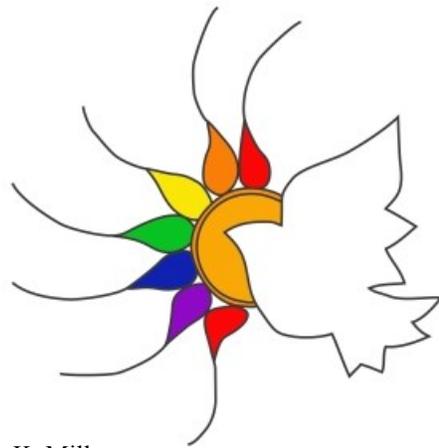


# Shalom

October 2013

Newsletter of Grace United Church of Christ  
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## God's Grace

Is it really time to write another article for Shalom already?! I can't tell you how happy I am to be here serving as your intentional interim pastor; my family and friends all say I am glowing with Joy and I am! I am having a great time getting to know you and learning about Grace.

We live in a world filled with great change, new technologies; it's a time when values, morals, and priorities seem to be shifting. So often what used to work seems to fail us. Most mainline Christian denominations are in decline — even evangelical churches are beginning to feel the pinch of lost members — and while this can be a scary time, a time that seems like an end, it is also a time filled with hope and possibility. Our God is one who flips that table of what we expect and works within to bring about creative transformation! What seems like death is really new life, new possibility and new hope.

One of the tasks of this interim ministry time is to reflect on who we have been and who God is calling us to be in this world. Even though I have concerns about the how the Church (not just Grace, but all churches) must change to be more relevant and engaged in our world, I remain confident that churches like Grace are up to the challenge.

In the coming months we will need to set aside our fears and reservations, so that we might hear God's call to us. I am filled with excitement and enthusiasm when I look at all Grace has to offer the world! Who knows what God may be calling us to do and become! I don't know about you, but I can't wait to learn more about our ongoing participation in God's mission.

Please feel free to call me, email me, txt me, or visit me during office hours!

*Shalom*  
*Pastor Chris*





*Grace upon Grace  
for a second century*

## Centennial Capital Campaign Update

While we are waiting for a final "go ahead" from Manheim Township on our Memorial Garden, we are asking contractors to bid on the garden, walks, and accessible church entrance. Once started, hopefully in October, these projects should be completed in about two weeks. We will also be refurbishing the peace pole which will be linked to the Memorial Garden via walkways.

As of August 31, we have received \$58,975 toward our campaign goal of \$180,859. We now have an approved line of credit for \$100,000 from the United Church of Christ Cornerstone Fund to cover project costs during our three-year campaign. Thank you for your pledges and gifts, and please keep those capital campaign contributions coming!

~ Centennial Capital Campaign Committee



### President's Message

“Keep Moving!”

As most of you know, I'm a therapist. I work primarily with the geriatric population to rehabilitate them to live independently. As we age, it is human nature to slow down. We experience aches and pains that impede us from the agility we once knew in our youth.



My motto with my patients is “keep moving.” Keep moving so that our joints don't stiffen; keep moving for our muscles to maintain the tone we need to properly ambulate and maintain mobility.

I pose this question: Does the philosophy I use with my patients differ from the ministries at Grace UCC? Over the past ten years, Grace has excelled at being Open and Affirming. Being Open and Affirming has become our staple. It is who we are.

As we move through our interim ministry, I wonder how we will “keep moving.” How do we want our community to identify us over the next ten years? If we truly are a progressive, justice-seeking and welcoming-all church, how can we utilize the “keep moving” philosophy to advocate for justice, and welcome those of brown or black color, or welcome those with hearing impairments or language barriers? How will our mission impact our future ministries? These are difficult questions we must ask ourselves if we are to “keep moving” and avoid the stagnant waters of complacency.

As we transition into the next phase of our church life, let's “keep moving”!

Peace,

Amy Southall, Council President

## Lectors Wanted

You may have noticed during worship the last few Sundays in September, two lectors were participating. This is something new the Spiritual Life & Growth Committee, with the recommendation from Pastor Chris, is trying. Why one more? To get more people involved in the life of Grace!

If you have not signed up to be a lector and are interested, you can tell a committee member (Robin Cain, Christian Chew, Joe Buchert, Amy Fishburn, Herb McCollom, Kellie Wilson) or leave a note in the office mail box.

~ Spiritual Life & Growth Committee

## Choir Fall Schedule

October 6	Rehearsal
October 13	No rehearsal
October 20	Rehearsal
October 27	Rehearsal & worship: <i>Lean On Me</i> (Emerson)
November 3	No rehearsal
November 10	Rehearsal
November 17	Rehearsal & worship: <i>Shut De Do</i> (Stonehill) Memorial Bells of Grace dedication
November 24	Rehearsal

## All-Church Family Fall Retreat at Hartman Center

There's still time to sign up for Grace's annual fall all-church retreat at Hartman Center Saturday, October 19 (the day of the Center's Fall Festival). A sign-up sheet is in the narthex.

~ Spiritual Life & Growth Committee



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## Thank You for Handbell Concert's Success

The Memorial Bells of Grace UCC would like to thank talented musician Ron Bellamy, Congo Life, Jeff Dombach, Pastor Chris, and Lynn K. Miller for helping to make the benefit bell concert such a success. Thank you to all those who attended the concert and helped support this part of the music ministry here at Grace UCC. Your generosity is greatly appreciated.

Sincerely,

The Memorial Bells of Grace — Jeff Clouser, Director  
Brent Weaver, Matthew Daniels, Suzy Luber, Laura Carey, Emily Carey,  
Jen Dennis, Heather Eshbach



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## 12,000 Scarves Against Bullying

Folks across the United Church of Christ (including Grace UCC) knitted rainbow colored scarves that were taken to the General Synod meeting in Long Beach, California this summer.

There were 12,000 scarves and they all were sent out with folks to be given away in return for signing a pledge to end bullying wherever you are.

~ Prayer Shawl Ministry

## Youth Worship Volunteers' Forms Needed

Nursery and Youth Worship volunteers, with the Christian Education school year in progress, it is important to ensure your updated clearances are on file in the church office.

If you already have your clearances, place copies in the church office mailbox. If you do not have active clearances, or if you are unsure, please complete the two forms:

- ✓ Pennsylvania Child Line form CY-113
- ✓ Pennsylvania Form SP 4-164 (Request for Criminal Record Check)

(Both are available on the internet; form SP 4-164 can be completed on-line at <https://epatch.state.pa.us/>. Form CY-113 must be printed and mailed.)

Completed forms should be returned to the church office in care of the Christian Education Committee. (If you would like the church to reimburse you for the clearances, or would like the office to file them for you, that can be arranged). Please contact Shawn Robbins with any questions.

~ Christian Education Committee

### Youth Worship Teachers

Teachers are needed for November 10, and December 15, 22 and 29. Sign up on the sheet in the narthex.

October 6: Family Sunday

October 13: Joe Buchert  
Shawn Robbins

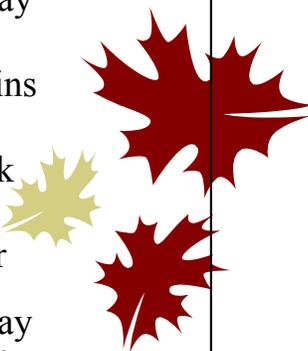
October 20: Holly Keller  
Barb Smentek

October 27: Jeff Clouser  
Brent Weaver

November 3: Family Sunday

November 17: Barb Smentek  
Amy Fishburn

November 24: Bill Montgomery  
John Zittel



### Save the Date: Fall Work Day

Mark your calendars for Grace UCC's Fall Work Day Saturday, October 26 from 8am to noon.

Help prepare the church for winter inside and out by mulching, trimming trees and shrubbery, roto-till the north island; weeding, washing windows, and straightening up storage closets upstairs and downstairs.

Coffee and donuts aplenty will be supplied by the Property Committee. A large turnout means less work for all: there will be a job for everyone!

~ Property Committee

### MOMS Club of Manheim Township Sends Thanks

“Dear Grace UCC,

“Thank you for allowing our moms and children use of your facility. We love to have our monthly meetings here. The children always love playing with your toys. Thank you for your continued support of our organization.

Sincerely,  
MOMS Club of Manheim Township”



## Parish and Community Health Resources

### Ask Dr. Trudi: “Leaves of Three, Beware of Me”

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There are definitely some “black holes” in my medical knowledge, and dermatology is one of them. However, one of the most common rashes that brings patients to the doctors is one that even I can recognize: poison ivy.

In looking for a topic for this month’s *Shalom*, my husband reminded me that in fall, lots of people are cleaning up their lawns and gardens where poison ivy or one of its relatives, poison oak or sumac, could be lurking. Unless you live in a desert, Alaska, Hawaii, or above 4,000 feet, you’re likely to encounter the stuff, and 50 to 70 percent of us are susceptible to this ubiquitous troublemaker. Most of us develop an itchy red rash 12 to 48 hours after even casual contact, with new patches appearing for up to two to three weeks anywhere the plant resins contacted your skin.

The resin, urushiol, is absorbed slowly, giving you the false hope that you’ve dodged the bullet. Then, a day or so later, you’re breaking out, itching and trying not to scratch. If you threw your gardening clothes in the wash basket and touched them later, or petted your faithful dog or cat who was with you in the garden, you’ll have secondary exposure and develop new crops of vesicles. This secondary exposure is probably what leads people to wrongly think that by scratching open the vesicles, the drainage causes the rash to spread. Truth is, once you wash off the resin, whatever wasn’t absorbed is gone, so it’s important to wash any exposed skin and throw your gardening clothes into the washer after coming in from the yard.

While skin is the typical organ involved in ivy poisoning, the eyes and airways can be affected too if someone is burning ivy-covered logs. Also, there is the possibility of gastrointestinal symptoms in those who take homeopathic remedies to combat ivy dermatitis. In homeopathic medicine, the thought is that by taking a small amount of potentially problematic substance, the body will develop defense mechanisms. In some people, even this tiny amount of urushiol can cause problems.

Poison ivy is the most common member of the *Toxicodendron* species here on the East Coast; west of the Rockies, you’ll find more poison oak, and in the southeast, poison sumac. It affects all races and sexes equally, but the elderly have a reduced sensitivity.

The presentation varies according to the individual’s sensitivity and the intensity of the exposure. As with any toxin, the best treatment is prevention. If you’re working in an ivy-infested area, be sure to wear long sleeves and long pants. Vinyl gloves offer better protection than leather, fabric, or even rubber. There are creams available that purport to be barriers to the resin, but the jury is out on their effectiveness. If you can wash exposed areas within 20 minutes, there seems to be reduced reactivity, but since the urushiol can penetrate the skin within 10-20 minutes, sooner is better. Use lots of water; soaps can actually spread the oil over the skin (so much for my family’s faith in Fels Naptha soap). And remember: throw those gardening clothes right into the washer.

*(Continued on page 6)*

## Joyful Noise Offering Works for Good Changes

The total Joyful Noise offering for the summer quarter – July, August, September – was \$186.10. It has been sent to Heifer International and will provide animals for folks somewhere in the world who are in need.

Your loose change given to Joyful Noise during the fourth quarter (October to December) will benefit the Food Bank of the Lancaster County Council of Churches. Thanks for sharing in this offering.

~ Stewardship-Mission Committee

## Christmas Pageant

There's still time to sign up to participate in the Grace UCC Christmas Pageant, "Jesus Our Brother," to be presented Sunday, December 8 at the 10:30am worship service.

At least 30 participants are needed of all ages. Memorization of lines is not required. Rehearsals will be held every Sunday through the performance date beginning October 27 with a read-through at 9:15am in the church sanctuary.

Sign up on the sheet on the narthex bulletin board by Sunday, October 13.

~ Jeffrey Clouser

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

If, despite your best efforts, you come up with a rash, there are several over-the-counter remedies that will afford some relief. Calamine, Domeboro, Burrow solution, and oatmeal baths can soothe the itching. If you opt for an oatmeal bath, put the oatmeal in a sock and tie or rubber band the cuff so that you don't clog your pipes. Benadryl or one of the non-drowsy antihistamines (H1 antagonists) can lessen the itching. Tagamet, an over-the-counter H2 antagonist typically used for gastric reflux, can boost the effects of the H1's and doesn't cause drowsiness.

It's important to try not to scratch the rash because of the possibility of developing a secondary bacterial infection. If this happens, your doctor will need to prescribe antibiotic treatment.

If the rash is severe, or if you're getting married, going on a big date, or having a photo shoot in the next few days, your doctor can prescribe a tapering course of steroids. While these are very effective, they are not without side effects like raising your blood sugar and reducing your immune response. However, in most cases they can be used safely. You and your doctor can assess the risk/benefit ratio.

Years ago, I saw a patient who had been collecting fall foliage and felt compelled to gather some ivy which had turned a beautiful red. It was just as problematic as it had been in its earlier green phase. If you can, stay away from it, but if not, go prepared.

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



**Neighbors in Need**

# Imagining

**Another World Is Possible**

*God is still speaking,*  
**UNITED CHURCH  
OF CHRIST**



Through the Neighbors in Need offering, the church commits to justice and compassion throughout the United States and Puerto Rico.

One-third of the offering supports the work of the Council for American Indian Ministry (CAIM), including much-needed funds for 20 American Indian congregations in the United Church of Christ in North and South Dakota, Wisconsin, and northern Nebraska.

Two-thirds of the offering supports justice advocacy and direct service projects such as just-peace programs (ministries of peacemaking, violence reduction, conflict resolution, federal budget priorities, and global solidarity), and community grants. Grants are offered through the UCC's Justice and Witness Ministries. JWM's Mission Statement is: to speak and act prophetically through community mobilization, leadership training, issues education, public witness and public policy advocacy.

The offering will be received World Communion Sunday, October 6.

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## **Food & Clothing Bank Needs List**

The Food Bank needs fresh produce, fresh, canned or frozen fruit; peanut butter, brown rice, canned tuna or chicken, dried and canned beans.

Clothing Bank needs: clothes for baby girls up to 24 months; for boys in sizes 10-20; and coats, socks, and shoes for all. Rain and snow boots for children are welcome too.

In the Clothing Bank's work wear department, needed are:

Women: pants (any color, sizes 18/20+); black pants (sizes 0-6 and sizes 16+); khaki or tan pants (all sizes, but especially sizes 0-6 and 16-28); polo shirts (all colors and sizes); black or white button-down shirts (all sizes); dress blouses (all sizes).

Men: Steel-toe boots (all sizes)

Additionally, the Lancaster County Council of Churches needs donations of reliable, used vehicles for its "Wheels to Work" program, and donations of repairs, parts and labor. Financial donations are also welcome to sponsor vehicle repairs.

Place donations (other than vehicles) in the basket in the narthex (Grace volunteers deliver them to the Food & Clothing Bank at 344 N. Marshall St., Lancaster).

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*Daylight Saving time ends Sunday morning November 3.*



## Friends Helping Friends

Boscov's is having their Friends Helping Friends shopping day on Tuesday, October 22. By purchasing a \$5 shopping pass, you get 25% off your purchases of most items. (And they usually have some great sales that day too!) The entire \$5 purchase price stays with Grace Church and is used to purchase supplies for the Community Breakfast. What a great way to support this mission and have an excuse to shop, too!

Please consider taking a packet of 5 or 10 tickets and selling them to your friends, neighbors, family and co-workers! Your support is needed for this great mission. The need has not diminished in the years since we started, but the prices of everything have definitely increased. This would be a terrific way to show your support of the breakfast (without having to get up early on a Saturday!).

See Jessie Dombach or Holly Keller for tickets.

## Your Groceries & Our Churches Wider Mission

Shop for groceries using supermarket gift cards purchased during fellowship hour at Grace, and 5% of your purchases benefit Our Churches Wider Mission. People purchased \$26,375 in grocery gift cards from January to the end of August, raising \$1,318.75 for OCWM.

Remember, Gladys challenged Grace members to purchase \$60,000 in gift cards in 2013. We're getting closer to reaching Gladys' goal, with your help.

~ Stewardship/  
Mission Committee

