

Grace United Church of Christ

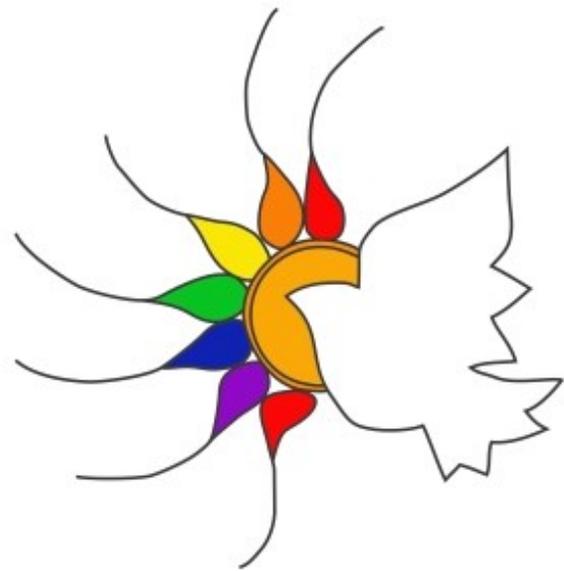
Shalom

November 2015

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

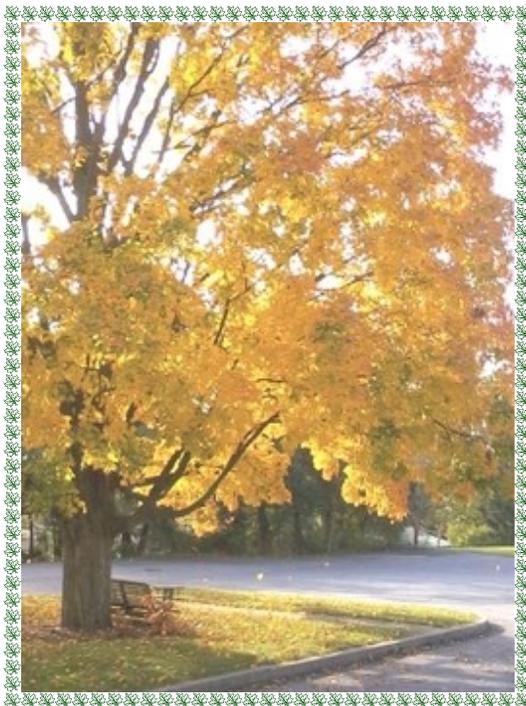
Thank you to story contributors and proofreaders.



Grace and Gratitude

It has become trite to take this time of the year to reflect on what we are thankful for. The word *gratitude* is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness. Gratitude is a thankful appreciation for what an individual receives, and in the process of being intentionally grateful, people usually recognize that the source of that goodness lies at least partially outside themselves.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. So, in actuality, any time is a good time for thankfulness.



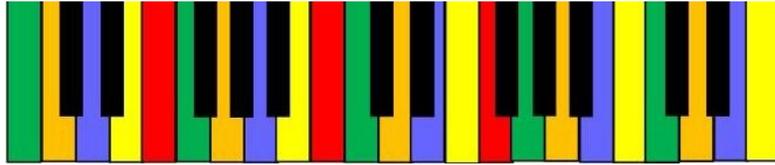
We are just beginning our stewardship campaign so we can look into Grace's future and determine what we will be able to do in 2016. This has caused many of us to take time to reflect on what we are grateful for at Grace, and how we would like to support all of that going forward.

So, I ask you: what are you grateful for at Grace? And if you'd like, I encourage you to share those things with me and with the other members of our community. Let us share among ourselves the happiness we find in thinking about everything we are thankful for here in our Grace community. And then let us prayerfully consider how each of us might support these things so we might be able to carry our grace, our gratefulness, and our happiness into the future.

Happy Thanksgiving, and Happy Gratitude-giving!

~ Pastor Katie

Making Music with Grace



Our first *Share Your Gifts Sunday* went off very well. We had the Praise Band P.U.S.H. providing music for our worship service, our own Brian Eshbach performed the prelude and postlude on the piano, and Wyllyn Hoffman treated us to her bass playing, as well. Well done, P.U.S.H., Brian and Wyllyn! We are counting on all of these gifted performers, to continue sharing their gifts on a regular basis. Our next *Share Your Gifts Sunday* (third Sunday of the month, November 15) is open for participation by any and all of our gifted musicians, singers, and artists. Just let me know what you would like to do to enhance our worship!

Our handbell choir, Memorial Bells of Grace, is back in business and making beautiful music. Our rehearsals are Monday evenings from 7-8pm. We have added new ringers, but are always looking for more. You do not need any prior musical experience to join, just a love of music, friendship, and fun!

Grace choir is busy preparing music for Advent and Christmas. We meet on Tuesday evenings from 7-8:30pm. We are always looking for new members, even if it is only for the Advent/Christmas season. Give it some thought as the holiday season approaches.

Finally, I am hoping to present another puppet performance for Christmas. Any interested puppeteers, kids or adults, please talk with me so we can see if there is enough interest. Thank you for all your support. Let's keep growing the music ministry at Grace United Church of Christ!

~ Suzanne Delahunt, Director of Music

Prayer Shawl Ministry Presents Two Shawls... and a Bear

The congregation of Grace blessed prayer shawls Sunday, October 4 for Kay Charles and Jay Stoltzfus (Cathy Hainley's step-father), and a prayer bear for Gerda Mooney (photo, right).

The prayer bear and one shawl were made by Verna Labrador and one shawl was made by the Prayer Shawl ministry.



Make the Road by Walking

You are invited to join a spiritual conversation each Sunday morning at 9am in the Garrett Room. We are reflecting on the book *We Make the Road by Walking* by Brian D. McLaren. In addition, we meet for lunch after church the first Sunday of the month.

Wondering how to keep up? The calendar in *Shalom* notes the chapter we will be studying each Sunday, so if you miss a Sunday, or decide to join us...you can be on the right pages.

Finally...we have a Facebook page, "Grace Walk". Join the page ...share your reflection about the book during the week, and read a summary of the week's discussion. Any questions, please contact Jeffrey Hamilton at (717) 419-1152.



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Use your Amazon account and visit www.smile.amazon.com. Before starting to shop, select Grace as your charitable organization and (almost) every purchase will result in a donation. Links to www.goodshop.com and Amazon Smile are on Grace's website under "Our partners".

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



Wrapping Up Our Capital Campaign

*Grace upon Grace
for a second century*

Three years ago, we undertook a capital campaign with a goal of \$180,859 as we marked 100 years as Grace United Church of Christ. We set out to re-roof the church, repair and upgrade the organ, create a Memorial Garden, and install a handicapped-accessible sidewalk to all church entrances. And, we did not want this campaign to be all about ourselves. We pledged \$5,000 to help remodel the kitchen at First Reformed UCC where we serve breakfasts monthly for those in need and \$2,671 for the Benevolence Fund of the UCC-affiliated Ephrata Manor.

We did almost everything we set out to do and we did it largely by “paying as you go.” We borrowed sparingly using a line of credit at the UCC Cornerstone Fund and have been able to repay borrowed money promptly. In three years, we have incurred less than \$50 in interest! We had budgeted interest payments of \$14,933.

We are hopeful that Grace members and friends will give generously this November and December to cover the balance of about \$2,500 for the campaign projects undertaken. Then, we will have one project remaining – re-roofing the sanctuary, at an estimated cost of about \$40,000. Any balance of capital campaign contributions will start a Building Fund for re-roofing the sanctuary and we will regularly report on this fund’s growth. The existing sanctuary roof was installed about 45 years ago with a double layer of shingles. It has held up well, but will need to be replaced in the near future.

As we wrap up our centennial capital campaign, Grace members and friends have much to celebrate! Look for upcoming announcements about giving thanks for all we’ve been able to do.

~ Centennial Capital Campaign Committee

Come to Movie Night

Congo Life is hosting a movie night Friday, November 6 at 6:30pm in the Fellowship Hall. We will be showing the movie *The Blind Side*. Light refreshments will be provided but people may bring dinner or beverages of their choice. We will have a short discussion time after the movie. Everybody is welcome to attend.

~ Congregational Life Task Force

Advent Begins with Deck the Halls Sunday

Stay after worship the first Sunday of Advent, November 29 for a soup and bread luncheon provided by the Congo Life Task Force, followed by decorating the church for the upcoming holiday season. All are welcome.

~ Congregational Life Task Force



Parish and Community Health Resources

Ask Dr. Trudie: "Legally Lethal"

Heroin is big news lately. There seems to be an abundance of the stuff, apparently at bargain prices. I think because deaths due to overdose are sudden and often take our young, it grabs headlines. But this month I want to talk about a drug that's just as addictive, available legally, and is the second leading cause of death worldwide. In the U.S. alone, it causes 440,000 deaths per year. It just takes longer to kill you. It's tobacco.

Why do we love nicotine? Like so many other addictive substances, it exerts its influence through our brain's reward center. Nicotine used in small rapid doses increases endorphin levels, enhancing alertness and decreasing fatigue. When consumed slowly, it can also act as a sedative, reducing anxiety and inducing euphoria. As smokers continue to smoke, it takes more and more product to produce the desired effects, and withdrawal begins within hours after the last cigarette.

We know about lung cancer and COPD, reason enough to never start smoking, but nicotine exerts its influence in so many more ways. It's also associated with oral, esophageal and laryngeal cancer as well as pancreatic, kidney, and bladder cancer. Smoking is an independent risk factor for ovarian, cervical and anal cancer. Given its stimulating effects, it's not surprising that smoking is associated with insomnia. It causes difficulty falling asleep, shortens sleep time, and fragments the sleep cycle. And it's not just ourselves we hurt when we light up; kids whose parents smoke are more likely to get ear infections. Second-hand smoke can cause asthma attacks and give non-smokers chronic lung disease.

People start smoking for any number of reasons. For many young people it's peer pressure. Tobacco industry advertising tries to convince us it's sexy to smoke. But some-

times the impetus comes from less likely sources. I can remember my mom telling me that a doctor suggested to one of our friends that she start smoking so she wouldn't gain so much weight during pregnancy. Scary, huh? And when a government-funded agency such as a bus company (Red Rose Transit Authority) fails to enforce smoke-free areas on its property, the Queen Street Station, it sends a message to young people that it's okay to smoke. There's a high correlation between people with major depression and smoking; it's thought these folks are self-medicating. The same is true with PTSD.

November 19th is the Great American Smokeout, and if you're a smoker, maybe this will be your year to quit. Although some people quit cold turkey on their own, we know quitting isn't easy for most people. For some people, using nicotine gum or patches in decreasing doses can eliminate the craving for nicotine. There are also prescription drugs, Wellbutrin and Chantix, which may be right for you. A word on vaping: the votes aren't all in, but this may not be a safer way to get your nicotine fix. Researchers are concerned about the amount of formaldehyde (the stuff we use to preserve cadavers and yes, besides sounding gross, it's a carcinogen) you're getting when using e cigarettes.

Tobacco use is the single largest preventable cause of death and disease in the United States. If you've never smoked, don't start and if you've tried quitting before but failed, don't be discouraged. As with any addiction, recidivism is part of the disease, so don't hesitate to give it another try. You're worth it!

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



God Has a Plan for Grace

For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. — Jeremiah 29:11

...Because no matter who you are, or where you are on life's journey, you're welcome here at Grace United Church of Christ! God is moving through Grace UCC in many ways. Some of the ways God moved through Grace were:

- Calling Pastor Katie to our church
- Hiring our new Director of Music, Suzanne Delahunt
- Planning a new Christian Education program for youth and nursery care
- Offering Sunday morning Christian Education for adults
- Providing space for community groups such as Mountain Dulcimer Players of Lancaster, ROSE, AARP chorus, People to People, MOMS group and others
- Actively supporting equality issues through attendance at Lancaster Pride, hosting a prayer breakfast with Equality PA in support of LGBT marriage equality, hosting movie night (*Out In The Night*) with Black Lives Matter 717 and In Chains We Trust
- Enjoying movie nights in Fellowship Hall
- Supporting Eden Fire Company, local charities, and Our Churches Wider Mission
- Serving second Saturday community breakfast at First Reformed UCC
- Generously giving shelter supplies to Presbyterian Church of Columbia
- Gathering around summer campfires
- Caring for Grace church and property
- Providing Lenten and Advent sabbatical study groups to help spiritual growth
- Continuing the spring tradition of fellowship and spiritual growth at Cape May and the fall retreat at Hartman Center
- Providing music by Grace choir and Memorial Bells at many Grace services as well as the wider community
- Presenting musical programs for members and the community – Bing Futch, Timbrê Ensemble, Dutchland Dulcimer Festival

Your generous 2016 pledge will help us continue to grow as a church and support many worthwhile causes. Please take time to prayerfully think about what Grace UCC means to you and your life. Continuing through November 15 you will see the 2016 pledge cards in the narthex for you to complete and place in the envelope basket. THANK YOU!!

~ Finance Team

Saturday, November 21, 2015

Dave Haas Mountain Dulcimer Workshops and Concert

8:30 - 9:30 Registration

9:30 - 10:45 - Smooth Play – Part 1 (Nov-Int)
Improve your playing of faster songs using these left and right hand techniques. Learn backup chords to improve your playing with others. Need a capo. DAD

11:00 - 12:15 - Smooth Play – Part 2 (Nov-Int)
Improve your playing of slow melodies by picking the notes one at a time. Learn left and right hand techniques to facilitate smooth playing and improve your dynamics. Need a capo. DAD

12:30 - 1:45 LUNCH

2:00 - 3:15 – Favorite Hymns (Nov-Int)
Praise God with these wonderful hymns! Learn tips on how to perform in church and sacred settings. Need a capo. DAD

3:30 - 4:45 - Holiday Classics (Nov-Int)
Get ready for the Christmas Season with these Holiday Favorites. Need a capo. DAD

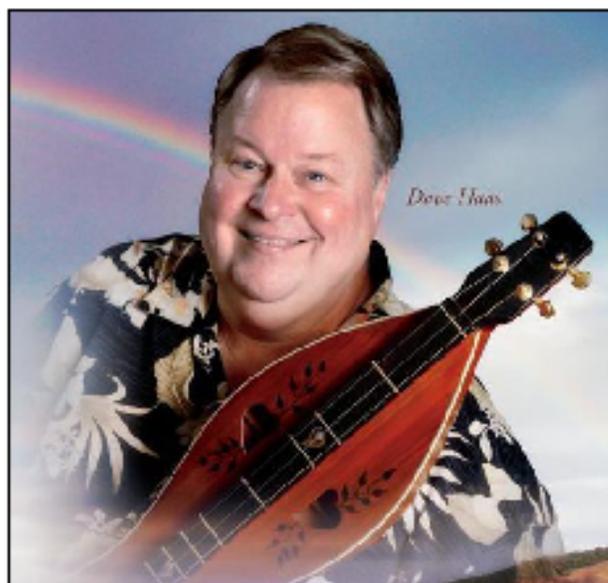
5:00 Concert

Cost: \$45 for the day or \$15 per workshop

Location:

Grace United church of Christ
1947 New Holland Pike
Lancaster, Pennsylvania 17601

Contact person: Jeffery Hamilton
drjhamilton@gmail.com
717.419.1152



Dave Haas lives in Charleston, WV and has been playing the mountain dulcimer since 1990. It is in this city he formed the Almost Heaven Dulcimer Club in Charleston. Dave loves to share the mountain dulcimer and its history with schools, churches, civic organizations, and has even brought the dulcimer to those in prison! Dave has taught and performed with the dulcimer in seventeen states and is a popular instructor and performer at dulcimer festivals. He is known for his gentle, fun, and enthusiastic teaching style. Dave has released seven dulcimer instructional book/CDs, four instrumental dulcimer CDs, and a popular dulcimer chord chart. In 2014, Dave was asked to be an Endorsing Artist for Folkcraft Instruments – one of the largest builders of quality mountain dulcimers.

Dave also enjoys teaching science as a Chemistry Professor at the University of Charleston. One of his favorite teaching activities is to sing chemistry songs (on dulcimer and guitar) with his students. Dave plays the guitar, sings, and enjoys leading music on Christian retreat experiences such as Kairos Prison Ministry, The Walk To Emmaus, Cursillo, and Teens Encounter Christ (TEC).

More information on Dave: www.davehaasmusic.com



Save the Date to Savor Cookies

Grace Christmas Cookie Bazaar

Attention cookie bakers and buyers: bring several batches of your favorite (home made or store bought) cookies to Grace Sunday, December 13 for a Cookie Sale to benefit Grace's general fund. And cookie munchers and Christmas party hosts: as you stroll around the cookie room you'll have the opportunity to buy cookies that others have donated. (Note: cookie donation is not necessary to purchase goodies).

Bakers, please sign up on the sheet in the narthex. We would like you to note the number of dozens being baked and the type of cookies being made so we can be assured we have enough cookies and a nice variety for those hungry buyers.

~ Finance Team

Grace is Open & Affirming

As an open and affirming congregation, Grace United Church of Christ 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.

Coming soon:

The stories of the Bible for ages 4+, using the materials from the program **Godly Play**. Check it out on YouTube. Details to follow.

~ Verna Labrador

Grace United Church of Christ

*Welcoming All
Sharing Love
Proclaiming God's Grace*

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