

Grace United Church of Christ

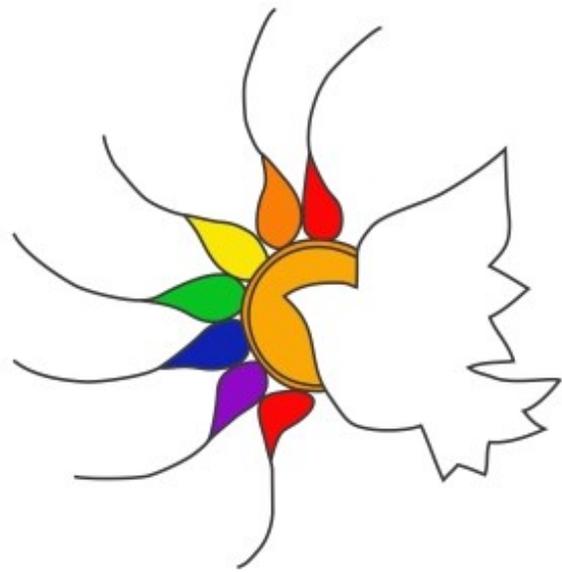
Shalom

January 2016

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



Happy New!

*I am about to do a new thing; now it springs forth, do you not perceive it?
I will make a way in the wilderness and rivers in the desert.*

– Isaiah 43:19

Admittedly, I have always been a little skeptical of New Year's. An arbitrary holiday placed on an arbitrary day set to happen at an arbitrary time. After all, humans created the calendar, so we got to pick when the old year ends, and the new one begins. And as for resolutions, well, we can choose to change ourselves or our lives at any time. We don't need a holiday to tell us so.

Yet, generally we don't. So, maybe we do need to take this intentional time to take a look back on how the last 365.25 days have gone, and contemplate how the next 365.25 days might go. Maybe we do need this time to remind us we can change, that anything is possible if we put our intention behind it, our energy within it, and our faith in front of it.

When God does a new thing, it is no small matter. The wilderness is given a way, and the deserts are given rivers, and a little boy is born to Mary and Joseph in order to save the world. Maybe when we do a new thing it's not quite as earth-shattering. But as we serve this God, with our intentions and our energy and our faith joined together, perhaps we could shatter injustice, fear, misunderstanding, loneliness, and violence. And that is a vision of a new year worth celebrating.

Blessings for 2016,

Pastor Katie





Getting Ready to Celebrate Capital Campaign Achievements

*Grace upon Grace
for a second century*

As of November 30, campaign contributions totaled \$135,886. We don't know what contributions amounted to as of December 31, 2015, marking the end of our three-year capital campaign. We estimate that we will come within about \$2,000 of covering the balance for all projects undertaken: benevolences totaling five percent of the campaign goal, re-roofing the Christian education wing and Fellowship Hall, creating a Memorial Garden, installing a handicapped-accessible sidewalk to all church entrances, and repairing and upgrading the organ. An unexpected extra cost came at the end of October as the organ repair was being completed. When the organ was being put back together, we learned that the electrical wiring for the organ was not up to code. An electrician promptly made the necessary upgrades which cost an additional \$1,000.

We do have a line of credit at the UCC Cornerstone Fund and are able to borrow the final funds needed to wrap up the "Grace upon Grace Centennial Capital Campaign." But, we have to repay what we borrow plus interest. The sooner we repay any borrowed funds, the better.

Look for upcoming announcements about celebrating when our centennial capital campaign concludes.

~ Centennial Capital Campaign Committee

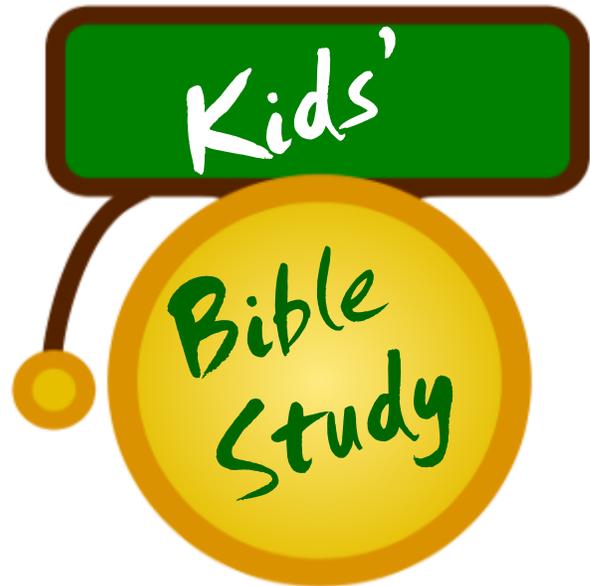


School Bells Ring in February

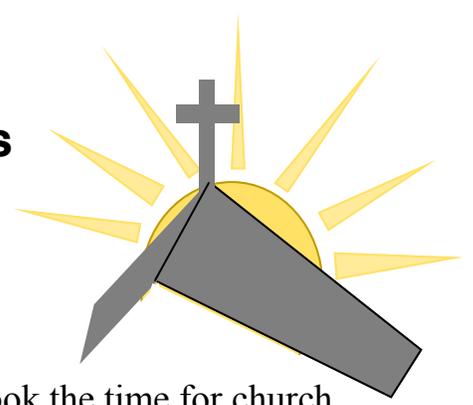
Starting Sunday, February 14, church school will begin for children at least four years old and up. The classes will meet during the regular worship service at 10:30am. The first Sunday each month will remain Family Sunday, with families worshipping together in the sanctuary.

The teachers are Melissa Keares, Holly Keller, Verna Labrador, Amy Southall, Jim Wentz and Karen Wentz. We are starting with the season of Lent.

The classes promise to be fun as well as educational. Please speak to or email Verna Labrador at paverna@live.com for more details.



A Family's Reflections



Our dishes went unwashed today
No one made the beds;
We took charge of the important needs
And went to church instead.

O sure, we went adventuring
The children, Dad and I,
And there explored the truths of God
That no one can deny.

Our house may seem neglected
The lawn awaits more care,
But in a hundred years or so
No one will know or care.

But our children learned today
To find God's way to live.
We even brought home joy for all,
And we learned how to give.

It's not so easy just to stop
And always put God first.
But leaving God in second place
Has got to be the worst.

We're glad we took the time for church,
For learning from God's Word,
We've found that blest assurance
That nowhere else is heard.

So we'll be going back next week,
But in the days between
Our family will be happier
Because God's grace we've seen.

Tonight as we climb into beds
Unmade from early morn,
We know release, great joy and peace
Not wearied or forlorn.

For God gives to the ones who'll stop
And grant God proper place
The wonders of redeeming love
That transforms a home with grace.

~ Mom

Reprinted with permission from "The Fishwrapper."

Thank You, Thank You, Thank You

Words cannot express my gratitude for the anonymous monetary gift given for my seminary expenses by a person, or persons, connected with this congregation. It means so much to me that you would invest in my education and my future in this way. Thank you!

~ Amy Fishburn

We want to thank the Prayer Shawl Ministry of Grace UCC for the wonderful gift to Jay. He found it very warm over his shoulders and could feel all the prayers. He is now over the six treatments and has felt the shawl gave him comfort, and still uses it to relax!

In Christian love,
~ Harriet & Jay Stoltzfus

January 2016 Worship Participants

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.

January 3, 2016

Greeters (10am) —
Herb McCollom, Cathy Hainley
Ushers —
*Suzy Luber, Amy Southall, Nick Santaniello
Lector — Tim Whitney
Liturgist — Jen Swank
Chancel Communion Set-up/Clean-up —
Robin Cain, Christen Chew
Acolyte — Elene Keares
Prayer Candle Lighter — Herb McCollom
Fellowship Hosts —
Robin Cain & Jeffrey Hamilton
Bulletin Volunteer 12/31 — Doug Frank

January 24, 2016

Greeters (10am) —
Amy Fishburn, Carol Welsh
Ushers —
*Amy Southall, Jeff Wolfe, Verna Labrador
Lector — Rick Chamberlin
Acolyte — Elene Keares
Prayer Candle Lighter — Kay Charles
Fellowship Hosts —
Heather Eshbach & Amy Southall
Bulletin Volunteer 1/22 — Suzy Luber

January 10, 2016

Greeters (10am) —
Christen Chew, Herb McCollom
Ushers — *Tom & Marilyn Miller,
Kellie Wilson
Lector — Jeff Dombach
Acolyte — Sevi Keares
Prayer Candle Lighter — Laura Carey
Fellowship Host — Holly Keller
Bulletin Volunteer 1/8 — Ve Wolfe

January 31, 2016

Greeters (10am) —
Jim & Karen Wentz
Ushers —
*Nick Santaniello, Kay Charles,
Christen Chew
Lector — Robin Cain
Acolyte — Sevi Keares
Prayer Candle Lighter — Verna Labrador
Fellowship Hosts —
Beth Bowers & Cathy Hainley
Bulletin Volunteer 1/29 — Karen Wentz
Shalom Volunteer 1/29 — Doug Frank

January 17, 2016

Greeters (10am) —
Robin Cain & Jeffrey Hamilton
Ushers — *Holly Keller, John Markley,
Jessie Dombach
Lector — Amy Fishburn
Acolyte — Brian Eshbach
Prayer Candle Lighter — Denise Pfeiffer
Fellowship Hosts —
Nick & Lori Santaniello
Bulletin Volunteer 1/15 — Verna Labrador

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
Acolyte — Brian Eshbach
Prayer Candle Lighter — Jeff Dombach
Fellowship Hosts —
Jessie & Jeff Dombach
Bulletin Volunteer 2/5 — Jessie Dombach



Parish and Community Health Resources

Ask Dr. Trudie: "Oh My Head"

As I write this in December, I hope that you will all have had a great Christmas. And, as I write this, our state legislators and governor have yet to come to an agreement regarding the budget. It's enough to give you a headache! Okay, this is obviously a thinly-veiled segue to this month's topic.

On an almost daily basis, patients will come to the ER with headaches and, more often than not, they'll tell us "It's a migraine." The first part of any evaluation is taking a history, so I'll ask, "How long have you had migraines?" Not infrequently, the patient will say, "This is the first one." Or, when asking a patient complaining of migraines what sort of workup they've had to reach the diagnosis, the answer is "None." The point is, lots of people toss around the diagnosis without any real basis and many of them don't actually have migraines.

Most of us have had a headache at some point in our lives, and most of us will take an over-the-counter remedy and go on with our lives. When a headache doesn't go away, or keeps recurring and interferes with our daily routines, chances are we'll go to a doctor. When we have a child with headache, it can be especially concerning.

Getting an accurate diagnosis starts with history, and there are specific criteria that need to be met for a diagnosis of migraine. The patient has to have had at least five episodes of headache lasting 4-72 hrs. There must be at least two of the following characteristics: unilateral location, throbbing quality, moderate to severe intensity, and worsening with normal activity such as

walking or climbing stairs. There must be nausea and/or vomiting or light or sound sensitivity. When a patient presents with a history suggesting migraine, it's up to the doc to be sure there's not another cause of the symptoms.

Along with the patient's history, family history is important. Migraine sufferers frequently have relatives who've had them. A family history of aneurysms may get you a trip to the CT scanner or MRI suite sooner rather than later. However, not every patient needs a CT scan or an MRI, as there's no change in the brain associated with migraines.

A physical exam with a good neurologic exam is the next step. This means checking the eyes, reflexes, strength, sensation, and cognitive ability. If there's evidence of infection, meningitis and encephalitis need to be considered. Making these diagnoses requires a trip to the ER for lab work, imaging, and possibly lumbar puncture (aka spinal tap). The patient who complains of what we call a "thunderclap" headache, typically described as the worst headache of his or her life, is especially concerning, as this history suggests an acute bleed in the brain. Imaging is done to rule out other physical conditions like tumors or aneurysms that could be causing the headache. If your exam and history give a clear diagnosis of migraine, your doctor won't prescribe unnecessary tests.

Migraines have a variety of presentations. The usual assumption is that they're preceded by a visual or sensory aura, maybe numbness or seeing bright zig zag

(Continued on page 7)

Ask Dr. Trudi *(continued from page 6)*

lines. But not all sufferers have auras. Some patients experience visual symptoms without any headache. At times, the symptoms mimic stroke, with drooping of an eyelid or weakness on one side. Again, it takes a good history and physical exam to make the correct diagnosis.

So OK, you're not having a stroke and it's not a tumor. Good news, but how do you cope with the headaches? Unfortunately there's not a magic solution because we still don't know the cause. At one point we thought the headaches were due to blood vessels in the brain dilating, but research now points to an issue with the neurotransmitters causing changes in blood perfusion to the brain. Inflammation seems to play a part, and there is also evidence of sensitization of certain pain pathways in the brain.

While research continues, we do have some effective remedies. Some patients' headaches are triggered by certain foods, too much or not enough sleep, smoking, hunger, not enough exercise, fluorescent lights, strong odors (including second-hand smoke), or weather changes. While we can't control the weather and may not be able to convince the boss to install full-spectrum lighting, we can quit smoking, stay active, and try to maintain healthy eating and sleeping patterns and avoid second-hand smoke.

A variety of medications are used to treat migraines. A first step may be using Tylenol or one of the non-steroidal anti-inflammatory meds like ibuprofen. Nausea can be controlled with several medications, some of which may abort the pain as well. If these are ineffective, your doctor may prescribe a migraine-specific medication from the triptan or ergot classes. All of these are to treat

acute headaches and work best if taken within 15 minutes of the headache.

For patients with frequent, prolonged, or life-disruptive headaches, or those needing to medicate more than twice a week, doctors may prescribe preventative medications. These include Inderal and calcium channel blockers ("But doc, those are blood pressure meds!"), tricyclic antidepressants or SSRI's ("But doc, I'm not depressed!"), anti-epileptic meds ("Why are you giving me these? I don't have seizures!"), and even botox injections ("Really, I don't care about those wrinkles!"). The theory is that they'll regulate blood flow and modify the neurotransmitters, lessening the likelihood of migraine. There are also non-medical modalities like biofeedback, vitamins, and herbal supplements.

While family doctors typically diagnose and treat migraines, some patients are referred to neurologists and at times require hospitalization in specialty clinics. You may have noticed I didn't mention heavy-duty pain meds as a treatment. That's because giving a patient narcotics not only may cause dependence, but also tends to cause rebound headaches.

If you've got a headache that's persistent, worsening, accompanied by fever, visual changes, or other unusual symptoms, seek medical attention. Tracking down the specific cause of a headache can be a challenge. For those with migraine, the treatment may be less than perfect, but a better quality of life is definitely out there. No need to wait for an act of state in order to get some relief!

(Dr. Trudie welcomes readers' comments and suggestions for future columns. Write to her in care of graceucc@comcast.net).

Save the date:

Everybody Welcome at the Congregational Meeting

Come to the congregational meeting following worship Sunday, January 24. Everyone is urged to attend to approve the 2016 budget and discuss Grace's future programs, church organization, and leadership.

Book Group Reading “Wearing God”

The Starbucks book group will be meeting next on Thursday, January 7 at 10:30 am. We will continue with our book *Wearing God* and looking at the chapters on “Clothing” and “Smell”. Join us — we have a latte fun!

Giving the Gift of Food

Food bank contributions are always welcome! Cans, boxes and other non-perishable packages of food may be placed in the “give-as-you-go” area in the narthex (please check for the expiration date on the box, bottle or can). Volunteers then deliver it to the Food Bank in Lancaster.

Thank you!



In Case of Snowy Weather...

If the church needs to close due to weather conditions, a message will be put on the church voicemail, and on the church Facebook page. An email will be sent to those who have email.

Keep in mind for weekday snowstorms, the church office follows Manheim Township School District’s closings and delays schedule.



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*

1947 New Holland Pike
Lancaster Pennsylvania 17601
(717) 397-1012
www.gracechurchlancaster.org
graceucc@comcast.net