

Grace United Church of Christ

# Shalom

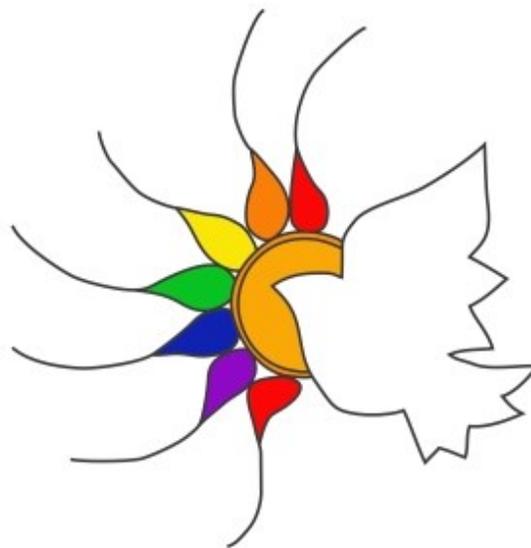
July - August 2014

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Thank you to proofreaders, volunteers who fold and collate, and story contributors.



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## A Place of Honesty

We are into that slow time of year. Just last month I wrote to you about taking time to be lazy and soaking up the companionship of good friends and loved ones. Now that the heat of summer has embraced us, such a task seems all the easier.

Within this relaxed time I have found my mind pondering Grace United Church of Christ. This is such an amazing community of faith. A young congregation of dedicated and passionate folks. A people hungry to talk about new possibilities and new ideas. I so often leave worship feeling recharged and excited. It is truly energizing to be your pastor!

This however does not imply that we are without our struggles. We are facing some of the toughest questions of the age: What does it mean to be church in the 21st century and what does that look like? All the while we ourselves are not immune to the challenges of the day: limited time, limited resources, and our own quests for meaning. As I ponder this precarious dichotomy of untapped passion and circumscribed resources I keep returning to the feeling I have missed something essential, like I skipped a chapter in the story. What is it that will help Grace to blossom into God's hope?

Alas, I just don't know...

**Perhaps**, though is it not something I can know. It may be something we can know together. Something we can build as we journey together, until the day we can step back from it and recognize it. **Perhaps** in spite of the challenges ahead of us, we can find ways to dance as a community. **Perhaps** now is the time to start painting the canvas even though we don't know exactly what the picture is. **Perhaps** it is time to invest ourselves in God's hopes and muster all the trust we can dare that things will be okay, that God will not abandon us in our time of need.

**Perhaps** it's okay not to know.

Grace is, after all, a place of honesty, a place where you can honestly be who you are, a place where you can ask honest questions, a place where you can get honest answers, a place of honest reflection, a place of honest servitude.

Shalom  
Pastor Chris

## A Stewardship Note

As we approach the halfway point in the fiscal year, we find we are below budget with the envelope giving, and we need to remind everyone the budget passed was \$25,000 in the red. We want to instill the necessity of continuing your faithful giving even if you don't attend.

We are close to achieving our goal of \$500 for the Christian Education special project for this fall, with just \$100 more to go. Please consider giving \$20 or \$25 to support this important ministry.

~ Pastor Chris

### Grace Church Profile Completed

The Profile Writing Committee has completed the important task of compiling information about the church, our congregation and community, to be used in the search for a new pastor. Thanks go to committee volunteers for their work: chairperson Karen Wentz, Rick Chamberlin, Jeff Hamilton, Suzanne MacGregor, and Matt Daniels.

Thanks also to the volunteers serving on the Search Committee for a new pastor: chairperson Suzy Lubber, Chris Helm, Laura Carey, Verna Labrador, Jeff Dombach, Beth Bowers and Nick Santaniello.

*(Some of the following article is reprinted from the June newsletter which was delivered late, if at all, to Lancaster County residents due to a post office error.)*

### Did You Know...



- ... Emily Wilson graduated from Manheim Township High School June 4? She will be attending Slippery Rock University in the fall to study Early Childhood & Special Education. Congratulations, Emily!
- ... at the Penn Central Conference annual meeting in June we collected 8,775 pairs of shoes? All shoes donated will be shipped to microenterprise partners through Funds2Orgs where people repair and reuse the shoes, using the proceeds to help feed, clothe, and house their families. Funds2Orgs will pay Penn Central Conference \$.40 per pound that will go towards Conference Youth Ministries.
- ... Grace has a library in the narthex on the east wall with a wide variety of books people may borrow? Authors include E.M. Forster, Jan Karon, Elisabeth Kübler-Ross, Madeline L'Engle, Henri Nouwen, and many more. Check it out!
- ... Grace Church earned \$468.75 from grocery gift card sales for the first quarter of 2014 (the church receives five percent of card sales — see the back page for details about how the proceeds are put to work).



*Grace upon Grace  
for a second century*

## Centennial Capital Campaign Update

Thank you to everyone who continues to support our Capital Campaign projects, including the Memorial Garden, new roofing, and organ repairs. Contributions as of May 31 have totaled \$95,301 toward our goal of \$180,859.

Anyone who has not yet pledged or would like to increase a pledge for the balance of the three-year campaign should talk with Witnessing Stewards Jeff and Jessie Dom-bach. Our Capital Campaign chair, Jeff Bomboy, would be glad to answer any questions you may have about the campaign.

~ Centennial Capital Campaign Committee

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## Memorial Bells of Grace Rehearsals Resume

Rehearsals for the Memorial Bells of Grace fall season will begin Tuesday, August 19 at 7pm. We could use substitute bell ringers. (A possible consideration and depending on ringers' availability next year, one of the bell choirs might play during the holy days and holy week of Christmas and Easter).

~ Jeffrey Clouser



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## Bing is Back

Thursday, July 3 at 7pm

Bing Futch – one of the country's – and probably the world's – most creative performers of mountain dulcimer is returning for a concert in our sanctuary. Bing is a unique talent, with an engaging spirit and style of play and community. When you think of Bing on dulcimer – don't think about “Old Joe Crow”... think about Star Wars, the Grateful Dead, and more.

He'll be available for lessons from 2-6pm – and will lead a group lesson just before the concert. If you want to learn...he's the best. If you want to sit back and enjoy great music...he's the best. He's told me our show is his favorite show of the year...really.

Any questions...ask Jeff Hamilton at (717) 419-1152.

## Coping with Loss: Validating Your Experience

Mondays, July 14, 21 & 28; 6–7:30pm  
at Hospice & Community Care, 4075 Old Harrisburg Pike, Mount Joy

Designed to meet the bereavement needs of the LGBT community, this support series is open to any lesbian, gay, bisexual, or transgender people who have experienced the death of a partner or spouse at least three months ago. Space is limited and registration is required. If interested, call the Pathways Center by July 3 to speak with bereavement counselor Lauren Kreider at (717) 391-2413.



## Parish and Community Health Resources

### Ask Dr. Trudie: “Death, Taxes, and Cataracts”

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Everyone knows the first two can't be avoided, but did you realize that just about everyone will develop cataracts if he or she lives long enough? By age 80, half of us will either have cataracts or have undergone surgery. While we typically associate cataracts with the aging process, some people (like my brother-in-law) are born with them.

Cataracts are a clouding of the lens, the light-gathering part of your eyes, resulting in decreased vision and are the most common cause of blindness. The Impressionist painter Monet had them, and it's a matter of debate as to whether some of his later paintings were the result of pushing his painting technique toward abstraction or the result of worsening vision.

Why do cataracts develop? They may be the result of trauma to the eye. In the case of congenital cataracts (the ones present at birth), if only one eye is affected, they may be associated with other eye abnormalities or be a result of intrauterine infection. Rubella (measles) was a prime suspect, but since most of us immunize, it's less of a problem in developed countries. When present in both eyes, cataracts may be associated with other diseases or result from infection or prematurity, prompting the neonatologist to perform a workup to determine the cause.

With senile cataracts (the ones that develop as we age), the cause is still not fully understood but is thought to involve several processes. The lens increase in weight and thickness while its power to accommodate (change shape) decreases. The cells making up the lens change, and the transport of water, nutrients, and antioxidants into the cells

decreases. Proteins are converted from low to high molecular weight complexes that impair the lens' ability to bend light. And of course, overall nutrition, especially regarding glucose (blood sugar), trace minerals, and vitamins, plays a role.

Patients with cataracts typically complain of worsening eyesight, but depending on the type of cataract, the quality of vision loss can vary. Some cataracts will cause problems with near vision, but not have much effect on far vision, while others do just the opposite. Another typical symptom is increased glare. Again, this can vary from disabling daytime sensitivity to difficulty with the lights of oncoming traffic. In some instances, a patient can develop double vision in one eye.

You may have heard people say they have cataracts, but they aren't “ripe” or “mature.” How does an ophthalmologist decide when to suggest surgery? Actually, it's your decision. When your vision problems affect your quality of life, it's time to see the surgeon.

Removal of cataracts has been around for a long time. Monet actually had the procedure done. Naturally, techniques have changed since then, and today there are two usual methods. The most common surgery is called phacoemulsification, using ultrasound to break up the lens into small pieces that are then removed.

In the other method, the lens is removed entirely from the eye, requiring a larger incision and possibly stitches. An artificial lens is used to replace the cloudy window that the natural lens had become.

*(Continued on page 5)*

## **Ask Dr. Trudie** *(continued from page 4)*

Although cataract surgery has a great success rate, no surgery is without the possibility of complications. These include posterior capsule opacity, a haziness that may develop postoperatively but can be treated with a laser procedure, and dislocation of the implanted lens, requiring surgery to reposition it. Retinal detachment may develop months or years after a successful surgery, but if treated promptly can usually have a good outcome. Unfortunately, a small percentage will suffer substantial and permanent vision loss, so patients who've had cataracts removed should immediately report any flashes, floaters, or sense of a curtain crossing their vision.

While cataract formation is pretty much in everyone's future, there are some things we can do to try to put off the inevitable: maintain a healthy blood sugar, be sure to eat plenty of fruits and vegetables that contain antioxidants, don't smoke, and wear sunglasses and hats or visors to protect against the sun's UV rays.

At this point, there is no proven non-surgical treatment to treat cataracts, so when the time comes, see your ophthalmologist. Although the idea of surgery can cause anxiety, the improvement in quality of life, combined with the low rate of complications, make this procedure well worth it.

Have a great summer, and don't forget the sunscreen and sunglasses!

*Dr. Trudie welcomes readers' comments and ideas for future columns. She can be reached at [graceucc@comcast.net](mailto:graceucc@comcast.net).*



## **Photo Cards Help Fund Capital Campaign**

This summer, Amy Fishburn will be selling photo greeting cards she has made. These attractive cards will be available for purchase in the Fellowship Hall. Half of the proceeds will go toward the Centennial Capital Campaign!

Shown here are two of several designs featuring photos by Amy Fishburn. The card photos are in full color.



## July 2014 Worship Participants

*Please remember it is your responsibility to find a substitute or swap dates with another participant as needed, and then notify the church office of any changes. A complete list of worship volunteers -- to help you know who else has volunteered for each role -- is posted in the narthex and also available from the church office.*

### **July 6, 2014**

Greeter (10am) — Christen Chew  
 Welcomer — Brian Eshbach  
 Ushers — \*Jim & Karen Wentz,  
 Brad Trostle, Jeff Wolfe  
 Lectors — Jeff Hackenberger, Rob MacGregor  
 Liturgist — Jeff Dombach  
 Pew Communion Set-up/Clean-up —  
 Robin Cain, Denise Pfeiffer  
 Acolyte — Owen Henry  
 Fellowship Host — Kellie Wilson  
 Nursery Volunteer — Chris Helm  
 Nursery Back-up — Jessie Dombach  
 Bulletin Volunteer 7/3 — Doug Frank

### **July 27, 2014**

Greeter (10am) — Amy Fishburn  
 Welcomer — Ve Wolfe  
 Ushers — \*Kellie Wilson, Emily Wilson,  
 Dottie Book, Verna Labrador  
 Lectors — Tim Whitney, Robin Cain  
 Acolyte — Elene Keares  
 Fellowship Host — Holly Keller  
 Nursery Volunteer — Jessie Dombach  
 Nursery Back-up — Emily Carey  
 Bulletin Volunteer 7/25 — Suzy Luber

### **July 13, 2014**

Greeter (10am) — Dottie Book  
 Welcomer — Brad Trostle  
 Ushers — \*Nick Santaniello, Amy Southall,  
 Beth Bowers & Cathy Hainley  
 Lectors — Dottie Book, Rick Chamberlin  
 Acolyte — Brian Eshbach  
 Fellowship Host — Joanne Leayman  
 Nursery Volunteer — Bill Montgomery  
 Nursery Back-up — Chris Helm  
 Bulletin Volunteer 7/11 — Verna Labrador

**\* Indicates head usher**



### **July 20, 2014**

Greeter (10am) — Karen Wentz  
 Welcomer — Jim Wentz  
 Ushers — \*Holly Keller, Jessie Dombach,  
 Kay Charles & Gerda Mooney  
 Lectors — Jeff Dombach, Carol Welsh  
 Acolyte — Danny Sensenig  
 Fellowship Hosts — Jeff & Jessie Dombach  
 Nursery Volunteer — Rob MacGregor  
 Nursery Back-up — Suzanne MacGregor  
 Bulletin Volunteer 7/18 — Jessie Dombach

## August 2014 Worship Participants

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<p style="text-align: center;"><b><u>August 3, 2014</u></b></p> <p>Greeter (10am) — Jeffrey Hamilton            Welcomer — Dottie Book            Ushers — *John Markley, Christen Chew,            Bill Montgomery, Jeff Wolfe            Lectors — Barb Smentek, Amy Fishburn            Liturgist — Jen Dennis            Chancel Communion Set-up/Clean-up —            Don and Joanne Leayman            Acolyte — Sevi Keares            Fellowship Hosts —            Beth Bowers &amp; Cathy Hainley            Nursery Volunteer — Robin Cain            Nursery Back-up — Emily Carey            Bulletin Volunteer 8/1 — Ve Wolfe</p>	<p style="text-align: center;"><b><u>August 24, 2014</u></b></p> <p>Greeter (10am) — Jessie Dombach            Welcomer — Ve Wolfe            Ushers — *Jeff Wolfe, Amy Southall,            Brad Trostle, Christen Chew            Lectors — Natalie Walston, Tim Whitney            Acolyte — Danny Sensenig            Fellowship Hosts —            Heather Eshbach and Amy Southall            Nursery Volunteer — Laura Carey            Nursery Back-up — Emily Carey            Bulletin Volunteer 8/22 — Doug Frank</p>
<p style="text-align: center;"><b><u>August 10, 2014</u></b></p> <p>Greeter (10am) — Verna Labrador            Welcomer — Denise Pfeiffer            Ushers — *Tom &amp; Marilynn Miller,            Joanne Leayman, Brad Trostle            Lectors — Karen Wentz, Rick Chamberlin            Acolyte — Danny Sensenig            Fellowship Hosts —            Jeffrey Hamilton &amp; Robin Cain            Nursery Volunteer — Bill Montgomery            Nursery Back-up — Chris Helm            Bulletin Volunteer 8/8 — Dottie Book</p>	<p style="text-align: center;"><b><u>August 31, 2014</u></b></p> <p>Greeter (10am) — Carol Welsh            Welcomer — Jim Wentz            Ushers — *Jessie Dombach, Dottie Book,            Kellie Wilson, Emily Wilson            Lectors — Jen Dennis, Jeff Hackenberger            Acolyte — Owen Henry            Fellowship Hosts — Nick &amp; Lori Santaniello            Nursery Volunteer — Robin Cain            Nursery Back-up — Emily Carey            Bulletin Volunteer 8/29 — Suzy Luber</p>
<p style="text-align: center;"><b><u>August 17, 2014</u></b></p> <p>Greeter (10am) — Herb McCollom            Welcomer — Brad Trostle            Ushers — *Beth Bowers &amp; Cathy Hainley,            Holly Keller, Amy Southall            Lectors — Rob MacGregor, Kellie Wilson            Acolyte — Elene Keares            Fellowship Hosts — Jim &amp; Karen Wentz            Nursery Volunteer — Rob MacGregor            Nursery Back-up — Suzanne MacGregor            Bulletin Volunteer 8/15 — Jessie Dombach</p>	<p style="text-align: center;"><b><u>September 7, 2014</u></b></p> <p>Greeter (10am) — Carol Welsh            Welcomer — Dottie Book            Ushers — *Verna Labrador, Marilynn Miller,            Jim &amp; Karen Wentz            Lectors — Rick Chamberlin, Dottie Book            Liturgist — Joe Buchert            Pew Communion Set-up/Clean-up —            Robin Cain, Denise Pfeiffer            Acolyte — Brian Eshbach            Fellowship Hosts — Jeff &amp; Jessie Dombach            Nursery Volunteer — Shawn Robbins            Nursery Back-up — Robin Cain            Bulletin Volunteer 9/5 — Ve Wolfe</p>

\* Indicates head usher



## Grocery Gift Cards Help Grace Keep “5 for 5”

Grace is proud to be a “5 for 5” church, supporting the United Church of Christ, our Penn Central Conference, and neighborhood churches, as well as missions around the world through Our Church’s Wider Mission and all four special mission offerings: Neighbors in Need, The Christmas Fund, One Great Hour of Sharing, and Strengthen the Church. Proceeds from the grocery gift card sales are used to fund Grace’s benevolences to Our Church’s Wider Mission.

Purchase your grocery gift cards during fellowship hour on Sundays. It's an easy way to support Grace financially. When you buy gift cards from Grace to use at Oregon Dairy, Weis, Giant, or Stauffer's of Kissel Hill, the church earns five percent of the gift card price ... at no cost to you. In addition to groceries, the cards may be used to dine at the Oregon Dairy Restaurant or to buy gasoline at Weis and Giant gas stations.

*Blessed*  
TO BE A BLESSING.

“...all peoples on earth will be blessed through you.” (Gen 12:3b, NIV)

*Grace*  
United Church of Christ  
*It's in our name!*

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*Welcoming All  
Sharing Love  
Proclaiming God's Grace*