

Grace United Church of Christ

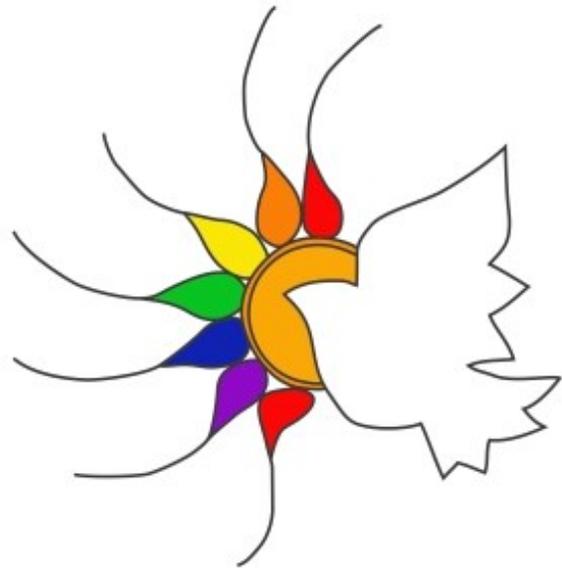
Shalom

March 2016

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



In Like a Lion

"You are a lion's cub, Judah; you return from the prey, my son. Like a lion he crouches and lies down, like a lioness — who dares to rouse him?" — Genesis 49:9

There is something about March that is all about waiting. "March comes in like a lion" can't be complete without something going "out like a lamb." In Genesis, the wait is for the lion Judah to rouse. March brings us Holy Week, where we wait desperately for some word of hope, and March brings us Easter, which is the epitome of everything we are waiting for.

So what do we do while we are waiting? What happens between lion and lamb? We are happy that the weather is going from severe to mild. Everything is becoming milder and easier to take; we can relax and breathe easier. We are happy to lie down with the lion and dream ourselves into lambs.

But the Bible isn't having that. The lamb goes from lying down at the beginning in Genesis, and then at the end we read in Revelation: "Do not weep! See, the Lion of the tribe of Judah, the Root of David, has triumphed" (Revelation 5:5). So while we wait, we cannot become complacent. The time of waiting must be the time of powering up, the time of getting ready, the time of standing at the start line, anxious to begin the race.

Easter is the beginning, not the end, so join me in readying ourselves to run as soon as the starter pistol of the resurrection fires. Let us prepare every ounce of our energy to propel us from lambs to lions in the name of God. Amen.

Pastor Katie



Making Music with Grace

Hello, my church friends. Recently Grace UCC passed its 2016 budget. Because of that there will be some necessary changes to rehearsal schedules. Memorial Bells and choir will now meet every other week, twice a month. I am sad to implement this change, but so be it!

On a more positive note, there will be some community members *Sharing Their Gifts* in the upcoming weeks. We are breathlessly waiting their performances. Memorial Bells will be enjoying some positive upgrades during the coming weeks, and choir too will have some new tricks up their musical sleeves!

We are still alive at Grace UCC and during the next several months, I will be eager to share with you!

~ Suzanne Delahunt, Director of Music

Lenten Study Opportunity

As the Lenten season continues this month, please join us Sundays at 9:15am for a time to gather and reflect on the writings of Brian McLaren from his book, “We Make the Road by Walking.” The material to be covered will be included in an email sent out each week. If you do not have email, and would like to receive this information, please contact Amy Fishburn. We will meet in the Fellowship Hall.

A reminder that the prayer room (across from the Garrett room in the Education wing) is open for silent prayer each Sunday from 10:15 to 10:30 am. Bring your personal prayers, prayers for Grace church, and for the world. Come and prepare for worship.

~ The Spiritual Life and Growth Team

We Need You!

What would you like our worship service to look like? Do you have a couple of hours a month to give in support of our worship service?

In years past, Grace has had a Worship Team that consisted of the pastor, music director, and a few members of the congregation. Pastor Katie would like to start this team again. The purpose is to generate ideas and support for the coordination of the worship service. Bring your artistic creativity, your ideas on special services we might have with focus on mental health, homelessness, LGBT issues, parenting, etc. All ideas are welcome! Please contact Pastor Katie about being a part of this team. Help us to be a “Welcoming All, Sharing Love, Proclaiming God’s Grace” church!

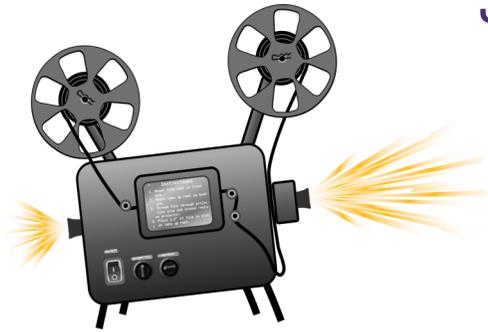
~ The Spiritual Life and Growth Team

Help Grace be Green and Save Some Green:



Please remember to turn off the lights when you are done, and the bathroom heaters when you are leaving the building.

Lenten Movie Series



Join us each Friday night of Lent
March 4, 11, 18 & 25.

Gather at 6:30pm,
movies begin at 7pm.

Come, Watch, Reflect

Watch current films that connect to the Lenten season.

We will gather in the Fellowship Hall. Snacks will be provided, but you are welcome to bring your dinner. A discussion will follow.

~ Spiritual Life & Growth Team



Time to Order Easter Flowers

Easter Sunday, March 27, the church will be adorned with colorful Easter flowers to help beautify the church sanctuary. Now's the time to place your order. The selection is:

- ❁ Tulips (red, yellow, white, or pink) - 6 inch pot - \$7
- ❁ Daffodils (yellow) - 6 inch pot - \$7
- ❁ Tête-à-têtes (yellow) - 4 inch pot - \$3.50

Flowers can be dedicated in honor or in memory of loved ones. Look for order forms in the Sunday bulletins. Orders with payment are due by Sunday, March 13.

Flowers may be taken home after the Easter Sunday worship service.

March 2016 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.

March 6, 2016

Greeters (10am) —
 Jessie Dombach, Carol Welsh
 Ushers —
 *Amy Southall, Jeff Wolfe, Christen Chew
 Lector — Tim Whitney
 Liturgist — Jeffrey Hamilton
 Chancel Communion Set-up/Clean-up —
 Denise Pfeiffer, Robin Cain
 Prayer Candle Lighter — Laura Carey
 Fellowship Host — Kellie Wilson
 Bulletin Volunteer 3/4 — Jessie Dombach

Easter

March 27, 2016

Greeters (10am) —
 Cathy Hainley, Herb McCollom
 Ushers —
 *Verna Labrador, Jim & Karen Wentz
 Lector — Amy Fishburn
 Liturgist — Christen Chew
 Communion set-up/clean-up —
 Robin Cain, Jeffrey Hamilton
 Prayer Candle Lighter — Herb McCollom
 Fellowship Hosts — Nick & Lori Santaniello
 Bulletin Volunteer 3/25 — Karen Wentz
 Shalom Volunteer 3/25 — Ve Wolfe

March 13, 2016

Greeters (10am) —
 Robin Cain, Jeffrey Hamilton
 Ushers — *Kay Charles, John Markley,
 Holly Keller
 Lector — Jennifer Swank
 Prayer Candle Lighter — Jeff Dombach
 Fellowship Hosts —
 Beth Bowers & Cathy Hainley
 Bulletin Volunteer 3/11 — Verna Labrador

April 3, 2016

Greeters (10am) —
 Jim & Karen Wentz
 Ushers —
 *Beth Bowers & Cathy Hainley,
 Nick Santaniello
 Lector — Jeff Hackenberger
 Liturgist — Robin Cain
 Pew Communion Set-up/Clean-up —
 Christen Chew, Denise Pfeiffer
 Prayer Candle Lighter — Denise Pfeiffer
 Fellowship Hosts —
 Robin Cain & Jeffrey Hamilton
 Bulletin Volunteer 4/1 — Jessie Dombach

Palm Sunday **March 20, 2016**

Greeters (10am) —
 Holly Keller, Ve Wolfe
 Ushers —
 *Tom & Marilynn Miller, Kellie Wilson
 Lector — Jeff Dombach
 Prayer Candle Lighter — Verna Labrador
 Fellowship Hosts —
 Heather Eshbach & Amy Southall
 Bulletin Volunteer 3/18 — Suzy Luber





Parish and Community Health Resources

Ask Dr. Trudi: *March Madness*

It's March, my least favorite month of the year for so many reasons... the rain, the wind, the mud my family and pets drag through the house. To make matters worse, we get daylight saving time.

Twice a year we either gain or lose an hour of work or sleep. Not a big deal; it doesn't really mess with our circadian ("about a day") rhythm that regulates our sleep and wakefulness. The brain's activity typically is synchronized with the 24 hour day-night environment. Our circadian rhythm can be disturbed briefly (jet lag, illness, work, or partying) or chronically, as with delayed sleep-phase disorder (DSPD). Chronic disruption of the circadian rhythm results in irritability, impaired social interactions and psychomotor coordination, depression, poor daytime performance, and daytime sleepiness, contributing to automobile and machinery accidents.

Everyone knows how frustrating it is to be unable to sleep, not to mention unhealthy. Physicians need to rule out other potential causes of sleep disruption, such as depression or obstructive sleep apnea, prior to recommending treatment, which is often behavioral. Having a restful sleep environment free of electronic distractions and noise is helpful.

Adolescents and young adults are more likely to suffer from delayed sleep-phase syndrome; they fall asleep later, making it difficult to rise for school or work in the morning. Unlike insomniacs, once asleep these patients are able to maintain their sleep for normal sleep times. Anyone who's raised a teenager is familiar with this phenomenon, which usually resolves with adulthood.

The elderly also are prone to delayed sleep-phase syndrome, falling asleep between 6 and 9pm and waking at 0-dark-30. This is your Aunt Flo, falling asleep at dinner while putting a spoonful of mashed potatoes in her mouth, then waking everyone up at 2am watching reruns of "The Love Boat" at volumes guaranteed to raise the dead. Treatment can be behavioral and/or medical. For blind individuals with "non-24 hour sleep-wake disorder," there is now specific medical treatment.

There are some theories as to why our circadian rhythm goes out of sync. We may develop an altered sensitivity to environmental cues, like light. Think about people who are blind, or people living in Alaska where days can be very long or very short. Travel, particularly eastward and crossing three or more time zones, can play havoc with your sleep cycle. This is compounded if you have difficulty sleeping on planes. OK, who in coach class can sleep well while cramped in those seats? And did you know that there's slight oxygen deprivation in the cabin? Yet another reason to love flying, right?

Many of us have to do shift work. There's a right way and wrong way to switch shifts to diminish the negative effects on our sleep. Workers should rotate shifts "clockwise," going from day to middle to night. However, if you're a nurse or doctor, you may need to fill in random shifts and go from days to nights to days with reckless abandon. Even in the best of circumstances, shift workers have been

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Ask Dr. Trudi *(Continued from page 5)*

found to have a 40 percent greater risk of developing cardiovascular disease compared to their non-shift-working counterparts, as well as a higher frequency of gastrointestinal and psychiatric symptoms, emotional problems, and drug and alcohol abuse. And finally, neurologic diseases such as Alzheimer's, cancer, and autism spectrum disorder are often associated with circadian rhythm disturbances.

Maybe we can't avoid long flights, shift work, or the occasional all-night party, but there are some things we can do to help our brains regulate our sleep-wake cycle. Keep your bedroom at a comfortable temperature, turn off that tv, put on some quiet music or white noise if you like, ditch the computer and reclaim your rhythm.

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



Walk the Extra Mile with One Great Hour of Sharing

Did you know...?

Because of foreign assistance, deaths of children under age 5 have dropped from 12.6 million to 6.6 million since 1990?

More than 60,000 Syrian babies have been born in exile and are in danger of being categorized as stateless.

Jesus said, "Let the little children come to me...for it is to such as these that the kingdom of God belongs." Mark 10:14

Walk the extra mile with children around the world and consider a gift on Sunday, March 6 for One Great Hour of Sharing.

~ Wider World Task Force

A Reminder to On-Line Shoppers...

Remember, when you shop at AmazonSmile, Grace receives 0.5 percent of the purchase price when you use this link: <http://smile.amazon.com/ch/23-6429628>. Bookmark it, and help support us when you shop.

Get On Board for the Beach



It's soon here: the annual getaway weekend at Cape May Friday, April 29 through Sunday, May 1 (or stay until Monday morning if you like).

There's still time to sign up on the sheet in the narthex. Shared rides are available.



Talk with Jessie Dombach for more information.

Calling All Souper-stars!

A few more soup makers and bread bakers are needed for soup and bread luncheons Sundays in Lent. Please sign up in the narthex.

~ Congregational Life Task Force

Dr. Renita Weems to Speak at Lanc. Theological Seminary

All are invited to a free lecture by Dr. Renita J. Weems, biblical scholar, minister, and sought-after speaker, on Friday, March 11 from 1-2pm at the seminary's Santee Chapel.

Dr. Weems is in town for a series of invitation-only meetings for women of color in ministry. She is the author of several widely acclaimed books, including "Listening for God: A Minister's Journey through Silence and Doubt."

Help Grace be Green and Save Some Green:



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*Welcoming All
Sharing Love
Proclaiming God's Grace*

1947 New Holland Pike
Lancaster Pennsylvania 17601
(717) 397-1012
www.gracechurchlancaster.org