

Grace United Church of Christ

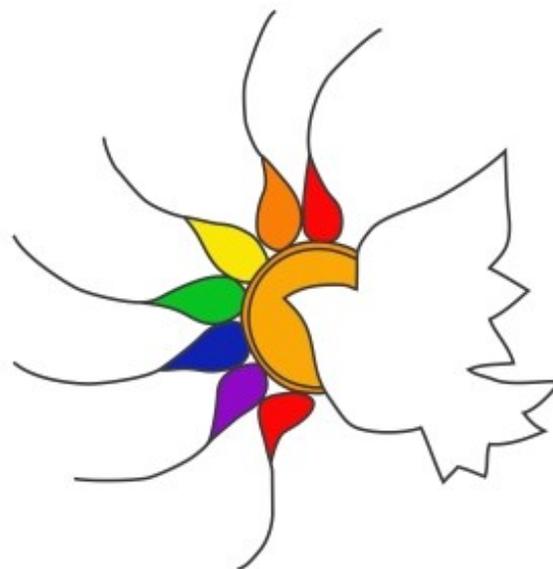
Shalom

July-August 2015

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



Lives Matter

Our Grace community mourns this month with Emanuel African Methodist Episcopal Church in Charleston, South Carolina after nine of their members were shot by a white man who announced that he “wanted to kill blacks.” This event has torn at the heart of American Christianity and has caused us to feel frightened, confused, and helpless. However, this event in the light of our faith has called us to respond quickly, loudly, and with love. Because we not only live in a post-Charleston world, but also a post-resurrection world, so we know life can come from death and real change is possible.

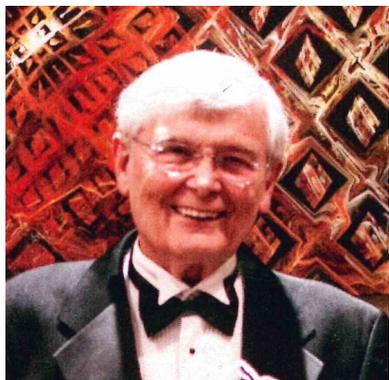
So, we here at Grace are putting our history of fighting for justice together with our desire to present our faith actively in this world. We teamed up with Equality PA to host a prayer breakfast, where local politicians, business owners, and faith leaders were invited to come together, hear stories, and be in conversation around supporting a Senate bill supporting complete legal protections for members of the LGBT community. Join us Monday, July 20 at 7pm as we unite with Black Lives Matter 717 and other local organizations to host the movie "Out In The Night" as part of "In Chains We Trust: A Summer Ecumenical Learning Series on the Sins of Racism & Mass Incarceration in America".

Inspired by many of the communities and congregations who have risen up in the wake of this tragedy, Grace will continue to be in conversations and meetings in order to determine how else we might respond to the needs of local minority and discriminated communities. I encourage each of us to add our voices and ideas to these conversations because I believe we are called as a community to be publicly visible in our quest for justice and our extension of love.

And, thank you. Thank you for being a community that does refuse to accept the status quo of racism and discrimination that our culture offers. Thank you for being prophets and soldiers and ministers who hold the word of God, the love of Christ, and the fire of The Spirit in your hearts and souls. I am continually blessed by the work and worship we do together.

~ Pastor Katie

Meet Grace's New President



When the vote was cast and I was elected president of the church council, lightning did not strike the church. So far, so good, I thought. But perhaps the membership may need further assurance, so I am introducing myself to those who may not yet know me.

I'm Herb McCollom. I'm in my eighth decade of life, am a widower, a former audiologist and currently keeping busy as a playwright. I live in East Hempfield township, am registered for voting as an Independent, love dogs, cats and Philly cheesesteaks.

Apart from that, I have an enormous challenge ahead of me to attempt to match the work and progress made by Amy Southall, your former council president. I will accept that challenge and will do my best to listen to your needs, wants and concerns about Grace United Church of Christ and respond quickly and with thoughtful action. My personal concern is focused on getting more youth involved in the church. I will consider any plan of action for that goal that you may bring to me. I am looking forward to this year with hope and faith.

~ Herb McCollom, Council President



Share the Music in You



It's easy at times to think of people as their jobs, or view them as functions. Witness the cashier at the supermarket, or the kid at the drive thru window, or how about the bus driver! We can forget these are real live people with lives of their own; more than just servers at our beck and call.

This can be true at church as well. Do we regard the pastor as a sermon slinging, prayer uttering, functionary? Or do we recognize a thinking, feeling person? How about the ushers? Are they hand-shaking, bulletin-passing officials, or do we recognize generous, genuine volunteers? What about my personal favorite, the choir? Are they merely song-leading beat keepers, or are they too, generous, committed volunteers, sharing their talents and love of music and community? I think the answer to all of these questions is a resounding yes!

We were blessed to have the talents of Tim Whitney and his guitar, and his stunning voice, performing for us Sunday, June 28. He has promised to return at a later date in the summer as well. We are also blessed to have Robin Cain singing on several Sundays later in the summer. By these and other musicians coming forward to share their talents, we can continue to grow our music program.

In closing, I would like to answer the question, "Where's the choir?" We are here and waiting for YOU! Enjoy your holidays!

~ Suzanne Delahunt, Director of Music

Joyful Noise (and More) News from Grace's Finance Team

July's Joyful Noise collection will benefit a non-profit called "Farm Safety for Just Kids". Farm Safety for Just Kids was founded in 1987 by an Iowa farmer after the death of her 11-year-old son in a gravity flow grain wagon. The organization promotes a safe farm environment to prevent health hazards, injuries and fatalities to children and youth. Outreach coordinators offer free farm safety education to local communities in seven states. In addition, over 70 volunteer chapters operate across the country and in Canada. The organization also produces award-winning farm safety and health resources covering a wide array of safety and health topics for all age groups. In 2013 all of the materials were made available online. Since then over 20,000 resources have been downloaded in all 50 states and 24 countries across the world. Since its inception nearly 30 years ago, the organization has reached more than 6.8 million children and families.

June's local charity \$50.00 donation went to Finefrock & Stumpf Lancaster Golden Gloves Center. Located on East Liberty Street on the third floor of a former tobacco warehouse, the center serves as a training ground for a stable of fighters. It provides an outlet for men and women to get out their aggressions and excess energies in a positive environment.

~ Finance Team



*Grace upon Grace
for a second century*

Centennial Capital Campaign Update

Total campaign contributions as of May 31 are \$128,154.56 (adjusted from the amount reported at the May congregational meeting). Our goal is \$180,859. Thank you for your pledges and contributions.

~ Centennial Capital Campaign Committee

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



Charleston Violence, Unspeakable Grief

Dear Sisters and Brothers:

My heart experienced the unimaginable late last night as the sun began to set in some places, and before the moon could peak through weary cloud-cast skies in others.

The very thing I fight and organize against—a deeply masked and far-reaching culture of violence in our society—has descended upon the steps of my family and worked its way into the sanctuary of the church. Last night during Bible study and prayer service, a gunman entered the historic Mother Emanuel AME church of Charleston, S.C., and opened fire on the 12 persons gathered there. There were only three survivors.

With deep sorrow, I write to share that my beloved first cousin was among the nine fatalities. Her death was confirmed this morning, and the unspeakable grief of this loss has knocked me and my family off-kilter.

C.S. Lewis wrote, "It is easy to say you believe a rope to be strong and sound as long as you are merely using it to cord a box..." But suppose your life depended on that invisible rope that is your faith? Today, the weight of that invisible rope tugs at my trembling heart, and such invisible faith is tested as we walk through the valleys of the shadows of death all around us. We are reassured to fear not evil, but to trust in the rod and the staff for comfort, protection, guidance and perhaps understanding when the morning comes.

Please keep my family, Mother Emanuel congregation and all those impacted by this rampant culture of violence in the center of your prayers.

Let us come together for such a time as this to the sacred clearing—no matter our faith or practice—and be of one accord in the spirit of love, hope, and healing to seek justice and peace for these and other victims of hatred and violence.

Let us put our faith to action and be more than empty drums that have long lost their melodies or arrangements. Let us remove our instruments from the poplar trees and call the people, the public officials, and, yes, the church to action to address the festering sores of racism, classism and militarism—as they intersect in this culture of violence. How can we begin to eradicate this evil without acknowledging the realities of racialized policing, hate crimes, and the disproportionate acts of violence against Black and Brown bodies?

Alas, it is morning and tear-filled dewdrops fall fresh upon my face, with eyes watching God and a soulful lament. Our hearts are troubled, but our faith remains steadfast, trusting and believing in the reconciling power of God for the brokenhearted and the oppressed.

Yours in faith and justice,

The Rev. Waltrina Middleton

United Church of Christ National Minister for Youth Advocacy and Leadership

This article was first published Thursday, June 18 by United Church News.

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It is online at www.ucc.org/news_commentary_unspeakable_grief_charleston_06182015



Parish and Community Health Resources

Ask Dr. Trudie: "You Can't Live Without Them"

Imagine you're a parent in the early 1900's. Your previously active, healthy, full term baby suddenly becomes inconsolable, lies listlessly in her crib and screams in pain every time you pick her up. Your doctor can't find an infectious source of her symptoms; there's no sign of a respiratory infection and she hasn't had diarrhea or vomiting. Then he suggests you feed her orange juice and unpasteurized milk. You can't imagine how this could make a difference but you'll try anything to ease her suffering. Almost magically, your daughter's pain diminishes and her lethargy disappears. A miracle? No, just vitamin C curing your child's scurvy.

We've all been told we need our vitamins, but why? Vitamins are organic compounds the human body can't synthesize, so we need to get them from what we eat. In 1912, Funk discovered that an amine (a chemical compound) found in rice polishings prevented beri-beri. He called this a "vital amine" that was then shortened to vitamin. A year later, this amine was identified as Vitamin A. It's one of the fat-soluble vitamins (A, D, E, and K) which are stored in our livers and body fat. The B and C vitamins are water-soluble, and are not stored in our bodies but are eliminated in the urine. Because we don't store them, we need to take them in on a daily basis to stay healthy.

Going back to scurvy, most of us associate this disease caused by vitamin C deficiency with sailors. It was actually described by the Egyptians as early as 1550 BC. Victims were lethargic, had decreased appetite and poor weight gain and diarrhea. Months later, they became short of breath, experienced bone pain, dry mouth and eyes, and their wounds healed poorly. Their gums became diseased and their teeth loosened. In

1541 a Dutch physician believed it was actually an infectious disease. The explorer Cartier learned to treat it from the Native Americans of lower Canada by concocting an extraction of pine needles in hot water. By 1617 doctors were prescribing lemon juice to sailors in the East India Company. A Royal Navy surgeon discovered oranges and lemons were both effective, but it took 41 years for his findings to be put into practice. The Brits elected to use limes, hence the term "Limeys" for their sailors.

"Land scurvy" was seen in famine and war, and claimed victims among Arctic explorers and prospectors in the California gold rush. Scurvy in infants was noted in the 1600's, but wasn't that prevalent until 200 years later when pasteurized milk became popular and orange juice was excluded from the diet. While pasteurization provided safer milk, it destroyed the vitamin C and it needed to be supplemented.

The B complex includes B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). B1 is important for muscle function, nerve conduction, carbohydrate metabolism, and production of hydrochloric acid to help with digestion. Low levels affect memory and sleep, and can cause muscle cramps and burning of the legs and feet. B2 gives us energy, is needed for enzyme production, and helps with fatty acid and amino acid synthesis and elimination of free radicals. Deficiency causes night blindness, sore tongue, itchy eyes, fatigue, tingling, and contributes to cataract formation. Maternal B2 deficits in conjunction with diets high in saturated fats can

(Continued on page 6)

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

contribute to congenital heart defects. B3 is involved with energy, digestion, normal appetite, and nerve and skin health. B6 is critical for red cell and insulin production. Folate also helps with red cell production and may play a role in lowering the risk for coronary heart disease. Healthy folate levels lower the risk for neural tube birth defects (like spina bifida). B12 aids in red cell and genetic material formation. Deficiency can cause numbness and tingling, changes in taste and smell, difficulty with cognition, weight loss, GI symptoms, chest pain, hallucinations, and violent behavior. Biotin and pantothenic acid help release energy from the carbohydrates we eat and assist in fat and protein metabolism.

Those observant Egyptians discovered night blindness could be cured by eating liver. Now we know that it's the vitamin A in liver that did the trick. Vitamin A also plays a part in bone growth, maintaining a healthy immune system, repairing the surface and lining of our eyes, and maintaining the integrity of our urinary and intestinal tracts. It's essential to our reproductive system, embryonic development, and regulation of genes. Vitamin K helps our blood clot, E decreases

atherosclerosis (the buildup of fat in our blood vessels), and D builds strong bones; children with inadequate D develop rickets, a painful softening and bowing of the bones.

Clearly, vitamins are an essential part of our diets, and now that summer's here, I encourage you to take advantage of produce from our gardens and neighborhood stands. Carrots, spinach, kale and Swiss chard are all sources of A. Besides citrus fruits, C can be found in bell peppers, broccoli, berries, peas, tomatoes, and dark green leafy vegetables. Kale, collards, spinach, broccoli, asparagus, peas, leeks basil and turnip and mustard greens are rich in K. You can get your E from roasted sunflower seeds, avocados, squash, pumpkins, sweet potatoes, and spinach, and D from portabella mushrooms. Some of the B vitamins are in green peas, acorn squash, asparagus, soybeans, and navy beans. Of course, meat, eggs, poultry, tofu, and nuts, whole grain cereals and D enriched milk are also sources of B1, 6, and 12 as well as D and E, but why not complement them with fresh fruits and vegetables (a lot tastier than swallowing a One-A-Day)?

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

Hartman Center Camp Offers Discount and Scholarships



Sign up for a camp at Hartman Center before July 4 and get a \$75 discount. That's right! Just enter coupon code Summer15 when you sign up on-line and you will automatically receive the discount. Scholarships are available as well to help make camp even more affordable.

Don't miss out on the fun and on a life-changing adventure! Take the plunge, invite a friend, sign up for a second week! See you at camp, and spread the word.

Check out the schedule at hartmancenter.com/camp-info/summer-schedule.html.

Bing is Back

Musician Bing Futch, who plays dulcimer, Native American flute, ukulele and guitar (yes, he's expanded his skills, but still lives for his dulcimer), will share his gifts of music, song and story Thursday, July 2 at 7pm on his annual visit to Grace Church. Anyone who knows him or has seen him, knows his genuine love of people, of music and of faith.



Join us for an evening of mountain dulcimer and more music (and maybe a duet or two with the Mountain Dulcimer Players of Lancaster).

If you would like to take a dulcimer lesson or two, even if you've never played before, lessons are available that afternoon. A dulcimer is easy to play and you truly can't play it wrong. If you're interested, speak with Jeffrey Hamilton at 419-1152.

~ Mountain Dulcimer Players of Lancaster

Thank You from Memorial Bells of Grace

Thank you to Grace for your hospitality as we welcomed Timbré to our church for a bell concert last month. It was a wonderful and entertaining evening. Thank you to those church members who volunteered with the potluck supper and to the Property and Congo Life committees for preparing the concert space and providing a reception after the concert. Special thanks to Eileen Laurence and the other homestay hosts that provided overnight accommodations to our bell ringing guests. This was a great opportunity for Grace to open our doors to the community and welcome people who might not otherwise get to church or have the opportunity to attend a concert.

~ Memorial Bells of Grace



Be a Ringer for the Bell Choir



Bell ringers are needed at Grace UCC starting in early September. The Bell Choir typically rings one Sunday a month September through May. We may occasionally ring at off site events or participate in bell festivals. In the past the Bell Choir performed in front of the congregation but that's about to change: the Bell Choir will now play upstairs in the loft above the sanctuary. We rehearse Monday evenings starting September 14 from 7pm till 8pm. If interested in volunteering please contact Jeffrey Clouser by email at memorial-bells-of-grace@comcast.net. Please join us. You will have a ringing good time.

~ Memorial Bells of Grace

Pastor Katie's Installation Date Set

You are invited to a special celebration and worship service Sunday, August 9 (time to be determined) for the official installation of Rev. Katie Cort as pastor of Grace Church. Representatives from the Lancaster Association and the Penn Central Conference will be present to affirm the covenant between Pastor Katie, Grace Church and the wider United Church of Christ community.

Pop In for a Pop-Up Party



Come to a pop-up paint party Saturday, August 22 from 7-9pm. We will paint a picture of sunflowers to take home (see illustration). All supplies are provided (canvas, brushes, paint, aprons and step-by-step instructions). Fun for all! Cost is \$30, due by August 1.

Talk with Verna Labrador for more info and check out squeezespot.com for details.

In Memoriam dbook



We note with grief the passing of Rev. Dottie Book, a friend always ready with helping hands and listening ears, who never used a dozen words where a few would suffice.

She is missed.

Grace United Church of Christ

*Welcoming All
Sharing Love
Proclaiming God's Grace*

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