the clot has performed its job, the clot is dissolved by a substance that dissolves the fibrin and inactivates the clotting factors. Three natural mechanisms prevent unnecessary clotting, but when this equilibrium is disturbed, clotting can occur.

Our arteries, the vessels carrying oxygen-rich blood from the heart, have a layer of muscle that pulses and moves the blood. The veins, however, lack this layer. Venous blood flow depends on the force of contraction of the heart and arteries as well as the massaging action of the skeletal muscles to move the deoxygenated blood back to the heart. One-way valves in the veins prevent back-flow of blood when the heart relaxes (diastole). If these valves lose functionality or if the lining of the vein walls lose flexibility (think cholesterol plaques hardened by nicotine), clotting can occur.

Over a century ago, Rudolph Virchow described three factors that are critically important in the development of blood clot in the venous system, called Virchow’s triad. They are venous stasis (pooling of blood in the veins), activation of coagulation (clotting), and vein damage. Stasis can be due to anything that obstructs the blood flow;

sitting for long periods of time, like on plane trips or immobility after surgery are a few examples. With stasis, the blood becomes thicker, leading to formation of tiny clots that can grow. Damage to the blood vessel can be intrinsic or due to external trauma. This trauma could be accidental or due to having a surgical procedure.

Clots can form in the arms or leg, and may be superficial or deep. The superficial clots can cause pain, but are not serious and can be treated with warm compresses and anti-inflammatory medications like ibuprofen. A clot in the deep vessel is called a DVT (deep vein thrombosis) and treatment is more complicated. In the arms, they are often a consequence of an indwelling central venous catheter; these are the devices used to give long-term antibiotic therapy for severe infections. More commonly, we see clots in the legs, typically as a result of trauma, including surgery. The symptoms are swelling, pain, and redness.

If part of the clot breaks off, it can travel through the heart and into the lung. When it lodges in one of the blood vessels in the lung, it’s called a pulmonary embolus, or PE. This creates a problem; you’re breathing fine, moving oxygenated blood to the alveoli, or air sacs where blood exchanges carbon dioxide for oxygen. Unfortunately, the clot prevents blood from reaching the alveoli, so no exchange occurs. Because the oxygen level in your blood is low, you feel short of breath, your heart rate increases, and your chest may hurt. When you show up in the ER or at your doctor’s office with these symptoms, we have to figure out if you’re having a heart attack, a respiratory infection, or a PE.

If a DVT is suspected by a patient's history and physical exam, a doctor may do a blood test called a D dimer. A negative test rules out a clot, but a positive D dimer may be a false positive. The next step is to get an ultrasound. If a doctor is strongly suspicious of DVT, he or she may go directly to the ultrasound. When a PE is suspected, the doc may start with a blood test, or may go right to CT or VQ scan (a two-part test to measure air and blood circulation in the lungs). The CT scan requires injecting dye to light up the blood vessels. If a patient is allergic to the dye or has poor kidney function, the VQ scan is done to compare the flow of air to the flow of blood. If there's air moving where there's no blood flow, it's diagnostic of a PE.

After the diagnosis is made, anticoagulant therapy begins. In the case of DVT, the treatment is out-patient and is usually with one of the new agents like Xarelto that doesn't require frequent blood tests to monitor the thinness of the blood. Treatment of PE depends on the extent; large ones are treated in the hospital, starting with an injected anticoagulant called

heparin and then switching to oral medication, but smaller ones may be treated out-patient. The length of treatment for clots depends on a variety of factors.

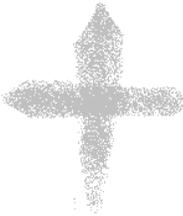
While treatment of DVT and PE has gotten better, prevention is always the best policy. Physicians have become pro-active when it comes to preventing DVT and PE. Orthopedic surgeons use preventative anticoagulants and compression stockings for their patients, and these treatments are also used for medical patients who will be bed-ridden for prolonged periods.

All of us can do our best to maintain good vein health by controlling blood pressure, cholesterol, and blood sugar levels and avoiding smoking. Exercise regularly and try to maintain a healthy weight. On long train or plane rides, get up and move around periodically. And finally, for those of you who act like there's an Olympic medal for non-stop cross country driving, please stop the car and walk around every few hours. The few minutes you add to your trip may save you months of medical treatment.

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

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## Join a Lenten Sabbatical Study Group



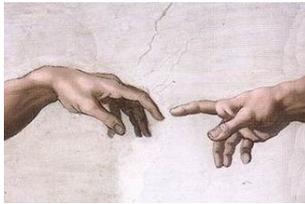
It seems as though Advent and Christmas were only yesterday, and now the Lenten season is almost here! The first Sunday of Lent is February 22. The Spiritual Life & Growth Committee is deciding on an all-church study. It will be coordinated similarly to how the Advent all-church study was presented, with several meeting times throughout the week. Look for more information Sunday, February 15.

— The Spiritual Life & Growth Committee

***Adult Christian Education:***

**The Book of Genesis**

Sundays at 9am in Fellowship Hall



The Adult Sunday School Class will begin a study of the Book of Genesis on Sunday, February 1. The materials we will use are from the United Church of Christ, and is a study/reflection model. The model suggests a time period each week to read certain passages, and provides some reflection questions and discussion as a group.

It's always good to start at the beginning!

The class will meet for six weeks and during this time we'll discuss what to study next.

Join us...the materials have been purchased and are available in the church office or from Jeffrey Hamilton. If you have any questions, please call Jeff at 419-1152.

*Grace*  
United Church of Christ  
*It's in our name!*

1947 New Holland Pike  
Lancaster PA 17601-5413  
(717) 397-1012

[www.gracechurchlancaster.org](http://www.gracechurchlancaster.org)  
[graceucc @ comcast.net](mailto:graceucc@comcast.net)

*Welcoming All  
Sharing Love  
Proclaiming God's Grace*