

Shalom

Welcoming All
Sharing Love
Proclaiming God's Grace

June 2017

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors
and proofreaders.



Pomp and Circumstance

“For I know the plans I have for you” — Jeremiah 29:11

This month we have been honored to host the Manheim Township baccalaureate service, blessing the new high school graduates as they go on to the next steps in their lives. Some of them know exactly what they plan to do and where they plan to be in life. And some of them might even be right! Some of them may feel a bit confused or lost about where to go next. Some of them might even be right by stepping back before making that decision.

The majority of Christian graduation gifts have the Jeremiah 29:11 quote on them, and it is very reassuring to know that God always has us and our futures in mind, especially at the times of a graduation. But don't you sometimes wish God would let us in on those plans? As the students of Manheim Township receive their diplomas and throw their caps into the air, it might feel like their lives are moving just as unpredictably as those flying hats. God has plans, but those students will still be scrambling to see where their caps have fallen once they hit the ground.

As graduates, they are expected to be confident that they are ready and fully prepared for what comes next. As Christians we are expected to be confident that we are ready and fully prepared for what comes next. So what does it mean when the future is completely unknown and unclear? Sometimes the best we can do is to keep walking, toss our hats up to God, and know He will always be sure they land safely...somewhere.

Blessings to the students of Manheim Township, and to all of our tomorrows,

Pastor Katie

Partners in Faith

As I reflect on this past year as president, I feel blessed by the love and support I have received from my church family. It has been a good year for Grace, we have grown in so many ways. We have provided excellent children and adult educational programs along with several off-site book study groups. We have a Safe Church Policy in effect and starting in June we will be attending a program at the Samaritan Counseling Center to fine tune that policy to make our entire church a sanctuary for all.

The many fellowship opportunities we provide feed us spiritually as well as with food. In one month we raised about \$6,500 for Conestoga Valley Christian Community Services to help feed children and monthly food bank clients (see related article on page 3). We continue to provide breakfast for those in need at First Reformed Church on the second Saturday each month. Hosting the community meeting “Faith over Fear” opened Grace to over a hundred people sharing their concerns with our community leaders: Mayor Rick Gray, Lancaster chief of police, Church World Services and the NAACP. The list goes on and on; for a small church we have accomplished much.

Our new leadership team was elected and commissioned at the May 21 Congregational Meeting, excitement at Grace Church is growing as we plan future ministries working toward the three goals we set forth.

- 1) Connect to the wider church – Lancaster Association, Penn Central Conference, and the United Church of Christ denomination.
- 2) Become more visible in our surrounding community.
- 3) Add three new programs (several suggestions were): Peace and Justice Team, Communication Team, Education about world religions, Technology classes, Community orchestra.

As I read through your responses to the question: “Where I see using my gifts for Grace in the next year”, I was inspired to know that everyone is interested in being actively involved in the work God plans for us this next year.

I look forward to this coming year as we all work together, support each other and listen for God’s nudging. If we all share the many gifts and talents so graciously given to us by God, we can accomplish so much. Grace Church will continue to be faithful to the community of Lancaster and beyond. “God is Still Speaking.”

Yours in Christ,
Karen Wentz, Council President

Music Director Wanted

Grace is seeking a new music leader! If you have any contacts, leads, or any questions, please talk with Denise Pfeiffer, Chris Chew, Jeff Hackenberger, or Karen Wentz (the search team).



Congratulations Graduate!

Emily Carey graduates this month from Manheim Township High School. She will be attending the University of Vermont in the fall, where she plans to major in clinical psychology and minor in philosophy.

What Happened to Our Big Hairy Audacious Goal?

Well, Grace UCC did it proudly and did it well. We offered \$6,492.54 to the [Conestoga Valley Christian Community Services](#).

Okay, you may wonder, who are they and what do they do?

CVCCS, in keeping with Christ's teachings, works to meet the needs of people who are homeless, at-risk of homelessness and isolated from neighbors by providing food and clothing as well as access to established social service providers. They are seeking to expand their programs by adding housing through a rental assistance program. Further, their program will focus on teaching skills necessary for reaching financial independence. This is a valuable area service and we of Grace UCC helped them out significantly.

Uh, you asked, was that part of the One Great Hour of Sharing?

No, we offered \$418 to OGHS. This is a part of five United Church of Christ special mission offerings we support each year. The bulletin board in the hall outside Fellowship Hall is an excellent source to check the status of our Five for Five offerings (see related article on page 7 about the Strengthen the Church special mission offering).

Roof Fund is Growing

The loan balance on Grace's new roof is now \$27,000. Thank you to all who have given to pay down the loan from the original \$34,000. Any amount you are able to give will be helpful and save interest charges. For every \$500 donated we'll add a symbolic shingle to the model roof in the lobby. Let's keep adding shingles!



New Logo, New Look for *Shalom*

After being selected by Pennsylvania College of Art & Design for their student "design-a-thon", Grace now has a new logo. You may have already seen it on the bulletin covers, and in our annual report; but this is the first issue of *Shalom* to display the new look.

Thank you to the students at PCAD, their teachers, and people from Grace Church who spent time working with this!

Little Shepherds Round-Up

The Little Shepherds program has had a very successful year. We have studied many of the stories from the Old Testament, Palm Sunday and Easter. The Lenten Project to buy chickens was a success thanks to the congregation's help. The "Feed the Chickens" program enabled us to buy 26 flocks of chickens through Heifer International.

Amy Southall has provided us with the fun crafts on each topic. Thank you to the dedicated teachers: Amy Southall, Holly Keller, Jim Wentz and Karen Wentz. Thank you also to our talented substitutes Tim Whitney and Brent Weaver. The last Sunday will be June 18. Classes will return in September.

June 2017 schedule: June 4 — Family Sunday

June 11 — Baptism — Matthew 28:18-20; John 8:12; Acts 2:38-39
Teachers: Amy Southall & Verna Labrador

June 18 — Little Shepherds Party, last day until September.
Teachers: Verna Labrador & Jim Wentz

See you in September!! Have a great summer...

"Hope Upon Hope" Gatherings This Summer

The next gathering of Hope Upon Hope is on Thursday, June 8 at 7pm at Marilynn Miller's home, 342 W. Cedar St., New Holland. Future dates are July 13 and August 10 (all Thursdays at 7). Hope Upon Hope is a mental wellness, friendship, and support group for members and friends attending Grace UCC.



Thank You!

Thank you to Rick Chamberlin for teaching the Sunday morning adult class using the Kerygma Program's Discovering the Bible study series. The classes were well attended and informative. We look forward to resuming the series this fall with the study of the New Testament. All are welcome.

Safe Church Training Volunteers Needed

We have registered to participate in the Samaritan Counseling Center's Safe Church training program which is renowned both locally and nationally. A Safe Church sees itself as a sanctuary, where one finds protection, support, guidance and the presence of God. We are looking for a few people to volunteer to participate in this training. With the growth of our Sunday School program, Little Shepherds, this training is especially important to provide a safe environment for the children of Grace. Please contact the church office or Pastor Katie with your interest.



Grace's Student-in-Care Travels to Kenya

The seminary's required cross-cultural trip departed for Africa on May 4 and returned May 18. Nineteen students and three leaders began the trip. We spent four days in Kenya's capital, Nairobi, adjusting to the seven-hour time difference, and visiting organizations helping the community in various ways. These organizations are working on ending poverty through investing, and economic empowerment through self-help groups; educating and rescuing men, women, and children from human trafficking. One group is establishing a church in one of the world's largest slums, Kawangware slum on the outskirts of Nairobi, home to about 1.2 million people with almost no access to toilets or clean water.

From Nairobi we traveled by bus and van approximately six hours to Lion's Bluff Lodge. We had a Sabbath day and a half at Lion's Bluff Lodge, where we went on safari and saw all types of wildlife.

On our way to the lodge we visited Rev. Michael Kimindu and his ministry "Other Sheep," an international "multicultural ministry with sexual minorities." He meets with religious leaders to educate them about sexual diversity, the Bible, and Christian life. This is difficult work, as homosexuality is seen as taboo culturally, and comes with criminal punishments.

Our safari guides drove us several hours on a VERY bumpy paved road to Watamu, a tourist spot for Europeans,

mostly Italians. While here, we were fortunate to have lodging at a resort on the Indian Ocean. This is the down season. We spent 3 ½ days here visiting eco-tourism organizations. One organization, [A Rocha Kenya](#), is part of an international network, A Rocha ("a rock" in Portuguese), that strives to "make God's love for His world known by demonstrating how to practically care for it through scientific research, advocacy, environmental education and sustainable community-based conservation programs."

While in Watamu, we were given the opportunity to have an overnight stay with one of our guides. Nelson had previously worked in the hotel business, and he was VERY hospitable, as well as charming. He said he'd hosted people before, but since the economic downturn in 2007, he had not had any visitors. He hopes our stay will be the beginning of a renewed venture. We met his extended family who live on the family's 12 acre plot. We flew back to Nairobi for our last night and some shopping before departing Kenya.

It may be many months, or years before I process all I witnessed on this trip. My words, and photos, don't capture it all, and I feel at a loss when it comes to answering the question "How was the trip?" I do hope to have a presentation ready to share with the congregation in August or September.

Peace,

~ Amy Fishburn



Parish and Community Health Resources

Ask Dr. Trudie: "It's a Gut Feeling"

Every few years, a disease seems to get a lot of press and lots of people wonder if they've got it. Patients may ask their doctors for diagnostic testing or self-diagnose and embark on whatever treatment Dr. Oz or the internet recommends.

Every time I walk through the checkout at the grocery, I see magazines with articles promising to cure my ills and help me lose weight by following some celebrity's diet. When it comes to going gluten-free, you can find plenty of celebrities and athletes who claim that gluten avoidance has made them stronger and quicker. This has not been proven to be true. In fact, besides often being more expensive, a gluten-free diet may actually cause weight gain. Going gluten-free, there's a risk of missing out on essential vitamins and minerals, so anyone going on a gluten-free diet should consult a physician or nutritionist. So today, let's talk about gluten and the problems it poses or seems to pose to what seems to be a growing percentage of the population.

Celiac disease, or sprue, is a condition in which a person lacks the enzyme required to break down gliadin, the alcohol-soluble portion of gluten. When such an individual eats gluten containing foods such as wheat, rye, or barley, there is an immune-mediated inflammatory reaction in the intestine that results in bloating, pain, gas, or diarrhea and malabsorption (the intestine can't absorb the nutrients). Because food can't be properly digested, a person with celiac disease may lose weight and suffer from fatigue. Beyond the gastrointestinal tract, symptoms can include anemia, thinning of bones, skin disorders, hormonal disorders, and neurologic issues ranging from numbness and motor weakness to seizures. This is a diagnosis that needs to be considered in infants who fail to gain weight after gluten-containing foods are introduced to the diet, particularly if there is a family history.

There's a definite genetic component and

it's thought that about 1% of the Western population actually has the condition. After the diagnosis is confirmed with blood testing and intestinal biopsy, these patients truly need to adhere to a gluten-free diet and may require treatment with steroids.

So maybe you have these unpleasant GI symptoms, but your tests for sprue are negative; now what? Well, maybe you have a wheat allergy. Apparently wheat is a very complicated organism (this was news to me) and there are several components other than gluten to which you might be allergic. It seems wheat has proteins called amylase trypsin inhibitors—ATI's for short. These useful proteins act as natural pesticides, warding off meal bugs and other invaders. While this is great for wheat, ATI's can wreak havoc in your gut.

Just as cat, dog, and ragweed allergies can be diagnosed with blood tests, so too wheat allergies. Avoid wheat, and your GI tract should be happy. But a significant number of people who have the symptoms of celiac disease or wheat allergy come up negative on testing, yet seem to get relief by avoiding gluten in their diets. Is it all "in their heads," is it a placebo effect, like when you put a bandage on your child's boo-boo and it's instantly better. Or is there a third possibility?

Of course there is, since bad things come in threes, and it's called non-celiac gluten sensitivity, or NCGS. Patients with NCGS can have all the gastrointestinal miseries of celiac disease along with others like mental foggi-ness, anxiety, depression, headache, and fatigue. While some believe this may be a form of irritable bowel syndrome, others feel it's a distinct entity; the jury's still out. Research has shown that many of these NCGS/IBS sufferers are more bedeviled by certain carbohydrates that are poorly absorbed

(Continued on page 7)



How does Grace UCC vision the future of Christianity? Many UCC congregations are asking a range of questions on this subject, from "Who is God calling us to be?" or "How do we impact the community around us for the better?" to "Where are younger Christians?"

One way Grace UCC is involved already in imagining the future is through giving to the UCC's Strengthen the Church special mission offering. This offering is used to envision and invest in the many voices of what church can be - to invest in the future of Christianity!

As we know, Christianity is changing its shape. The ways the church can have an impact on the world around us are multiplying!

We ask you to help strengthen the church through your offering on Pentecost Sunday, June 4.

More information and offering envelopes will be in the church bulletins.

Ask Dr. Trudie *(continued from page 6)*

in the small intestine. When they find themselves in the large intestine, they ultimately produce gas through fermentation by the otherwise helpful bacteria that live in your gut. Besides the bloating, gas, and pain, the process may result in an upset of the normal bacteria population, immune function, and barrier of the gut. Treatment consists of eliminating gluten and/or those pesky fermentation-promoting carbs.

Finally, there's always the possibility that your GI symptoms are due to another cause such as an infection, a thyroid issue, or a more serious gastrointestinal disease. Forget the tabloids; before you initiate treatment, talk to your doctor to be sure you've got the right diagnosis.

[Contact Dr. Trudie at graceucc@comcast.net].

Campfire and Movie Dates this Summer at Grace

Join us as Grace goes outdoors for Friday night movies and campfires. Everybody is welcome.

Movies are Friday, July 14 and August 25, outdoors at the Peace Pole, start time to be determined.

Campfires are Friday, June 23, July 28 and August 25, all at 8pm. Grace provides the fire, drinks and marshmallows.

Whether you come for the movies or the campfires, bring your chair and favorite snacks, and a friend or two.

Dulcimer Concert in Store

Mark your calendars for the return of Bing Futch on Friday, June 30 at 7pm here at Grace. Bing Futch – dulcimer, Native American flute, and ukulele— will share his gifts of music and story on his annual trip to Grace Church.

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

If you'd like to take a dulcimer lesson or two, even if you've never played before, lessons are available that afternoon. The dulcimer is easy to play and you truly can't play it wrong. If you're interested, speak with Jeffrey Hamilton at (717) 419-1152.



Not able to come to General Synod 2017 in Baltimore?
Come and enjoy food and fellowship while watching the **live stream**
of the opening worship of General Synod!

Where: Church of the Apostles, UCC Lancaster

When: Friday, June 30 at 5:30pm

Bring: A dish to share!

Anyone whose last name begins with A–M bring a side dish,
M–Z bring a dessert. Drinks and utensils provided.



Lancaster Association Bus Trip to General Synod 31 in Baltimore

Sunday, July 2

Bus leaves from Church of the Apostles at 12:30pm
to arrive in time for the 2:30pm worship service.

Return after the worship. All are invited.

Cost for the round-trip bus trip and a sack lunch to eat
on the way is \$30 per person (\$21 without lunch).

We'll stop for supper on the way home.

- - - - - Make reservation below - - - - -

Name _____ phone/email _____

Address _____

Your church _____

Make check payable to Lancaster Association UCC.

Sack lunch preference: (check one and then gluten free if needed)

ham & cheese turkey & cheese vegetarian gluten free?

*Bus space is limited so make your reservation by **June 4**. Mail reservation with your check to Dave Bushnell, 330 Spencer Ave., Lancaster PA 17603. Questions? Call Church of the Apostles at (717) 392-5718 or email webmaster@apostlesucc.org.*

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