

Grace United Church of Christ

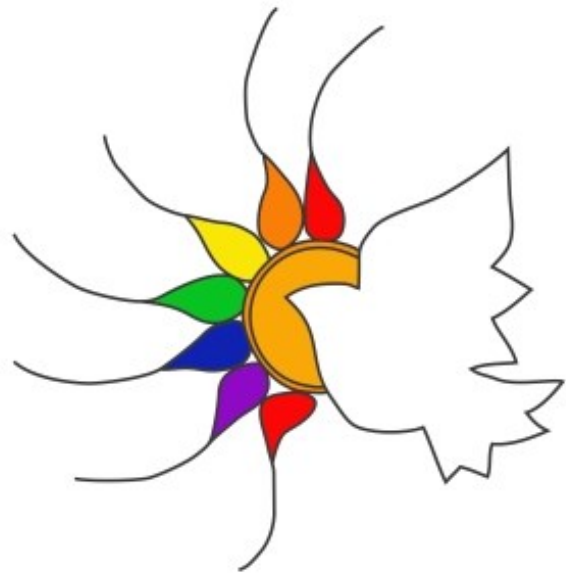
Shalom

May 2016

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



One For All

"Do we not all have one father? Has not one God created us? Why do we deal treacherously each against his brother so as to profane the covenant of our fathers?" – Malachi 2:10

Dr. Martin Luther King Jr. taught us that "the arc of the moral universe... bends toward justice," and the prophet Amos calls for justice to "roll down like waters." Malachi tells us where we can begin to find ourselves in this call to a more just world: in our relationships with each other. He reminds us that we all come from one place, from which all of our stunning diversity blooms, and that it is we who create false divisions and hierarchies, placing certain categories of people over others.

Over the next two months, we will be blessed and challenged by Rev. Naomi Leapheart and Nick Miron from the Lancaster YWCA who will help us to realize how racism is still very present in our society today. Our eyes will be opened to recognize how it is affecting us even in our own local communities, as well as world-wide. We will prayerfully consider how our faith intersects with the call to justice, and how the love and grace of God calls us to respond. In this way, Grace will join with other local churches

who also have worked with the YWCA to learn how we can work together as God's children, to recognize and celebrate racial diversity, and to strive toward equal treatment and equal opportunities for all of God's people.

We are proud to continue the dedication to justice begun by Grace over ten years ago, when this congregation stood up for the LGBT community, extending arms of faithful inclusion and hands working for justice and equality. Now, we seek to add another layer of justice as we become educated about how racism still hurts God's community, including those persecuted and those steeped in their own unrecognized privilege.

We invite everyone to gather together at 9:00 Sunday mornings as we continue our quest toward justice until all artificial divides are toppled, all diversity is recognized and celebrated as God's beautiful gift to us all, and every person sees God in the eyes of all others.

Pastor Katie



Making Music with Grace

Thank you, everyone, for your prayers and offers to help after I fell and broke my wrist. It has made my healing so much easier. We have been working the past several weeks with Girls of Grace, a more contemporary musical expression with guitars, drums and vocals. We hope to debut on Pentecost Sunday!

Choir and Memorial Bells will roll to a close in early June for summer vacations. We will be starting up full force in early September with new music, and instrumentations. If you are interested in being a part of it, come see me. Our Worship Team will be meeting soon, date and time to be determined!

Lastly, a great big thank you to Jeffrey Hackenberger for saving the day and covering for me! God bless you and thank God you can play. That's all folks!

~ Suzanne Delahunt, Director of Music

Here's the Ticket

Spring Work Day

Saturday, May 21

8am - 12pm

Spring Work Day is the day we do both exterior and interior cleaning at Grace Church. The Property Team will have a TO DO list. We are asking members and friends to come help. Large turnout means less work for all – so please mark the date on your calendar and plan to be here.

We'll have plenty of donuts, coffee and cold drinks for all! Thank you!

~ Property Team

Spring Means It's Yard Sale Time

Everybody is invited to a Yard Sale at Grace on Saturday, May 14 from 7am to 2pm. All Grace members and friends are welcome to participate. Tables will be set up both inside and outside. Congo Life will provide food and refreshments for people to purchase.

Please see or call Heather Eshbach, Jen Swank and Amy Southall if you have any questions.

~ Congregational Life Task Force

Gather 'Round the Campfire

The first campfire of the season will be Friday, May 13 starting at 7:30pm. Congo Life will provide the fire and marshmallows. Everyone is welcome to attend and bring their own snacks and drinks.

“Hope Upon Hope” Group to Meet

A newly forming mental wellness, friendship, and support group, “Hope Upon Hope,” for members and friends attending Grace UCC, will be meeting monthly on Wednesday evenings. All are welcome to attend our first meeting Wednesday, May 11 from 7-8pm at the home of Marilynn Miller, 342 West Cedar Street, New Holland.

This is an informal, “Come when you can” group.

For more information, speak to or call Cathy Hainley (471-9912) or Marilynn Miller (354-6178).



Strengthen The Church (STC) is a special mission offering to reimagine and build the future of the United Church of Christ. Shared with Penn Central Conference and the national UCC, the offering largely supports youth ministries and full-time leaders for new churches in parts of the country where the UCC voice has not been heard.

As God calls our congregations to be the "church" in new ways,

your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults. The funds will also be used to award grants to help congregations communicate the "God is still speaking," message. The Strengthen The Church offering will be received on Pentecost Sunday, May 15.

Orders Due Soon for Grace's Red Geranium Garden

We will be placing beautiful red geraniums in the church for Pentecost Sunday, May 15. You may take your flowers home after worship that day. Order forms are in the bulletins. The last day to place your order is Tuesday, May 3.



Each plant will cost \$4.50 payable when the order is placed. Make checks payable to "Grace UCC" and place your order in the church office mailbox.

Remember to wear red on Pentecost Sunday!

Thank you.

May 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.

May 1, 2016

Greeters (10am) —
 Verna Labrador, Christen Chew
 Ushers —
 *Kay Charles, Nick Santaniello, Kellie Wilson
 Lector — Rick Chamberlin
 Liturgist — Herb McCollom
 Pew Communion Set-up/Clean-up —
 Christen Chew, Denise Pfeiffer
 Prayer Candle Lighter — Kay Charles
 Fellowship Hosts —
 Heather Eshbach & Amy Southall
 Bulletin Volunteer 4/29 — Verna Labrador
 Shalom Volunteer 4/29 — Doug Frank

May 22, 2016

Greeter (10am) —
 Jeffrey Hamilton, Christen Chew
 Ushers —
 *Beth Bowers & Cathy Hainley,
 Nick Santaniello
 Lector — Jennifer Swank
 Prayer Candle Lighter — Denise Pfeiffer
 Fellowship Host — Holly Keller
 Bulletin Volunteer 5/20 — Doug Frank

May 8, 2016

Greeters (10am) —
 Amy Fishburn, Brian Eshbach
 Ushers — *Holly Keller, Amy Southall,
 Jeff Wolfe
 Lector — Laura Carey
 Prayer Candle Lighter — Jennifer Swank
 Fellowship Hosts —
 Jeff & Jessie Dombach
 Bulletin Volunteer 5/6 — Jessie Dombach

May 29, 2016

Greeters (10am) —
 Jessie Dombach, Ve Wolfe
 Ushers —
 *Tom & Marilynn Miller, Jeff Wolfe
 Lector — Jeff Dombach
 Prayer Candle Lighter — Verna Labrador
 Fellowship Hosts —
 Robin Cain, Jeffrey Hamilton
 Bulletin Volunteer 5/27 — Verna Labrador
 Shalom Volunteer 5/27 — Ve Wolfe

May 15, 2016

Greeters (10am) —
 Cathy Hainley, Herb McCollom
 Ushers —
 *Verna Labrador, John Markley, Suzy Luber
 Lector — Tim Whitney
 Prayer Candle Lighter — Jeff Dombach
 Fellowship Hosts — Nick & Lori Santaniello
 Bulletin Volunteer 5/13 — Suzy Luber

June 5, 2016

Greeters (10am) —
 Verna Labrador, Kellie Wilson
 Ushers —
 *Jessie Dombach, Jim Wentz, Christen Chew
 Lector — Holly Keller
 Liturgist — Laura Carey
 Pew Communion Set-up/Clean-up —
 Robin Cain, Jeffrey Hamilton
 Prayer Candle Lighter — Herb McCollom
 Fellowship Host — Kellie Wilson
 Bulletin Volunteer 6/3 — Ve Wolfe



Parish and Community Health Resources

Ask Dr. Trudie: *I'd Rather Be in Labor!*

Out of the blue, you're suddenly struck with the worst pain imaginable in your flank area. "Did I pull a muscle cleaning the gutters?" you ask yourself. You're sweating profusely and feel nauseous. Then, as quickly as it started, the pain is gone. You breathe a sigh of relief, but a few minutes later the pain returns. You have your significant other, neighbor, or ambulance take you to the emergency room where a doctor takes your history and says, "Sounds like a kidney stone."

This is one of the most common ailments we see in the ER. An estimated one in ten people in the U.S. will experience the pain of kidney stones at least once in a lifetime. I've talked to women who've had labor pains and kidney stone pain, and they have all said they'd rather go through labor. Having had back labor twice with no pain meds or anesthesia, I am thankful that so far (touch wood!) I've never had to pass a kidney stone.

Stones form in the kidney and then meander down the ureter, the tube that connects the kidney to the bladder. Then they're peed out a pipe called the urethra. Passing the stone through the urethra isn't painful. It's that path from the kidney to the bladder that's fraught with agony.

There's a family predilection for stones, but diet can also play a role. Heavy caffeine intake and lack of water (sugary soft drinks or Turkey Hill ice tea are no substitute for water) keep our urologists busy. Many stones have high calcium content, but another common type is uric acid stones, produced by consuming red meat, organ meat and shellfish (read more, including the role oxalates play, at the National Kidney Foundation website, www.kidney.org).

But let's not put the cart before the horse. What should you do when you get that excruciating flank pain? If it's the first time you've had renal colic (the fancy name for the pain of kidney stones), you're probably going to go to your doctor or the ER. There, the first test is a urinalysis to look for blood, because as the stone moves from the kidney down the ureter, it causes bleeding. There may be obvious discoloration of urine, or it may be microscopic.

The urinalysis can also pick up bacteria and other signs of infection, since kidney pain could also be due to infection. If you're having fever and chills, that suggests an infection either instead of or in addition to a stone. A potentially life-threatening condition, ruptured aortic aneurysm, can mimic kidney stones, so it's good to seek medical attention. If you're in the ER, your doctor will probably also order a blood count to rule out serious infection or bleeding disorder and some blood chemistries to determine kidney function. If you've been experiencing nausea and vomiting, your doc may order some intravenous fluid. If you've been nauseated and avoiding food and drink, or if you've been ralphing your guts out, fluids will definitely make you feel better.

Pain control is what you really want, and believe it or not, anti-inflammatory meds are often more effective than narcotics. If your kidney function is good, we often prescribe a med called Toradol, or ketorolac. If you can't take this type of med, narcotics are indicated, as well as meds for nausea control. If it's your first stone, chances are your doctor will order a computed tomography (CT) scan

(Continued on page 6)



Celebrating a New Venue for the Pride Fest

Lancaster's 10th Pride Festival & Celebration will be held on Sunday, June 19 at Binns Park, 100-block of North Queen St., Lancaster, from 12 noon until 6pm. Admission is \$5 (children under 12 are free). This outdoor festival will feature entertainment, vendors offering arts and crafts, and Pride regalia, and lots of food.

Grace will host a table at Lancaster Pride and will have a sign-up sheet for volunteers. Watch for details in the Sunday announcements. Pride celebrates the lives of Gay, Lesbian, Bisexual, Transgender, Intersex and Questioning folks as well as their allies. Come and share in our celebration of pride and diversity.



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

or ultrasound. While CT has become a commonly used modality for diagnosing kidney stones, it exposes you to the equivalent of 100 two-view chest x rays. In young people including women of child-bearing age, this is especially concerning. Sometimes, though, CT is the best alternative, as in those whose body habitus makes ultrasound unreliable. What about a plain x ray? Unfortunately, x rays don't always show the stone, although once it's diagnosed, your doc may order follow up plain films to chart its course down the ureter on its way to the bladder.

Most of us will be able to pass stones 5 mm or less in diameter. How long will it take to pass? Who knows? You'll be discharged with prescriptions for pain and nausea meds. You may also get a prescription for tamsulosin, or Flomax, a drug usually proscribed for men with enlarged prostates. The drug relaxes the ureter, and it seems especially helpful for stones between 5 to 10 mm.

Stones that don't pass are problematic because if they obstruct urine flow, they can result in kidney damage. Since most of us have two kidneys, we keep on urinating

because the other kidney is working away and we're not aware that the obstructed kidney is in trouble. When you leave the ER, you'll get a strainer to catch the stone if and when it passes, as well as instructions for following up with your doc or referral to a urologist.

If the stone doesn't pass in a timely manner, CT and ultrasound can both show obstruction. When a stone won't pass, or is causing obstruction, your urologist will push the stone back up into the kidney and "blast" it with a procedure called lithotripsy resulting in smaller, more easily passed gravel.

Dietary modification may help prevent future stones, but certainly drinking more water can be helpful. Unfortunately, those who pass a stone have a 50 percent chance of recurrence within five years and a 60-80 percent likelihood of recurrence within their lifetime.

All things considered, I'd rather be in labor.

(Dr. Trudie welcomes readers' comments and suggestions for future articles. Contact her c/o graceucc@comcast.net.)



are Invited to the Congregational Meeting

All members and friends of Grace are invited to the spring Congregational Meeting on Sunday, May 22 following worship.

New church directories will be available. If you'd like to be included in the directory, or to change your existing information, please contact the church office ASAP.

Please be present as we reflect on the 2015-2016 year, and as we look forward to the upcoming year of ministry together at Grace.

Teams and task forces are asked to prepare a brief summary of their activities in the past year. Please submit your annual report to the church office by **Thursday, May 10**.

The agenda will include:

- A proposed **bylaws change** to move the January Congregational Meeting to the Sunday before Thanksgiving
- Yearly team and task force reports
- Election of Council members and team/task force members

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