

Grace United Church of Christ

# Shalom

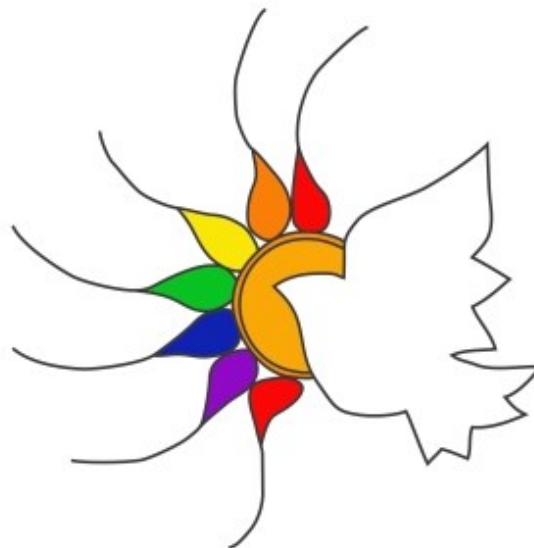
April 2014

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



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## From Broken to Embrace

Easter is on the horizon! But it's not here yet, and though I am anxious to sing the hallelujahs of Easter, spending time, quality time, in the season of Lent is an important task. Resurrection is coming and change is in the air; the seasons are changing and so is Grace.

Lent can be a time of reflection. It can be a time of sorrow. It can be a time to lament. It can be a time for embracing who we have become as a church and who we are becoming. It can be hard to deal with change and remembering to take time to embrace it. To be okay with it is important.



Grace is an amazing family, filled with people who genuinely care for and invest precious hours, people who bring amazing talents and passions. Grace hopes beyond hope to do all the things God is calling us to do.

During Lent we have been exploring what it means to be broken, imperfect, and flawed. We have been exploring what it means to live in a broken world, and yet, in spite of these conditions, we acknowledge wholly that we are made in the image of God and we believe in a God who is still at work in the world and in our lives.

We are a talented people, a people filled with Grace, a people filled with hope, a flawed people, a broken people, and that's who God is calling us to be and that's who God is calling us to embrace. Be at peace during this time of transition. We are going to emerge into the spring time of hallelujahs, and new possibilities. We are going to emerge broken yet embraced, breaking yet embracing, healing yet healer.

Shalom  
Pastor Chris

# Holy Week



## MAUNDY THURSDAY

**April 17:** Seder meal will be at 6pm. Please plan to attend and bring your kids! The first one to find the afikomen gets a prize! If you are willing to be a reader, please contact Pastor Chris.

## GOOD FRIDAY

**April 18:** At 7pm in the sanctuary, we remember the crucifixion event in a somber Tenebrae Service.

## EASTER SUNDAY

**April 20:** At 8:30am, enjoy breakfast and an Easter egg hunt in Fellowship Hall, followed by the Easter celebration of resurrection in worship at 10:30am.

### Youth Worship Leaders Needed

We are looking for volunteers for Youth Worship lessons in April. Open dates are April 13 (Palm Sunday) and April 27.

~ Shawn Robbins

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### Easter Flower Garden

Grace Church is asking your help in preparing the sanctuary for the Easter season. You may purchase flowers in honor of, in memory of, or as a gift for someone. Each plant costs \$7. Choose from florist chrysanthemums (white, pink, and yellow), tulips (red, yellow, pink or white); daffodils, or tête-à-tête's (mini-daffodils, two pots for \$7). Flowers can be taken home after the Easter morning worship service.

Watch for order forms in the Sunday bulletins. Orders are due on or by Sunday, April 6, and payment is due when the order is placed. Please make checks payable to "Grace UCC". Thank you.

~ Worship Team

### Wrestling with Our Inner Angels

The Church Understands and  
Addresses Mental Illness  
Adult Education, Sundays 9-10am  
beginning April 13, 2014

You are invited to spend April and May learning about mental illness, how the church can address this concern, and understanding the spirituality of those facing mental illness – and how we are all not that different from each other.

The core of our work will be the book Wrestling with Our Inner Angels by Sister Nancy Kehoe. You are encouraged to purchase a copy (through our Amazon link of course). The first class will watch a video of Dr. Kehoe speaking at the first "Accessible to All" convention of the UCC.

To learn more about Dr. Kehoe's work, check "expanding connections" at <http://expandingconnections.com/>. Any questions, please contact Jeffrey Hamilton at 419-1152, or [drjhamilton@gmail.com](mailto:drjhamilton@gmail.com).



*Grace upon Grace  
for a second century*

## Centennial Capital Campaign Update

Now that spring has arrived, so too will our contractors to begin construction of the Grace Memorial Garden.

Work will start behind the church about April 15 with building the garden sitting wall and installing pavers. Cement work for "A2A" or accessible-to-all walkways and the church's front entrance will soon begin, as well. When the front entrance is under construction, we may be re-directed to enter the church at the Fellowship Hall side entrance for a time. Please bear with us while we are under construction. Hopefully, no one will be inconvenienced for too long.

Thank you to everyone who continues to support our Capital Campaign projects, including the Memorial Garden, new roofing, and organ repairs. Contributions as of February 28 have totaled \$86,426 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 Dombach. Our Capital Campaign chair, Jeff Bomboy, would be glad to answer any questions you may have about the campaign.

~ Centennial Capital Campaign Committee

### Last Call for Cape May Retreat

If you want to be a part of the Cape May adult retreat this year, please sign up now! The sign up sheet is on the bulletin board in the narthex of the church.

The beach house retreat is Friday afternoon, May 2 to Monday morning, May 5, or whenever you can get there!

Folks who are signed up, please pay your \$100 fee. Make check payable to "Grace UCC" and put it in the Cape May mailbox.

If you have questions, talk with Jessie Dombach or Dottie Book.

~ Cape May Committee

### Join the Grace UCC Race Against Racism Team

There's still time to join the Grace team for the Race Against Racism, a 5K run/walk Saturday, April 26 that begins and ends at Musser Park, Lancaster. Come join our team to fight for racial justice education and advocacy programs! Plan to arrive by 8:30am.

The cost for children is \$10; adults are \$25 - \$35. For more information talk with Shawn Robbins at [graceucc@comcast.net](mailto:graceucc@comcast.net). Registration deadline is April 15.

~ Shawn Robbins

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### Thanks for Handbell Tablecloths and Paraments

The Memorial Bells of Grace would like to thank Mary Ann Kimmel for making the tablecloths and paraments covering our bell tables in the sanctuary.

~ Jeffrey Clouser, Director, Memorial Bells of Grace

# April 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.*

## **April 6, 2014**

Greeter (10am) — Suzy Luber  
 Welcomer — Denise Pfeiffer  
 Ushers — \*Laura Carey, Emily Carey,  
 Joanne Leayman, Brad Trostle  
 Lectors — Jeff Hackenberger, Barb Smentek  
 Liturgist — Holly Keller  
 Chancel Communion Set-up/Clean-up —  
 Robin Cain, Denise Pfeiffer  
 Acolyte — Owen Henry  
 Fellowship Hosts — Tom & Marilynn Miller  
 Nursery Volunteer — Laura Carey  
 Nursery Back-up — Shawn Robbins  
 Bulletin Volunteer 4/4 — Mary Ann Kimmel

## **April 27, 2014**

Greeter (10am) — Jim Wentz  
 Welcomer — Amy Southall  
 Ushers — \*Christen Chew, Brad Trostle,  
 Beth Bowers & Cathy Hainley  
 Lectors — Joe Buchert, Tom Miller  
 Acolyte — Danny Sensenig  
 Fellowship Host — Barb Smentek  
 Nursery Volunteer — Bill Montgomery  
 Nursery Back-up — Robin Cain  
 Bulletin Volunteer 4/25 — Jessie Dombach

## **Palm Sunday** **April 13, 2014**

Greeter (10am) — Herb McCollom  
 Welcomer — Dottie Book  
 Ushers — \*Holly Keller, Verna Labrador,  
 Suzy Luber, Jim Wentz  
 Lectors — Karen Wentz, Kellie Wilson  
 Acolyte — Brian Eshbach  
 Fellowship Hosts — Nick & Lori Santaniello  
 Nursery Volunteer — Shawn Robbins  
 Nursery Back-up — Matt Daniels  
 Bulletin Volunteer 4/11 — Ve Wolfe



**\* Indicates head usher**

## **EASTER** **April 20, 2014**

Greeter (10am) — Brad Trostle  
 Welcomer — Shawn Robbins  
 Ushers — \*Tom & Marilynn Miller,  
 Jeff Wolfe, Bill Montgomery  
 Lectors — Jennifer Dennis, Bill Montgomery  
 Acolyte — Elene Keares  
 Fellowship Host — Sue Sensenig  
 Nursery Volunteer — Matt Daniels  
 Nursery Back-up — Laura Carey  
 Bulletin Volunteer 4/18 — Dottie Book

## **May 4, 2014**

Greeter (10am) — Cathy Hainley  
 Welcomer — Brad Trostle  
 Ushers — \*Kay Charles, Gerda Mooney,  
 Jeff & Jessie Dombach  
 Lectors — Rick Chamberlin, Laura Carey  
 Liturgist — Jennifer Dennis  
 Pew Communion Set-up/Clean-up —  
 Amy Fishburn, Christen Chew  
 Acolyte — Sevi Keares  
 Fellowship Hosts — Karen & Jim Wentz  
 Nursery Volunteer — Robin Cain  
 Nursery Back-up — Bill Montgomery  
 Bulletin Volunteer 5/2 — Suzy Luber



# APRIL 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>7pm Memorial Bells of Grace</i>	2 <i>7pm Lenten study group</i>	3 <i>7pm Lane Association Executive Committee</i>	4 <i>1pm AARP Chorus</i>	5 <i>8am Breakfast at 1st Reformed</i>
6 <i>9am Education Hour 10:30am Worship Family Sunday: Chancel Communion: Joyful Noise 12pm Soup &amp; bread</i>	7 <i>1pm Pinochle</i>	8 <i>7pm Memorial Bells of Grace</i>	9 <i>7pm Lenten study group</i>	10 <i>1pm set-up 2-4pm Equality PA</i>	11 <i>1pm AARP Chorus</i>	12 <i>8am Breakfast at 1st Reformed</i>
13 <b>Palm Sunday</b> <i>9am Education Hour 10:30am Worship 10:45 Youth Worship 12pm Soup &amp; bread 2-6pm Private party</i>	14 <i>9:30am MOMS</i>	15 <i>7pm Memorial Bells of Grace</i>	16	17 <b>Maundy Thursday</b> <i>6pm Seder meal</i>	18 <b>Good Friday</b> <i>7pm Tenebrae service</i>	19
20 <b>Easter</b> <i>8:30am Breakfast &amp; Egg Hunt 10:30am Worship Shalom articles due</i>	21 <i>1pm Pinochle</i>	22 <i>7pm Memorial Bells of Grace</i>	23 <i>6:15pm Executive Committee</i>	24 <i>May 1</i>	25 <i>1pm AARP Chorus</i>	26 <i>8am Race Against Racism (off-site) 7pm Hershey Handbell Ensemble concert</i>
27 <i>9am Education Hour 10:30am Worship</i>	28	29 <i>7pm Memorial Bells of Grace</i>	30 <i>6:30pm Council</i>	<i>9:30am Mail Shalom</i>		



## Parish and Community Health Resources

### Ask Dr. Trudie: “*The Five Wishes*”

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I’m always happy to get suggestions for articles, so when I was asked to write about “The 5 Wishes” I was happy to comply. This is something I first learned while serving on the Ethics Committee at Heart of Lancaster hospital; it has to do with aging with dignity and end of life decisions.

The Five Wishes is an “advance directive,” a document also known as a living will: written instructions to specify actions taken for a person’s health if he or she is no longer able to make decisions due to illness or incapacity. It’s recognized as a legal document in most states, including Pennsylvania. It also designates a healthcare power of attorney, a person who serves as your agent to make health care decisions if you are incapable of doing so. This person can be a family member or friend whom you have made familiar with your wishes.

The first wish is, “Who do I want to make health care decisions for me when I can’t?” This could be a spouse, domestic partner, child, or friend. If no one is designated, I can tell you that in the hospital we first look to the spouse or domestic partner for adults, or parents for children, followed by siblings, children or close friends. We try to determine what the patient would have wanted, based on conversations the patient may have had with family and friends. Imagine how much easier it would be knowing your designated “go-to” person.

The next wish is “What kind of medical treatment do I want or don’t want?” This is the part of the living will that deals with CPR (pushing on the chest and giving rescue breathing) and advanced life support, (drugs and electrical shocks) to try to restore the

heart’s ability to pump. In deciding about this, it’s good to know a bit about the process. On tv, most people who receive CPR survive, but in real life, the converse is true. In the case of atrial fibrillation, where sudden quivering of the heart causes a person to collapse, rapid defibrillation can be effective, but in other cases, defibrillation, CPR and drugs may be an exercise in futility. We may get a heartbeat, but if the brain has been oxygen-deprived for some time, this may be a Pyrrhic victory. So, a power of attorney may opt to forego CPR, or, at some point, may ask, “Are these efforts futile; should we stop?”

Another sort of treatment is nutrition, either by intravenous fluids or GI feedings. You may remember the controversy regarding Terry Schiavo, the brain damaged woman who was kept alive by artificial feedings until her family was allowed to stop them. Most of us think of starvation as a cruel end of life. However, if any of you have had a family member die, you may have noticed that he or she gradually seemed less interested in eating, and trying to force him or her to eat resulted in agitation. The truth is this is a normal part of dying and is not painful. You or your power of attorney may need to make decisions regarding artificial nutrition.

The third wish is “How comfortable do I want to be?” At end of life, many patients experience pain. Pain can cause difficulty with breathing. Therefore, pain control is an important aspect of hospice care. Will pain medication make you an addict? If you’re going to die, does that really matter? And if you’re going to die, does it matter if you’re going to die a few hours or days earlier?

*(Continued on page 7)*

## Hershey Handbell Ensemble Coming to Grace UCC

The Hershey Handbell Ensemble will present a concert Saturday, April 26 at 7pm at Grace United Church of Christ.

The 14-member group under the direction of Dr. Shawn Gingrich performs on seven octaves of Malmark handbells, handchimes, and other assorted instruments. The concert celebrates the ensemble's tenth anniversary season and will feature the premiere of a new composition titled "Awakening," commissioned in honor of their anniversary.

This appearance by the ensemble is part of Grace UCC's ten year anniversary celebration as an Open and Affirming congregation and will assist the Memorial Bells of Grace UCC to expand and promote their new bell program. A suggested offering of \$10 a person will be received and light refreshments will be served after the performance.

~ Memorial Bells of Grace

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

Wish four is "How do I want people to treat me?" Do you want to have family and friends around, holding your hand or maybe just talking to/with you? Do you want photographs of your family in your room, have favorite music played, or have your dog or cat visit? Do you want to die at home, if at all possible? These are just a few things to consider for end of life care.

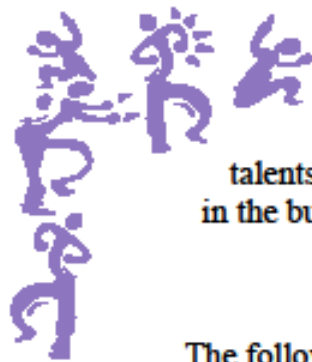
Finally, "What do you want your loved ones to know?" This covers things like your preferences regarding burial vs. cremation, where you'd like donations made, etc. It's also an opportunity to let your family know you love them, that you forgive them for any hurt they caused you, and apologize for anything you may have done to hurt them. Maybe you'll want to pass on the family recipe for mashed turnips that everyone thought (or hoped) you'd take to the grave.

The Five Wishes form can be accessed online for a fee at [agingwithdignity.org](http://agingwithdignity.org). It's simple, not riddled with legalese, but IS a legal form. You can cross out items you don't like and fill in items you do want. You may want to fill it out yourself, or have a friend or family member help you. It can be updated if your beliefs or circumstances change.

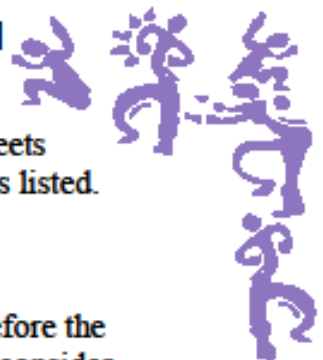
End of life is a difficult time. Often, the dying person loses control of bodily function and perhaps mental acuity. Family and friends can feel helpless. The Five Wishes help you to have some control over what happens in your final days and help others navigate these painful times.

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

**Attention *Shalom* mailing volunteers:** The next mail date is Thursday, May 1 rather than the last Thursday of April.



## Willing Hands and Hearts Are Needed



Did you know there are multiple ways to share your talents with Grace? In March we had the Time & Talent sheets in the bulletin for you to complete. There are A LOT of things listed. It takes MANY hands to do the work of the church. THANK YOU to all who volunteered.

The following are the committee slots we are looking to fill before the Congregational Meeting the end of May. I ask you to prayerfully consider serving your faith community. Please contact Amy Fishburn if you would like more information about how you might assist Grace, or if you would like to serve on a committee. Terms run from June through May and most committees are a two-year term commitment.

Openings are:

Stewardship & Mission - 3 people  
Christian Education - 3 to 5 people  
Endowment - 1 person  
Spiritual Life & Growth - 2 people

Evangelism - 1 person  
Congregational Life - 3 people  
Personnel - 1 person  
Council Member at-large - 1 person

