

Grace United Church of Christ

# Shalom

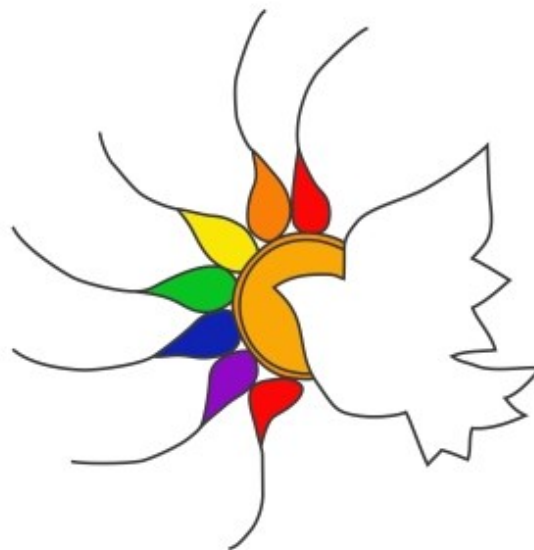
June 2014

**Intentional Interim Pastor:** Rev. Chris Hart

**Editor:** Lynn K. Miller

**Mailing Coordinator:** Mary Ann Kimmel

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



---

## Let's Be Lazy

And just like that summer time is edging its way into our lives. Summer is when I think about backyard barbecues with family and friends, camping trips, and being outside, not to mention fairs and festivals. Though for many of us our responsibilities will continue, summertime seems to encourage lazy afternoons. I dream of napping in a hammock, though I never do.

Do you suppose Jesus and the disciples took days to sit around and be lazy, building a campfire, roasting a meal, telling stories, and just marveling in the beauty of their friendships? Even going to the Sea of Galilee to swim and play in the water? Probably would not make very interesting scripture verses...

5th John 6:10

*And then Jesus and the disciples did nothing....all afternoon.....and into the night... nothing, and they loved it...*

Sometimes taking time away from the busyness we stuff our lives with, to relish in the joy of friendships, is holy and sacred. If we are to take seriously our call to be the Body of Christ in this time and place, then taking time to be lazy with each other might be a good idea. The more time we invest in loving, and in getting to know one another, the more time we spend letting go of our superficial trappings and seeking the deep and meaningful stuff inside our relationships. Then we are more equipped to be, to act as the body of Christ.



So yes, let's capitalize on the implicit feelings of the season and take time to be lazy with one another. Let's spend afternoons doing nothing together and loving it!

***Shalom,***  
Pastor Chris

## Did You Know...



- ... Emily Wilson is graduating 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!
- ... We have a Pastor Parish Relations Committee? They meet monthly (or more often if needed). They work to establish a firm foundation that enables our congregation and pastor to soar into the call of God. That means they are charged with doing what they can to build a strong relationship between the pastor and the congregation. If you have questions, concerns, or ideas this committee is there to help you. Feel free to talk with Pastor Chris, Amy Fishburn, Jeff Bomboy, or Karen Wentz about any of these things.
- ... We have a Healthy Habits group forming? Do you want to be part of a supportive group that helps you create healthy habits? Do you like getting out and seeing the world and doing things? JOIN US Thursday nights at 7pm, beginning June 12. The initial class session will run six weeks.
- ... 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!

### Upcoming Memorial Bells Performances

This month is the last opportunity for people to hear the Memorial Bells of Grace play for the season. Grace will also bid a fond farewell to the chimes as the free chime lending program ends.

Sunday, June 8 - Sunday worship service, 10:30am (bells and chimes)

Thursday, June 12 - Ring at Interfaith Celebration at Grace, 7pm (bells)

### Thank You Ringers

Thank you to the Memorial Bells of Grace and 4Grace Ringers for a very successful first season of bell ringing. Your willingness to join and dedication to share your talent with this inaugural bell program is commendable and appreciated. Here is to many more years of ringing bells unto the Lord at Grace! Also I would like to thank the congregation for your support and generosity shown towards this new music ministry here at Grace.

~ Jeffrey Clouser



*Grace upon Grace  
for a second century*

## Centennial Capital Campaign Update

We're halfway there! We agreed to raise \$180,859 in three years and we've raised \$92,466 in 18 months.

Here's what we've accomplished so far:

- Contributed \$2,671 for the Benevolence Fund of the UCC-affiliated Ephrata Manor nursing home and \$5,000 to help remodel the kitchen and dining area of First Reformed UCC in Lancaster where we serve breakfasts monthly.
- Paid a campaign consulting fee of \$4,833 which was returned as a campaign contribution.
- Paid \$20,154 to George J. Grove & Son to re-roof the fellowship hall and education wings.
- Paid a \$3,000 deposit to R. J. Brunner Co. organ repair and this summer expect to pay \$9,000 for "leathers" (parts), while delaying the actual repair and further costs from this summer to 2015.
- Paid the ELA Group for the Memorial Garden design and architectural plans.
- Paid \$24,900 to B. R. Kreider & Son for excavation of the Memorial Garden, new walkways, and a sitting wall.

What's planned for the next 18 months?

- The Memorial Garden will be completed in June. We will then owe the balance of about \$24,900 to B. R. Kreider.
- The sanctuary will be re-roofed, costing about \$39,800. This will complete the re-roofing of the entire church building.
- The organ will be repaired, costing approximately \$18,000.

**We have applied and been approved to use a \$100,000 line of credit from Cornerstone Fund. The less we use, the less we will pay in interest. We had budgeted almost \$15,000 for interest, but by pacing the projects we have been able to pay as we go and have not yet had to use anything from this line of credit.**

**We are facing a financial hurdle this summer with the final payment on the Memorial Garden of \$24,900 and the organ parts of \$9,000. Anyone who is able to give more now for the Capital Campaign, please do. Your contributions will help us minimize credit costs and enable us to complete projects for less.**

Thank you Grace members and friends for your ongoing support of the centennial Capital Campaign!

~ Centennial Capital Campaign Committee



---

## Joyful Noise June Offering to Benefit Hartman Center

Bring your loose change June 1 for the Joyful Noise offering which will go to Hartman Center, our UCC camp and conference retreat center in Milroy.

## Lancaster Pride Volunteers Wanted

The Evangelism Committee proudly announces we will be a vendor at the annual Lancaster Pride event Saturday, June 21 at Buchanan Park in Lancaster. We need some assistance with the Grace booth. We are asking people to sign up for one-hour time slots to talk about Grace UCC. Sign up on the sheet in the narthex.



## Join the Mountain Dulcimer Players of Lancaster

You may not know it, but Grace Church is the site of a gathering of mountain dulcimer enthusiasts twice each month. On the first Saturday of each month from 10am to noon (or later), and on the third Wednesday from 7 to 9pm, five to 15 persons gather to play music and, well, play. People come from Lancaster and as far away as two hours to play.

So....if you have ever wanted to play...join us. We always have a few extra dulcimers to try out. Some persons have joined us never having touched the instrument. To learn more, call Jeff Hamilton at (717) 419-1152.



---

## Bing is Back

Thursday, July 3 at 7pm  
at Grace United Church of Christ

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 that afternoon – 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.



## Parish and Community Health Resources

### Ask Dr. Trudie: “*Something We All Need*”

---

It appears that we’re finally emerging from a miserably cold winter and yes, that strange yellow object in the sky is actually the sun. With the return of warmer weather, we’ll be spending more time outdoors, either cleaning up lawns and gardens, going to our kids’ sporting events, or enjoying our own leisure activities. Roger, my long-suffering husband, suggested I say a few words about sunscreens before summer hits.

First, a word about our skin. It is actually our largest organ, and the one that’s most easily scrutinized. It protects our other organs and systems from the environment and is the main site of our interaction with the outside world. It’s involved in thermoregulation, sensory perception, and immunologic surveillance. Skin is composed of two layers. The outer epidermis contains pigment-producing melanocytes, Langerhans cells which can ingest foreign antigens (bad guys), and Merkel cells that perceive light touch. The underlying dermis contains fibroblasts that produce the components that make our skin elastic. Included in the skin are a variety of glands: sweat glands are important in regulating temperature and sebaceous glands produce the oil that keep our skin supple (ok, sometimes they give us zits, but generally, they’re a good thing). Skin contains apocrine glands that produce odor and don’t function prior to puberty. With the exception of the highly specialized mammary glands that produce milk, apocrine glands may serve a vestigial function, something that’s lost its importance with evolution.

Sunlight, particularly UV-B radiation is a risk factor for basal cell carcinoma, squamous cell carcinoma, and cutaneous melanoma, the deadliest of the skin cancers. The

melanocytes in the epidermis produce the pigment melanin that absorbs radiant energy from the sun, protecting the skin from UV radiation’s harmful effects. Thus, the skin’s ability to darken in response to sun exposure is a protective function. Nonetheless, we tend to equate tan skin with healthy skin and physical attractiveness. In my high school and college days, this was thought to be best achieved my mixing baby oil with iodine, slathering it on as much skin as could be legally exposed, and lying in the sun. Most times, the result was an intense red, rather than a glowing bronze. Commercial suntan lotions purported to offer protection (“Tan, don’t burn, get a Coppertone tan) but didn’t really offer the protection skin deserves.

Today, the science of sun protection has evolved and there are a variety of sunscreens, containing various chemicals that work by absorbing high-intensity UV rays and converting them to lower-energy wavelengths, by reflecting and scattering the UV radiation, or by absorption.

You’ve probably noticed that sun protection products are given SPF (sun protection factor) ratings. What does it mean, and how much do you need? SPF 15 filters out more than 93 percent of UV-B radiation, providing full protection for healthy people. SPF 30 filters out less than 97 percent, but gives better UV-A protection. The extra 4 percent may be important if you don’t apply the lotion as thickly. It’s important to remember to apply it at least 15 minutes before going out into the sun so that it can be absorbed, and reapply after swimming or sweating. And remember, the sun is always out there, so use it even on those hazy days.

*(Continued on page 6)*

## Interfaith Celebration of Love & Justice

Thursday, June 12  
7 - 9pm  
at Grace United Church of Christ

Celebrate how our faiths come together to lift up the LGBTQA community. Come experience the interfaith celebration of word and music including Native American, Jewish, Christian, Unitarian Universalist, and Buddhist traditions. Musical guests include the Carmitchell Sisters, an interfaith choir, Delores Berry, and the Memorial Bells of Grace.

The celebration will be ASL interpreted.

Clergy attending are asked to wear a sign of their office. Those interested in joining the processional should arrive by 6:30pm. Please reply to the contact below if you would like your contact information added to the program guide available that evening.

Plan to remain afterwards for refreshments and learn more about the nondiscrimination bills House Bill 300 and Senate Bill 300 currently in the Pennsylvania legislature. Learn what you can do to support these efforts in your neighborhoods, workplaces, and faith-based communities.

Join us! You'll be glad you did. For more information please contact Barry Russell at [rainbowrosepa@gmail.com](mailto:rainbowrosepa@gmail.com).

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

Everyone, regardless of skin tone, should use sun protection, but if you have a child less than six months old, consult your pediatrician for guidance in selecting a product. You may be sensitive to one or several of the components in a sunscreen, so consider buying a small tube rather than the Costco industrial-sized container if you're new to using sunscreen. You may want to consider asking your doctor or dermatologist for a recommendation. And finally, remember sunscreen is just one aspect of sun protection; limiting your exposure, clothing, hats, and sunglasses are still important.

Last but not least, keep an eye on your skin, especially if you've had sunburns or spend lots of time outside at work or play. As the most easily examined organ, it's often neglected. Be aware of changes in moles, irregularly shaped or colored lesions, and areas that bleed easily or don't heal. If you're not sure about some aspect of your skin, ask your doctor. If he or she isn't sure, it's easy to have the lesion biopsied. If you've already had a skin cancer, your doctor should be doing an annual skin inspection to watch for new areas of concern. And please, stay away from the baby oil and iodine.

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

# Invest IN THE Vision

STRENGTHEN THE CHURCH OFFERING

*Strengthen the Church* is the annual offering of the United Church of Christ, received here at Grace June 8, Pentecost Sunday, the birthday of the church.

As God calls churches to be “church” in new ways, your gift will plant new churches, awaken new ideas in existing churches, and develop spiritual life in our youth and young adults. Because of this offering, many more will hear the good news that “God is still speaking.”

All gifts go to activities and programs within the Penn Central Conference and the UCC's national ministries, including the Stillspeaking Ministry.

About Stillspeaking: It's the shorter form of “God is still speaking,” a campaign by the United Church of Christ to simply remind us that God still has a lot more to say. Since 2004, Stillspeaking has worked with thousands of UCC churches and individuals across the country to extend an extravagant welcome to all in the United Church of Christ, because no matter who you are, or where you are on life's journey, you're welcome here.

## **Coping With Loss: Validating Your Experience**

Mondays, July 14, 21 & 28  
6–7:30pm

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. The group will provide a safe place for grief education and support as we explore ways to cope with your loss. The series will be led by a Pathways Center bereavement counselor and a same sex bereavement volunteer.

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.

## **Food Bank Needs List**

Peanut butter  
Diced tomatoes  
Rice  
Canned beans & dried beans of all types  
Spaghetti sauce  
Canned chicken / tuna  
Macaroni & cheese

## **Clothing Bank Needs List**

Men's small slacks & shirts,  
Men's shorts, jeans & shoes  
Women's khaki slacks  
Gently used tee shirts  
Polo shirts  
Women's plus size clothing  
Women's blazers (summer)  
Girls' shorts  
Boys' summer tops  
Underwear for everyone - all sizes

(Place donations in narthex and they'll be delivered to the Council of Churches).

## Come to the Spring Congregational Meeting

The spring congregational meeting of Grace United Church of Christ will be held Sunday, June 1 following 10:30am worship and a soup and bread luncheon. The agenda includes:

- Yearly committee reports
- Nominating Committee report
- Election of council members-at-large and committee members

Child care will be provided during the meeting. There's lots going on, come get involved!

~ Pastor Chris & Amy Southall



### Women of Grace Gathering

The June gathering for Women of Grace will be on Friday, June 27 at 6:30pm at Dragonfly Café, 245 Bloomfield Drive, Lititz.

### Visit Grace's New Website

Our website has a fresh new look, with a news feed from the United Church of Christ, Justice and Peace Action opportunities, and much more. Tell us what you think! See it at [www.gracechurchlancaster.org](http://www.gracechurchlancaster.org).

