

Grace United Church of Christ

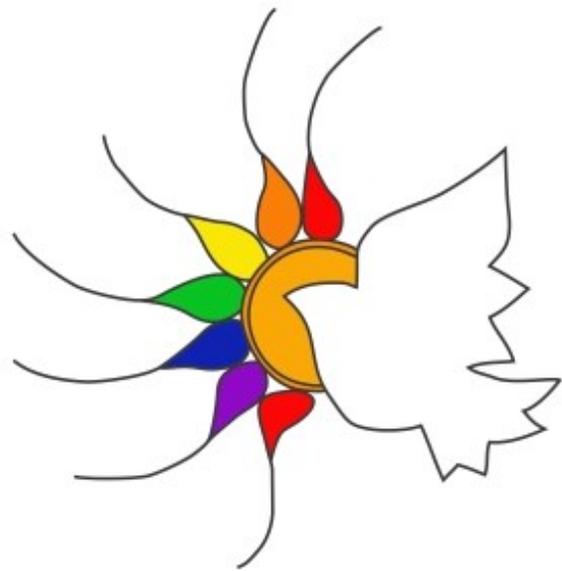
Shalom

October 2015

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



A Change is Gonna Come

It's finally happening: the weather is growing colder. I am the type of person who much prefers the warmer weather, so I am mourning the onset of sweater season. Yet, I am also aware of those around me who are rejoicing that their days of sweating and sunburn are almost over.

So, I am trying to reflect on this theologically, and I see this is one of God's offerings of diversity. If everyone preferred one type of weather over another, then everyone would be miserable for six months out of the year. Or, we would have constructed some sort of terrible weather-adjustment device, throwing our ecosystem into chaos. So, as much of the world celebrates the onslaught of pumpkin spice-flavored everything, and seeing your breath on the wind, I will try to be thankful that God creates us in such a diversity.

Soon, the leaves will begin to change as another ushering in of fall, and I want us to think about all of these leaves, all of these radiant colors, all different depending on how the past year has treated them. They represent us, and all around us. Each different, depending not only on how they were created, but also how their lives might have been up to the moment we encounter them. Sometimes we think how much easier it would be if we were all alike, but then what if that meant we lost the brilliant color show we are given each incoming fall?

So, I will turn my mind to the things I like about the fall: Halloween, crackling fires, the way the light changes when the sun sets. I will put on one more layer, stir up some hot chocolate, and offer thanks to God for the challenges and the blessings of our great diverse world.

~ Pastor Katie

Making Music with Grace



As the golden glow of September melts into October, I am reminded how full our storehouses can be, filled with new promises, dreams and hopes for the coming year. I have proposed to the Executive Committee some old/new ideas for our worship services, and I have heard your ideas and suggestions, for which I am very grateful! Here are my ideas for thematic worship on a weekly rotation:

- ♪ First Sunday: Communion Sunday, "High Worship", sung responses, Kyrie, Holy Lamb of God (led by choir and bells?), sung anthem by choir
- ♪ Second Sunday: Bells/choir leads sung worship, appropriate solo pieces for either group, congregational singing of hymns, no sung responses
- ♪ Third Sunday: "Share Your Gifts Sunday", soloists from the community lead or enhance worship, piano, bass, drums, mandolins, dulcimers, ukuleles, lead worship; select from different genres of music, involve the children, puppets, theatrical devices
- ♪ Fourth Sunday: Choir/bell choir leads sung worship — whichever group did not lead on the second Sunday
- ♪ Fifth Sunday: There are two or three of them during the year, could be "Meditative Sundays" with quiet music or perhaps, no music

Also, we must tap into the children. I would like to do another holiday puppet show, perhaps remembering Dottie Book (Patches) and if possible a Children's Choir. I am hoping to do jazz lessons and carols for Advent, and would like to reach out during the holiday season to people with mental health struggles.

Will anyone join me or do I have to do this myself? I'd sure welcome the company! Love you all.

~ Suzanne Delahunt, Director of Music

Helpers Needed for Fall Work Day

Bring your work gloves for Fall Work Day on Saturday, October 24 from 8am to 12pm. We'll supply essentials such as rakes, clippers, cleaning tools, coffee and doughnuts. Help get the church ready for winter. There will be tasks for everybody.

Thank you from the Property Committee.



Yes, We Can Recycle Cans!

A recycling can has been put in Fellowship Hall outside the kitchen area. This can is for us to deposit our empty and clean aluminum cans. Grace UCC will earn 40 cents per pound for the aluminum. All monies earned will go toward helping Grace UCC's operating budget.

Thank you for helping with this fundraiser!

~ Finance Team

Audit Helpers Needed

The Finance Team is looking for two more individuals to assist with preparing audits on Grace UCC's various checking accounts. A knowledge of general bookkeeping is helpful. The team expects that you would spend a total of about six to eight hours.

If you are interested please speak to Denise Pfeiffer, Holly Keller, or Donna Devine. Thank you!

~ Finance Team

Feed the Community with "Friends Helping Friends"

There's still time to get shopping passes for "Friends Helping Friends" to support Grace's monthly breakfast at First Reformed Church for the city's people who are homeless and hungry.

Bosco's hosts this fundraiser on Tuesday, October 20. Purchase a shopping pass for \$5 and receive 25 percent off your purchases for the day, and the entire \$5 stays with Grace Church. While shopping that day you can also enter to win door prizes, sample refreshments, and enjoy entertainment.

See Jessie Dombach or Holly Keller for more information or to purchase tickets.

Calling All Campers

Join us for a campfire and camping Friday, October 9 beginning at 6pm. Congo Life will provide the campfire; bring your lawn chairs and, if you can, a campfire goodie to share, and your sleeping bag and tent if you want to camp out. Sign up in the narthex.



~ Congo Life Task Force

Questions? Concerns? Suggestions?

Talk with a Council member:

- President: Herb McCollom
- Vice President: Karen Wentz
- Secretary: Ve Wolfe
- Member At-Large: Nick Santaniello
- Finance Team Leader: Denise Pfeiffer
- Treasurer (ex-officio): Holly Keller
- Property Team Leader: Rob MacGregor
- Spiritual Life Team Leader: Amy Fishburn
- Congregational Life Taskforce Leader: Heather Eshbach
- Wider World Taskforce Leader: Cathy Hainley
- Pastor: Rev. Katie Cort

Hartman Center Fall Family Day Retreat



Please join us Saturday, October 17 as we get away for the day to beautiful Hartman Center for a day of learning, fellowship, and fun! Join your Grace family and friends on a day trip to our UCC camp located near State College. It's a great opportunity to enjoy a change of scenery and take in the breath-taking fall colors of the Seven Mountains region.

We will leave the Grace parking lot at 8am and arrive back at Grace at approximately 6:30pm. There will be time for a guided discussion on mindfulness and listening to other voices. We'll enjoy the center's fall festival with food, music and games. It is also a beautiful area to walk in the woods.

Please sign up in the narthex and indicate if you are willing to be a driver.

— The Spiritual Life Team

Member-in-Discernment Update

As October begins, I have already been in classes at Lancaster Theological Seminary for two months! When I started in the Master of Arts (Religion) program, I was anticipating graduating in 2016. But, after discussions with several people, I feel a calling toward chaplaincy. For most positions, ordination is required, and the traditional route is with a Master of Divinity. So, I am now in the MDiv program, which will take three years. Some days I think I am ready for three more years of schooling, and other days I am not. I still very much want to provide spiritual care to people in long-term recovery from natural disasters, and I am making contact with those who work in the field, as I recently attended the National Disaster Spiritual Care Summit.



Finances are always a concern, as it is difficult to find jobs to work around my class schedule. The student loans are accumulating rapidly, but I try not focus on it. I wasn't needed as much at the photography studio this summer, but I will be working in the LTS library through the school year, which will help.

Please keep me in your prayers as I continue discerning God's plan for me.

Peace,
Amy Fishburn



Parish and Community Health Resources

Ask Dr. Trudie: "Trick or Treat?"

Halloween is coming; kids will be dressing up and foraging for candy; adults will be attending parties; we'll see the return of haunted houses and hay rides; and TV networks will be airing scary movies. Why do we like to be scared? Blame it on your brain, in particular a small area of the brain called the amygdala.

Human survival was dependent on the flight or fight response. When faced with a threat, the amygdala initiates a series of responses resulting in a variety of physical effects. Blood pressure rises, blood is shunted to the muscles, and respiratory rate and blood sugar rise to provide fuel so we can either fend off our attacker or run like heck to get away. As a consequence, there's less blood flow to the gastrointestinal tract. That's why when you're scared or anxious, you're likely to feel nauseous.

Another result of this re-routed blood supply can be altered sphincter tone; apparently, losing the extra weight you're carrying in your bowels and bladder can mean the difference between capture and escape. The pupils dilate to let in more light, useful in those early morning and twilight hours. You sweat, losing a bit more weight, and get goosebumps. Involuntary screaming or shrieking may be a mechanism to scare our assailant.

So why do we seek to replicate an experience that causes us to feel like vomiting and potentially embarrassing ourselves? Because the cascade of hormones initiated by the amygdala includes endorphins, the hormones associated with pleasure.

The amygdala receives information from other areas of the brain and puts us on alert. It has two sides. One quickly reacts to potential threats and starts the fight or flight response ("There's a serial killer outside my house trying to axe down my door"). The other takes a more measured approach ("It's just the wind blowing a tree branch against the house").

The amygdala is also the storehouse for our memories of fear. This is useful for things like not standing close to speeding trains or going outside during tornados, but can be unhandy when it dredges up irrational terrors like the fear of clowns. When we watch a scary movie or go to Jason's Woods, we can enjoy the endorphin rush while the slower part of the amygdala reassures us that it's just a movie or that those zombies trying to climb into the hay wagon are just actors.

Kids, however, don't process violent and frightening materials in the same way. They can experience behavioral issues and eating or sleep disorders for days to months after watching scary movies. Some studies show the effects may last into adolescence or even adulthood.

So, just as you'll be monitoring your kids' candy intake this Halloween, keep an eye on what they'll be watching on TV. A week of nightmares from too many ghosties and ghoulies may be more troublesome than a belly ache from too much chocolate.

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

Healing Communities Training Offered at State Council of Churches Conference

Registration is open and an early bird discount is available until October 9 for Pennsylvania Council of Churches' conference, "Lord, Let Our Eyes Be Opened: Breaking the Chains of Mass Incarceration" Friday, October 23 through Sunday, October 25 at the Red Lion Hotel and Conference Center, 4751 Lindle Road, Harrisburg. A day of action is planned for Monday, October 26 at the state capitol.

Healing Communities training is being offered Friday from 8:30am to 4:30pm by Rev. Naomi Leaphart and Melanie Snyder, executive director of Lancaster County Re-Entry Management Organization, in conjunction with the conference. According to Healing Communities, one in 28 Pennsylvanians is under criminal justice system control. The training is intended to help congregations restore and heal their own members who have been impacted by crime and the criminal justice system. It offers information and support so each congregation can decide on its own action plan to work toward being a healing community.

The conference features nationally recognized speakers Dr. Harold Dean Trulear, founder and director of Healing Communities USA; Glenn E. Martin, founder and president of JustLeadershipUSA; and Dr. Geert Dhondt, assistant professor at the John Jay College of Criminal Justice.

Register at pachurches.org. For more information contact Sandy Strauss at the Pennsylvania Council of Churches at (717) 545-4761 or s.strauss@pachurches.org.

Food Bank Needs for Community Meals

Volunteers who cook and serve community meals at churches in Lancaster County rely on food donations from their congregations, businesses, and the Lancaster County Council of Churches' food bank. Food bank donations are collected in baskets in the narthex here at Grace. Food bank needs are:

- Canned or bottled fruit - 40 oz. or larger (the biggest need)
- Canned corn or mixed vegetables, 40 oz. cans or larger
- Canned baked beans, great northern beans, black beans, lima beans, butter beans - 40 oz. or larger
- Canned yams or sweet potatoes, whole little white potatoes, 40 oz. or larger
- Rice, 3 - 5 lbs. or larger packages
- Tomato sauce - 60 oz. or larger bottles
- Marinara sauce - 60 oz. or larger
- Mayonnaise-style salad dressing
- Assorted salad dressings
- Mustard, 20 oz. or larger squeeze bottles
- Ketchup, 20 oz. or larger squeeze bottles
- Tuna - large cans
- Cheese sauce, #10 cans
- Soup, 50 oz. cans
- Jam or jelly, 28 oz. or larger
- Cold cereals, 18 oz. or larger sizes



The Neighbors in Need offering supports the United Church of Christ's ministries of justice and compassion throughout the United States. Two-thirds of the offering is used by the UCC's Justice and Witness Ministries to fund a wide array of local and national justice initiatives, advocacy efforts, and direct service projects. Working with members of the UCC Justice and Peace Action Network (a network of thousands of UCC justice and peace advocates), Justice and Witness continues its advocacy work on issues such as the federal budget, voting rights, immigration, health care, hate crimes, civil liberties, and environmental justice. For more information, see the inserts in the Sunday bulletins and visit ucc.org/justice.

Neighbors in Need also supports our American Indian neighbors in the UCC. One-third of the offering supports the UCC's Council for American Indian Ministries (CAIM). Our UCC forebears established churches and worked with Lakota, Dakota, Nakota, Mandan, Hidatsa, Arickara, and Hocak in North and South Dakota, Wisconsin, and northern Nebraska. Today there are 20 UCC congregations on reservations and one urban, multi-tribal UCC congregation in Minneapolis, Minnesota. These churches and their pastors are supported by CAIM. CAIM is also an invaluable resource for more than 1,000 individuals from dozens of other tribes and nations who are members of other UCC congregations in the U.S.

The Neighbors in Need offering will be received Sunday, October 4. Look for offering envelopes in the Sunday bulletins.

World Communion Sunday

Celebrated the first Sunday in October, World Communion Sunday falls this year on October 4. World Communion has taken on new relevancy and depth of meaning in a world where globalization often has undermined peace and justice – and in a time when fear divides the peoples of God's earth. On this day, we celebrate our oneness in Christ, the Prince of Peace, in the midst of the world we are called to serve – a world ever more in need of peace.

~ The National Council of Churches



Centennial Capital Campaign Update:

Organ Repair Nears Completion

*Grace upon Grace
for a second century*

The organ repair should be completed by the end of October when we will owe the third and final installment of \$10,900. We would like not to have to borrow, but unless capital campaign giving increases, we will likely need to borrow about \$3,600. If you would like to make a 2015 year-end gift to our “Grace Upon Grace” capital campaign, now would be a great time!

Thank you, Grace members and friends, for capital campaign gifts totaling \$133,406 as of August 31 toward our goal of \$180,859. We plan to defer re-roofing the sanctuary as our last capital campaign project in 2016.

~ Centennial Capital Campaign Committee

Study Group to Read "But I Don't See You as Asian"

Starting October 4, a new education group will meet Sundays at 9am, Mondays at 7pm at the Wentz home, and some Thursday mornings at Fruitvill Pike Starbucks (dates to be announced) to read and discuss the book “But I Don't See You as Asian: Curating Conversations About Race” by Bruce Reyes-Chow. Talk with Pastor Katie for more information.

A Lancaster Association Note: The fall meeting will be Sunday, November 1 at 3pm at Maytown Reformed UCC.

Grace United Church of Christ

*Welcoming All
Sharing Love
Proclaiming God's Grace*

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Lancaster Pennsylvania 17601

(717) 397-1012

www.gracechurchlancaster.org

Food, Clothing & School Supplies Needed for Syrian Refugees

Over 12.2 million Syrian people are in crisis, many of whom are displaced in other countries. Most are living in the small countries of Jordan and Lebanon (some also in Turkey, Greece, Iraq, Germany) in overly-crowded refugee camps and are completely destitute. They have very limited resources and lack basic human essentials for survival. Many are being turned away left and right to begin another perilous journey elsewhere. More than half of Syrian refugees are children who have lost everything, including their families.



We have been in contact with the Narenj Tree Foundation in Norristown and Church World Service's Lancaster Immigration & Refugee Program to collect new or gently used items and non-perishable goods to send over to the different areas of displacement. All donations will be brought weekly to the Narenj Tree Foundation drop off. The Narenj Tree Foundation works to provide relief for refugees worldwide after major crises (view their mission at www.narenjtree.org).

Donations can be brought to the lobby at Grace church or we would be happy to pick up your donations at the location most convenient for you (talk with Liz or Michelle, or see email contact info below).

Items Accepted:

Clothing (men's, women's, children's)
Shoes, sneakers and boots
Socks
Blankets and linens
Stuffed animals

Food:

Rice
Canned goods, especially tomato sauce
Dry beans
Lentils (red is preferred)
Powdered milk

School supplies:

Pencils
Pens
Colored pencils
Erasers
Notebooks

Personal health care:

Feminine care products
Toothbrushes and toothpaste
Bar soap
Diapers

Please ensure food expires at least six months from now.

Thank you for your time and consideration! Please don't hesitate to contact Liz and Michelle at elizabethlingg@gmail.com with any questions or ideas for providing aid.

A Place in the Middle



the true meaning of aloha



A Place in the Middle is a short film about the preservation of Hawaiian cultural traditions and understandings in modern day society. It is told through the lens of Ho'onani, a 6th grade student who dreams of leading the boys-only hula troupe at her school in Honolulu. She's fortunate that her teacher understands first-hand what it is like to be "in the middle" of kāne and wahine and the Hawaiian philosophy of valuing and respecting māhā, those who embody both masculine and feminine spirit. Explore the true meaning of aloha — love, honor and respect for all — as Ho'onani and her kumu set out to prove that what matters most is what's inside a person's heart and mind.

**Sunday,
October 11
2:00 PM**

Grandview United Methodist Church
888 Pleasure Road
Lancaster, PA 17601



*Supporting Lancaster's
LGBTQ people of faith*



**PBS
Learning
Media**



APlaceintheMiddle.org/Hawaii