

Grace United Church of Christ

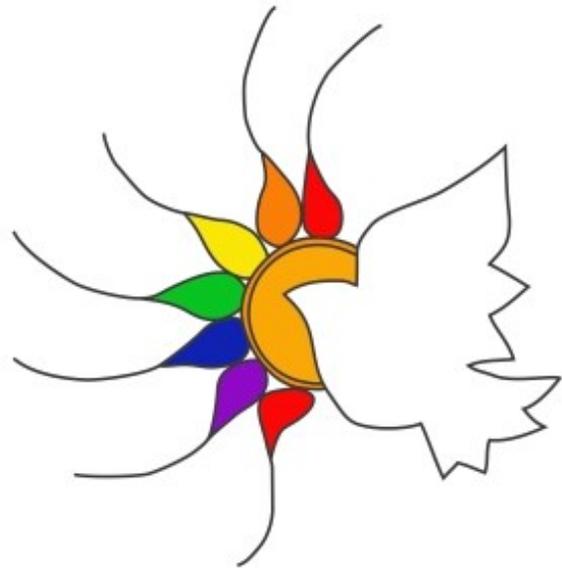
Shalom

April 2016

Rev. Katie Cort, Pastor

Lynn K. Miller, editor

Thank you to story contributors and proofreaders.



Out Like a Lamb

*The next day John saw Jesus coming toward him and said,
“Look, the Lamb of God, who takes away the sin of the world!” – John 1:29*

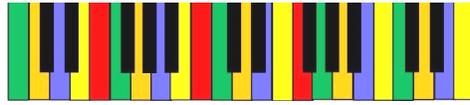
Last month, March came in like a lion, and by now we’ve seen it go out like a lamb: the fierce into the timid. Generally, this means that the weather outside has gone from frightening to delightful. We’re done with shoveling snow and we’re not *quite* yet mowing lawns. The resurrection has happened. Death has been conquered. We can take a breath and settle down again until Advent...or at least Pentecost.

But, March’s lion was all about readiness and preparing to spring (forgive the pun) forward as soon as a new day came. And that new day is sunny enough to eliminate even the shadow of the cross, as well as the dispiritedness that can come in the cold dark days. The daffodils, forsythia, and hyacinths are coming up and opening, adding so much bright and beautiful color to this world.

Of course, color and light are best appreciated after drab and dark times. These polar opposites are equally needed in our lives. The resurrection is so wonderful because it brings us out of the fading light of Lent and the darkness of Holy Week. Flowers can only grow because they have been planted in the deep dark earth in order to have the nutrients and safety for their growing process. Lambs are all the more meaningful if we have first experienced the lions.

It is now that Christ has been called the Lamb of God: the pure sacrifice as well as a peaceful victor. We are the flowers, having taken the time during the season to once again consider the great story of our faith, grown up through the darkness and dirt, and have now begun opening up to share the beauty of the Easter season cultivated inside of us. Go forth, show and share the beauty of love, sacrifice, and a life that is stronger than death. Amen.

Pastor Katie



Making Music with Grace

Thanks to all of our fine musical groups for their help in making Easter a joyous event. Memorial Bells of Grace and Grace Choir, your gifts are greatly appreciated!

We are very blessed to have a new group of musicians joining our ministry at Grace. These new friends travel from York and Mechanicsburg to offer their talents on guitar, drums, keyboards and vocals. We have been practicing every Sunday after service in preparation for our first presentation in early June. We hope their presence will inspire others to join this new music ministry.

Grace UCC is also forming a Worship Team (see related article below) to advise and assist in development of authentic and relevant worship services. If you would be interested in becoming involved, please speak to Pastor Katie or me. We have yet to decide a day and time to meet, although it will not be a weekly commitment; more likely, monthly.

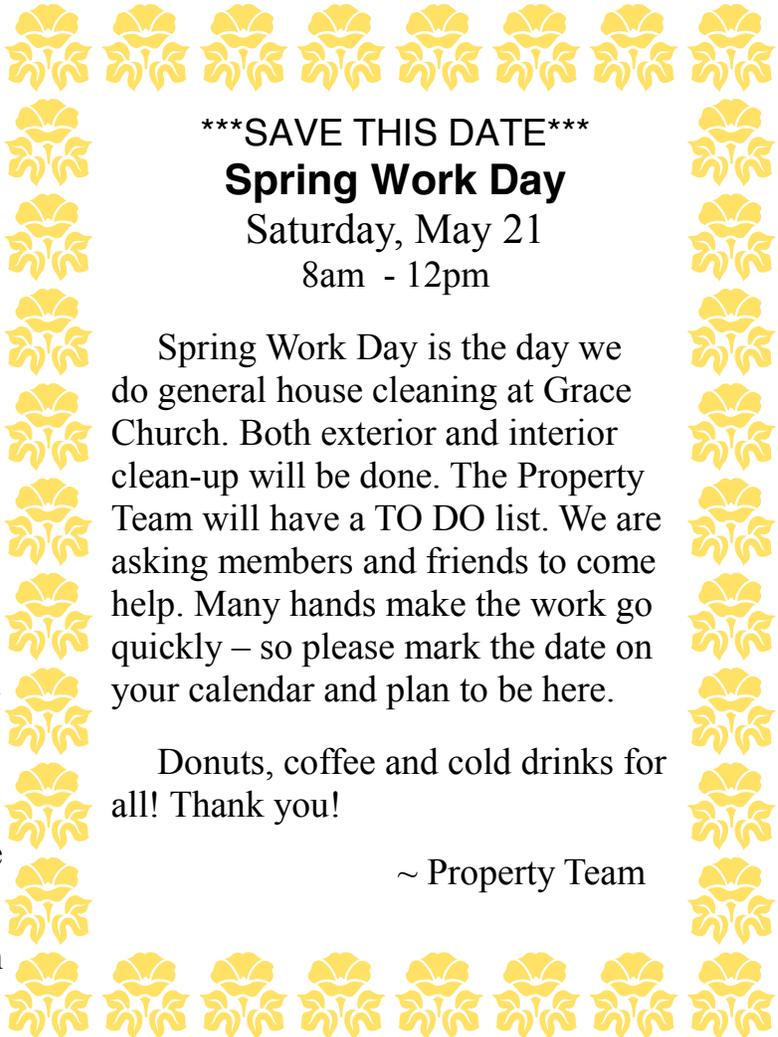
Hope your Easter season is filled with joy and new life!

~ Suzanne Delahunt, Director of Music

Worship Team Wants Your Ideas

What would you like our worship service to look like? Bring your creativity to the Worship Team by giving a couple of hours a month to support our worship service. The Worship Team is Pastor Katie, Director of Music Suzanne Delahunt, and others who generate ideas for worship at Grace. You can use your inspiration for special services (for example, focusing on mental health, homelessness, LGBT issues, race, parenting, etc.). All ideas are welcome! Talk with Pastor Katie or Suzanne if you're interested.

~ Spiritual Life & Growth Team



SAVE THIS DATE

Spring Work Day

Saturday, May 21

8am - 12pm

Spring Work Day is the day we do general house cleaning at Grace Church. Both exterior and interior clean-up will be done. The Property Team will have a TO DO list. We are asking members and friends to come help. Many hands make the work go quickly – so please mark the date on your calendar and plan to be here.

Donuts, coffee and cold drinks for all! Thank you!

~ Property Team

Film About a Fight for Equal Rights to be Shown

Embrace Lancaster is hosting a screening of the documentary *An Act of Love* Sunday, April 17 at 6pm at Otterbein United Methodist Church, 20 E. Clay St., Lancaster. It is the story of Rev. Frank Schaefer, who had his ministerial credentials revoked in December 2013 after officiating his son's same-sex wedding.

The how and why behind the United Methodist Church trial and final ruling (he was reinstated in 2014), along with Frank and his family's story, help illuminate the discussion the UMC will have during its May 2016 General Conference.

The film will also be shown at Lebanon Valley College Friday, April 8, at 6:30pm in Leedy Theater in the Mund College Center in Annville.

Embrace Lancaster assists individuals, and faith communities and organizations, in their growth to affirm and welcome lesbian, gay, bisexual, transgender, and other queer and questioning folk.



Join the Cape May Getaway

There's still time to sign up for the annual getaway weekend at Cape May Friday, April 29 through Sunday, May 1 (or stay until Monday morning if you like). Sign up on the sheet in the narthex. Shared rides are available.

18 Years Running!

YWCA **race**
against
RACISM

April 30, 2016

Be part of Grace UCC's team!

Run, walk, or stroll to raise money for the YWCA's racial justice initiatives.

The 2016 YWCA Lancaster Race Against Racism will be held on Saturday, April 30 at 9am rain or shine. The race starts and ends at Musser Park located

at East Chestnut and North Lime streets in Lancaster. The Kids' Fun Run starts at approximately 10am.

The proceeds of the race benefit YWCA Lancaster's Racial Justice Initiatives to foster healthy and constructive dialogue about race in the community.

Sign up in the narthex, and you will receive an emailed invitation to join our team. The cost is \$25. See Amy Fishburn for details.

April 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.

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

April 24, 2016

Greeters (10am) —
 Robin Cain, Jeffrey Hamilton
 Ushers —
 *Jessie Dombach, John Markley, Laura Carey
 Lector — Kelly Wilson
 Prayer Candle Lighter — Herb McCollom
 Fellowship Host — Holly Keller
 Bulletin Volunteer 4/22 — Suzy Luber

May 1, 2016

Greeters (10am) —
 Verna Labrador, Christen Chew
 Ushers —
 *Kay Charles, Nick Santaniello, Kellie Wilson
 Lector — Rick Chamberlin
 Liturgist — Herb McCollom
 Chancel Communion Set-up/Clean-up —
 Christen Chew, Denise Pfeiffer
 Prayer Candle Lighter — Kay Charles
 Fellowship Hosts —
 Heather Eshbach & Amy Southall
 Bulletin Volunteer 4/29 — Verna Labrador
 Shalom Volunteer 4/29 — Doug Frank

April 10, 2016

Greeters (10am) —
 Amy Fishburn, Herb McCollom
 Ushers — *Christen Chew, Suzy Luber,
 Amy Southall
 Lector — Holly Keller
 Prayer Candle Lighter — Jeff Dombach
 Fellowship Hosts —
 Nick & Lori Santaniello
 Bulletin Volunteer 4/8 — Verna Labrador

April 17, 2016

Greeters (10am) —
 Jessie Dombach, Denise Pfeiffer
 Ushers —
 *Jeff Wolfe, Tom & Marilynn Miller
 Lector — Nick Santaniello
 Prayer Candle Lighter — Laura Carey
 Fellowship Host — Kellie Wilson
 Bulletin Volunteer 4/15 — Ve Wolfe

* Denotes head usher





Parish and Community Health Resources

Ask Dr. Trudie: *Making Everything Better*

When I was a child, I had a wonderful family doctor. I didn't get sick often, but when I did, Dr. Bell would come to our house to take care of me. House calls were more common then, and in our case, a necessity. Having only one car that my dad took to work early each morning, my mom, brother and I were stranded in our rural neighborhood. Just knowing Dr. Bell would be coming made me start to feel better. I knew when I grew up I wanted to be like him.

Of course, as I grew up, I learned that doctors can't fix everything. Eventually I came to understand that there comes a time when, in dealing with chronic disease, keeping your opponent in "check" is better than going for "checkmate."

Palliative care has grown from being a portion of each physician's role to a specialty in itself. Like hospice care, its aim is to improve the quality of life for people with life-threatening illness. Unlike hospice care, it can be initiated at any time, rather than when end of life is imminent or when there is no likelihood of improvement. Most people think of pain control when they think about hospice care; palliative care addresses not only pain, but other distressing symptoms, like shortness of breath, anxiety and depression.

While hospice patients do not receive life-prolonging interventions such as chemotherapy, patients receiving palliative care may receive such treatments. Palliative care seeks to neither hasten nor shorten life, but affirms life while viewing death as a natural process. Palliative care understands the importance of the psychological

and spiritual aspects of patient care, and the need to support the patient's family during the illness and ultimately in the period of bereavement.

Many people with chronic illness are "frequent fliers" in the emergency department; one of the goals of palliative care is to keep patients out of the ER. It's not that we don't want these patients to get the care they need for acute illnesses, but often, a home visit from a nurse specialist or hospice caregiver can adjust a medication or treatment, making an ER visit unnecessary.

Ideally, palliative care should be discussed early in the treatment of a chronic disease. Once a condition like diabetes, chronic obstructive pulmonary disease (COPD), or congestive heart failure is diagnosed, doctor and patient should sit down so that the patient has an understanding of the disease and its typical natural progression. Patient and family should have a realistic understanding that as of now, we have no cures for these diseases, but do have treatments to improve quality of life.

Goals of treatment will include medications to slow the disease process and maximize function so the patient can have as full and active a life as possible. The importance of immunizations against pneumonia and flu, as well as smoking cessation (if the patient smokes) can be discussed. Specialty consultation may be considered in addition to regular visits with the PCP to reevaluate response to treatment and suggest adjunctive therapies like yoga, exercise, counseling, etc.

(Continued on page 6)

Ask Dr. Trudie

(continued from page 5)

Palliative care is a team sport. Because chronic illness may result in decreased decision making capacity, it's important to discuss end of life care wishes, make a living will, and select a medical power of attorney. Since most of us don't like to think about our mortality, and since lots of doctors don't like to think about the fact that they can't cure everyone, this is a subject folks dance around. But it's much better to have the talk sooner rather than later, so if you find yourself with a chronic illness and your doctor doesn't broach the subject, take charge and bring it up yourself.

As the disease progresses, patients may require hospice care or transfer to an extended care facility. Palliative care continues seamlessly, and provides psychological and spiritual support not just for the patient, but also for family caregivers.

Chronic illness is a lifelong process; we all hope a breakthrough is just around the corner, but until we turn that bend, we don't need to go it alone. With a team approach, palliative care can make it less like a life sentence.

(Dr. Trudie welcomes readers' comments and suggestions for future articles. Contact her c/o graceucc@comcast.net).

Our Possessive Investment in Whiteness

The Ongoing Legacy and Impact
of White Privilege

Saturday, May 14, 2016
from 2-6pm

at Bethany Children's Home
1863 Bethany Road, Womelsdorf

Speaking on white privilege and its effect on the church, Rev. Dr. John C. Dorhauer will introduce the concept of a spiritual autobiography told through the lens of race. Discussion will focus on understanding the manifestation and impact of white privilege: whiteness as the norm and whiteness as cash value.

The presentation will conclude with a look at what it means to be a white ally. What actions can be taken by allies, advocates and accomplices who are passionate about racial equality?

The workshop fee is \$10 per person. Register online by Monday, May 2 at psec.org.



The Rev. John C. Dorhauer, former conference minister of the Southwest Conference of the United Church of Christ, is the ninth general minister and president of the United Church of Christ. A graduate of Eden Theological Seminary, his doctoral studies centered on white privilege and its effect on the church.



Come to the Yard Sale

Everybody's invited to a Yard Sale at Grace on Saturday, May 14 from 7am to 2pm. All Grace members and friends are welcome to participate. Tables will be set up both inside and outside. Congo Life will provide food and refreshments for the public to purchase. Questions? Please see or call Heather Eshbach, Jen Swank and Amy Southall.

Campfires are Back!

Congo Life will be hosting campfires this summer. To kick off the summer, the first campfire will be Friday, May 13 starting at 7:30pm. Congo Life will provide the fire and marshmallows. Everyone is welcome to attend and bring their own snacks and drinks.

Introducing the Coffee Bar

"Bean" longing to express your inner barista? Here's your chance! Congo Life's Sunday Coffee Bar needs coffee hosts starting Sunday, April 3 to be at the church at 9:45am to put out the coffee/snacks and then to clean up once the service starts. Congo Life will provide the coffee and snacks. Sign up on the sheet in the narthex.

Grace United Church of Christ

Welcoming All

Sharing Love

Proclaiming God's Grace

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