

TRINITY U.C.C. PARISH POST

March 2023

A MESSAGE FROM THE PASTOR

Dear Friends

TRINITY U.C.C. VISION STATEMENT:

All will know the love of God through the teachings of Jesus!!

Trinity U.C.C. is called by God to:

- Share God's love with our community
- Serve God's children
- Bring healing and wholeness to those in need
- Share the Gospel in liturgy, music and study

The
Season
of
Lent



*Catch the Vision,
Share the Joy!!*

In the February Parish Post, I included the funeral arrangement sheet that I make available every year during the Lenten season. Several people have either filled out that form or made changes to their form that is already on file at the church. If you need another copy of the form, please contact me.

I know it is not easy to talk about death, but the Lenten season is a good time to face our mortality. From a pastoral perspective, I have found those conversations to be helpful for me and for the family of someone who is facing the end of their earthly life.

As we begin our Lenten walk with Christ to the cross, I offer these words from Rev. Dr. Walter Brueggemann, U.C.C. minister and Professor Emeritus of Old Testament at Columbia Theological Seminary:

We must speak about death, not because we are excessively fascinated by it or because it is fun to talk about, but because in that Friday drama, Jesus knew who he was and gave himself in love for the sake of the world, gave himself to the poor, the needy, the desiring, but also for the wise, the strong, the controlling. And in his act of vulnerability, his power to love broke all the power of violence and brutality. (A Gospel of Hope, 2018)

I hope you will join us for our Lenten walk this year. We will gather for worship on Wednesday evenings to lift up men and women who are models of faith for us. We will gather on Sunday mornings for special adult classes. The first half will focus on the men and women who were the first followers of Christ. The second half will then focus on finding the gospel message in the Old Testament. Our worship and study will help us walk with Christ to the cross as he gives himself in love for all of us. May that act of love encourage us to seek ways to put an end to the violence that plagues our world this day!

In my February Parish Post column, I concluded with the first and last verses of the great hymn *Abide with Me*. I have decided to end this month's column with the fourth verse. May these words be our Lenten prayer:

*I fear no foe, with Thee at hand to bless:
Ills have no weight, and tears no bitterness.
Where is death's sting? Where grave, thy victory?
I triumph still, if Thou abide with me.
(Hymn #51 by Henry Francis Lyte, 1847)*

Blessings,
Pastor Chris



TRINITY UNITED CHURCH OF CHRIST

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(717) 581-9196

Nevin Cooley, **Chair of Property**
(717) 371-0346

CONSISTORY HIGHLIGHTS by Denise Pfeiffer

The financials of Trinity UCC are favorable. As reported on the January report from our Treasurer, we had a positive position (net income) of \$8,998. Some of this was the result of a large single contribution and several enrollment and tuition payments for the spring sessions of the preschool. As discussed before, inflation is having an impact on finances however, the property committee found a lower priced trash hauler and is working on lowering our electric cost by finding another provider. Scott provided Consistory with a yearend worksheet showing how Trinity gave \$65,117 to other charitable organizations. The Treasurer noted that our average monthly expenses were \$34,132 and we have 118 days of liquidity.

Pastor Chris reported that we have 2 persons want to join Trinity. Anniversary plans are going well and the committee has lots of exciting things for us to celebrate. More to follow.

Granted St Luke's, Lititz, a \$2,000 grant from the St. Luke's, Lancaster, Endowment for their "Lunch with Luke" program and granted a \$200 donation to the Earth Day Summit.

Pastor Rankin shared information about the Wednesday Lenten services and the Holy Week & Easter services.

Maundy Thursday services will be at 2 p.m. and 7 p.m.

Good Friday Tenebrae Service will be at 7 p.m.

Easter services will be at 6:30 a.m. (in the parking lot), 8:00 a.m., and 10:30 a.m.

The Parish Life Committee will be organizing the Easter morning breakfast from 9-10 a.m.

Committee Leadership

Our committees have been reorganizing and we want to inform the congregation of our committee chairs.

Pastor Parish: Lon Wible

Nominating: Jeff Hackenberger

Christian Education: Bob Kilgore

Evangelism: Sally Rodenberger

Music: Deb Lichtenwalner

Parish Life: Kayla Brennan & Anne Rankin

Preschool Board: Karen Olley

Stewardship: Rev. Jack Esbenshade

Finance: Lon Wible

Technology: Theodore Slechta

Property: Nevin Cooley

I Promise Report Correction

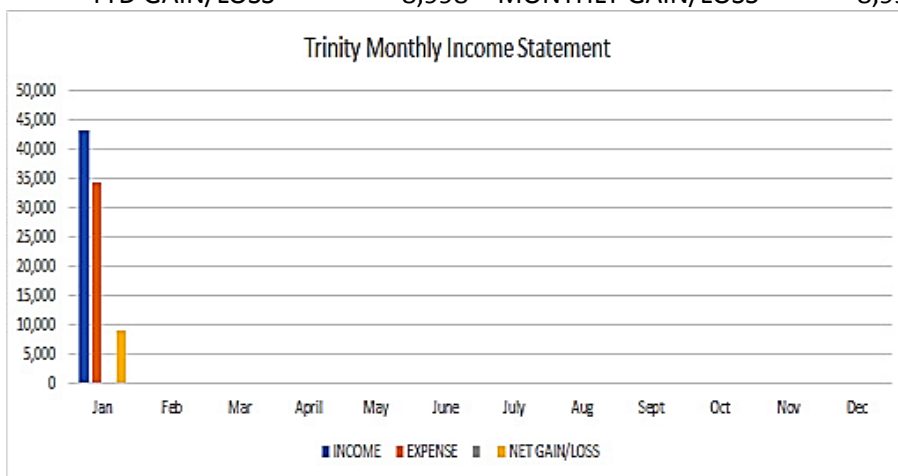
In last month's Consistory highlights, the years were swapped in our I Promise report. Here is the correct information:

	2023	2022
Operating Budget	\$247,902.00	\$273,617.00
OGTO	\$1,200.00	\$2,200.00
Christian Ed	\$1,060.00	\$ 540.00
Other	\$ 200.00	\$ 800.00
Total	\$250,362.00	\$277,157.00
Total forms received	57	75

MARCH BIRTHDAYS	
03/01	Holly Connor
03/01	Heather DuBois
03/02	Diane Arey
03/02	Michael McDonough
03/03	Julie Daly
03/04	Rev. Phyllis Baum
03/07	Mid Gockley
03/07	Valerie Zahm
03/09	Meghan Leinbach
03/11	Eleanor Latsha
03/11	Michael Lichtenwalner
03/12	Brendan Garrett
03/12	Maxwell Schuessler
03/13	Bonnie Boothman
03/13	MacKenzie Harley
03/14	Noah Kauffman
03/14	Carl Spangler
03/16	Joann Garvin
03/16	Robert Siever
03/16	Jane Starr
03/20	Michael Minder
03/21	Kirsten Leinbach
03/23	Marvin Lehman III
03/23	Jack Richards
03/24	Kaitlyn Vargas
03/26	Mary Lou Shaab
03/26	Miguel Serrano
03/27	Sue Husted
03/27	Gretchen Leinbach
03/28	Alexander DeLong
03/30	Tami Lehman
03/30	Christian Fry
03/31	Marge Burger
03/31	Jane Owens

News from the Finance Committee

YTD TOTAL INCOME	\$43,140	January Income	\$43,140
YTD TOTAL EXPENSES	34,132	January Expense	34,132
YTD GAIN/LOSS	8,998	MONTHLY GAIN/LOSS	8,998



Online Giving Information: Contributing your donation using our website....trinityeastpete.org....**RESOURCES, PAY ON LINE**

For several years, members have been able to make weekly/recurring donations on-line in lieu of paying cash/checks or by mail. On-line donations save the cost of a check and envelope and if using the recurring feature, remembering weekly to prepare your envelope. Presently we have several individuals/families using on-line donations either weekly or recurring.

We believe that financial transparency builds trust and is a mark of stewardship so we want to take a moment to remind you that there is a small cost for this convenience. You'll have the opportunity to help cover the cost of processing when you give. Please know that this is 100% optional, but we appreciate your partnership in making your gift go as far as possible to impact our mission.

We have never asked our members to cover these costs especially since 2020 at the start of the pandemic. The costs are 1.05% when paying by check, 3.05% when paying by credit/debit card.

Beginning July 1, 2022, we added a feature to our on-line giving whereby you can help to cover the costs of paying online by debit/credit card or checking account. This is entirely **OPTIONAL**. There will be a check-off block to use if you wish to cover your transaction cost in addition to your contribution.

LENTEN DENIAL ENVELOPES: The Board of Deacons decided to divide the donations in the Lenten denial envelope to assist those impacted by the war in Ukraine and the earthquake in Syria and Turkey. Please be generous as we help our brothers and sisters in need.

March Scriptures	
5	Gen. 12:1-4a; Psalm 121; Romans 4:1-5,13-17; John 3:1-17
12	Exo. 17:107; Psalm 95; Romans 5:1-11; John4:5-42
19	1 Sam. 16:1-13; Psalm 23; Eph. 5:8-14; John 9:1-41
26	Eze. 37:1-14; Psalm 130; Romans 8:6-11; John 11:1-45

Stewardship Mission Moments

The Stewardship Committee is organizing speakers to offer a mission moment each month during worship about one of our mission partners we support through Our Gifts to Others and other stewardship concerns. Here is the schedule of mission moments:

March: AA Group

Clothing Bank



The Lancaster Food Hub Clothing Bank has a need for sleeping bags, coats, underwear, and toiletry items.

Items can be dropped at our clothing bank container at church. The container is in the stairwell by the kitchen entrance.

TRINITY CEMETERY

Any member of Trinity United Church of Christ may purchase a plot of ground for burying purposes. The price is \$800.00 per grave plus a \$250 maintenance fee, paid for by the purchaser. Contact the church secretary to purchase a plot/s or for more information.

TREASURE IN CLAY JARS by Rev. Jack Esbenshade

I have used this column to preach and philosophize, to reflect and reminisce. This month I simply want to use the column to examine the topic of endowments. Allow me to start by raising the question, ‘Why do we have an Endowment Fund at Trinity Church?’

A position could be made that as people of faith, like the lilies of field, we should not concern ourselves with what happens tomorrow and that as people of faith, God will provide. And there is no question that for many of us, when we have been in dire straits, somehow the hand of God has been present to provide.

A position could also be made that as people of faith we have been entrusted with treasure. And even if the vessels are fallible and fragile, we are to manage and empower that treasure.

I am aware of some churches that live past their life expectancy because they survive on endowment funds. A friend once told me that when that happens, they’re eating the seed corn.

But in the same way that we strive to save some of our earnings for retirement, endowments are a way that we, as a church, can save for the future. And endowments also enable us to broaden mission and ministry in the present.

Let me give you some examples – last year our endowments earned distributions of \$43,805. With those earnings we provided pre-school scholarships, grants to local churches, funds to repair the building, support for food and music ministry. In addition, the endowment fund enables us to provide a housing allowance for the pastor without creating an expense item in the annual budget.

If I thought for one minute that the Endowment Fund hampered the regular weekly giving of the members of Trinity Church, I would speak out against it. But such is not the case. Offerings in this church are strong. They come from our weekly/annual income. The Endowments are also strong. They come from our bequests and specially directed gifts.

In the life of Trinity Church, both aspects are important to maintaining a healthy financial picture. Riess Potterveld [former president of Lancaster Seminary] says this, “Our friends in the African-American community speak about, ‘standing on the shoulders of others.’ This is a recognition that forebears have made sacrifices and exercised leadership in ways that prepared the ground of opportunity upon which we now walk.”

In light of our 175th Anniversary, this may be a time for some to consider making a contribution to the Endowment Fund so that those who follow in the next century can stand on our shoulders.

MARCH

Elinor M. Nicholas

Whenever March enters the scene something takes place, totally unseen.

While winds are howling and blowing, deep in the earth plants are growing.

Sooner or later, flowers will abound as they emerge from underground!

Koinonia

We have resumed koinonia (community fellowship) every Sunday at 10 a.m. in Isenberg Hall. Volunteers are asked to provide light refreshments and drinks/coffee. The sign-up sheet is on the kitchen coordinator. If you have any questions, contact Paula Dennes.

SHARING OUR SUCCESS

Park City Diner & Knight and Day Diner has given \$56.78 to Trinity from the SOS program which gives 10% of sales from Trinity participants to our church.

Don't forget if you dine at either place to let them know you go to Trinity.

THANK YOU FOR YOUR SUPPORT!



TRINITY PRESCHOOL SUB SALE

We would like to thank you for supporting our fund raiser. When you redeem your coupon at S. Clyde Weaver you get to choose from at least seven sub varieties:

**Sweet Bologna · Ham · Italian · Turkey
Roast Beef · Chicken Salad · Tuna Salad**

The above is a list of what you can order at Weavers

Locations: 5253 Main Street, East Petersburg, PA/ 1509 Lititz Pike, Lancaster, PA /Lancaster Central Market

NAME	PHONE	QUANTITY	TOTAL	PAID (Please check)
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Please make checks payable to: **TRINITY PRESCHOOL**

Each Sub Redemption Certificate: \$8.00

* Please note you have to go to Weaver's location to order & pickup Subs.

BREAD OPTIONS:

white sub roll · bread · tortilla wrap

CHOICE OF YOUR CONDIMENTS:

mayonnaise · mustard · creamy horseradish · olive oil · vinegar

CHEESE OF YOUR CHOICE:

American · Provolone · Swiss

YOUR CHOICES OF VEGETABLES:

lettuce · tomatoes · onions · marinated onions · sweet peppers
banana peppers · hot peppers · black olives · pickles
salt · pepper · herb mix · Parmesan

CALLED TO CARE

The Evangelism Committee is revitalizing the Called to Care ministry this month. Meals will be provided for members after they have returned home from the hospital or during other critical moments. Transportation to medical appointments is also available. Nancy Enders is the coordinator for March and April.

Lenten Devotionals

We have Lenten devotionals available on the table across from the church office. If you need a devotional mailed to you, contact Carol in the church office.

DAYLIGHT SAVINGS BEGINS



ECHOES OF THE PAST--CELEBRATING TRINITY'S 175TH ANNIVERSARY

BY REV. DR. RICH CHRISTENSEN



Crop Walk 1999

On a bright Sunday morning, several very young children, some barely able to walk, scatter through the congregation gathering bags of canned goods and other food items. Grabbing one bag with both hands, one boy is surprised at its weight, so a fifty-year member sitting nearby helps him carry it to the altar to be placed with the offerings of food being readied to go to a ministry for local school children called Hempfield Power Packs. One of a long line of ministries in the 175 years of the mission of Trinity United Church of Christ, the Power Packs project brings hope and nourishment to children of the community.

In efforts to serve the community in Christ's name, the congregation has also acted as a center for a food pantry, numerous members giving countless hours in gathering, sorting, and distributing food items to those in need in East Petersburg and nearby communities. Collaborating with other food ministries in the wider Lancaster area, a collective decision brought these ministries together into the Lancaster Food Hub. The concern for combatting hunger also reaches world-wide with the annual One Great Hour of Sharing offering and the congregation's fifty-year participation in the CROP Walk to raise funds for the hungry in many countries. Our mission is widespread and ecumenical, seeking to be faithful in sharing the good news of God's love and reconciliation in a variety of ways.



Love Sunday, Feb. 12th, 2023



Pastor Royer with student pastor Frank Lehosky-2002

Concern for children and youth extends to support for Bethany Home and Hoffman Homes for Youth, two denominational institutions providing shelter, counseling, and support for youth in difficult circumstances. Our 5-day-a-week pre-school program serves 65 children. With our offerings, we also support Milagro House in Lancaster, a shelter for homeless women and their children. Camping ministries for children and youth are conducted in cooperation with the Lutheran Churches of our area.

One notable service project in the congregation's history was the Night Ministry conducted in the 1960's and 70's. With a series of telephones set up in the church hall, trained volunteers from the church took all-night shifts answering calls from people undergoing crises, guiding the callers to appropriate and helpful resources. It proved a very effective ministry.

Our ongoing ministries for adults include our support for retirement housing at Phoebe-Devitt Home and Ephrata Manor. We also support educational work at Lancaster Theological Seminary and through our mission support of teachers in other nations.

Sharing God's love continues to be the focus of our life as a church of Jesus Christ. Thanks be to God!

LENTEN ADULT STUDIES

Becoming Jesus' Disciples: The Hard Examples of Those Who Did

Sunday mornings in Lent at Trinity East Pete
Isenberg Hall 9:00 a.m.
with Dr. Charles Hambrick-Stowe



When we think of “the disciples” who followed Jesus, it’s usually the twelve that he named as apostles who come to mind. But when we look closely at the gospels, the category “disciple” becomes much wider and more complicated. Who were these men and women, why did they follow Jesus, and what were the challenges they faced?

March 5 — The 70, the Women, and Many More

March 12 — The Secret Disciples

In these Lenten sessions Dr. Charles Hambrick-Stowe (Anne Rankin’s father) will explore surprising implications for the decision to follow Jesus in our own time. Come and learn more about “the cost and joy of discipleship” from the hard examples of those who first followed him.

Dr. Charles Hambrick-Stowe is minister emeritus of the First Congregational Church of Ridgefield, Connecticut. Previously, he served as academic dean of Northern Seminary in Illinois, director of the Doctor of Ministry program at Pittsburgh Theological Seminary, and pastor at Church of the Apostles in Lancaster and St. Paul’s UCC in Westminster, Maryland. In addition to MA and MDiv degrees, he holds a PhD in American Studies from Boston University.

Finding the Gospel in the Old Testament with Dr. Rich Christensen 9:00 A.M. in Isenberg Hall

March 19—The Freedom of God

March 26—The Power of Names

April 2—Life-Saving Faithfulness

Dr. Rich Christensen, a member of Trinity Church, is a retired professor of Church History. He previously served pastorates in Pennsylvania and Ohio, a missionary in Botswana, and professor at Phillips Theological Seminary in Oklahoma and Lakeland College in Wisconsin. He received degrees from Lancaster Theological Seminary (MDiv) and Union Theological Seminary in Virginia (PhD).



Worship News

We will continue to stream the 7:45 a.m. service on the Trinity Facebook page and later upload it to our website. The Eucharist will be celebrated every week at 7:45 a.m. and at the 10:30 a.m. service on March 5 and 19.

SPECIAL GUEST PREACHER ON MARCH 12

As part of our 175th anniversary, we will welcome the Rev. Elizabeth Hambrick-Stowe as our guest preacher on March 12. Rev. Hambrick-Stowe served as our associate pastor with Pastor Geisler from 1989-1990. Upon Pastor Geisler's death in 1989, Elizabeth served as supply pastor until Pastor Royer began his ministry in February of 1990. She was a frequent supply preacher when Pastor Royer was on vacation, and now she has been a frequent worshipper at Trinity because she is Anne Rankin's mother! We are delighted to welcome Rev. Hambrick-Stowe back to the pulpit on March 12.



WEDNESDAY LENTEN SERVICES: "Sing with All the Saints in Glory"

Lent is a time of renewal. We focus on the death and resurrection of Jesus and in turn focus on our own death and resurrection found in baptism. We who have been baptized into Christ have died to sin and are righteous saints of God. At the same time, we know that we struggle daily with sin as we seek to follow Jesus. This is the wonderful understanding of sinner and saint.

We have a rich calendar of saints in the Christian faith. These are people from every age who have pointed to Christ in their living and dying. In remembering these Christians who have gone before, we find inspiration for our Christian journey. This Lenten midweek series honors the commemorations that occur during the weeks of the Lenten season. Commemorating these individuals is a starting point for a deeper engagement with our Christian faith.

Join us for worship on Wednesday evenings at 7:00. Here is the list of themes and preachers:

March 1 (Inheritance of Faith—George Herbert/John & Charles Wesley)---Dr. Randall Zachman preaching

March 8 (Perseverance with Endurance—Perpetua & Felicity/Harriet Tubman/Sojourner Truth)—Rev. Dr. Carrie Call preaching

March 15 (Faithful in Prayer—Gregory the Great/Patrick)---Rev. Bob Bistline preaching

March 22 (Striving for Justice—Oscar Romero)---Rev. Ken Trauger preaching

March 29 (Dying and Rising with Christ—Hans Nielsen Hauge/John Donne)---Pastor Emeritus Harry Royer preaching

April 5 (The Beginning of Life—Dietrich Bonhoeffer)---Rev. Dr. Rich Christensen preaching

EASTER SPECIAL MUSIC



We intend to sing the Hallelujah Chorus again on Easter morning, and are inviting instrumentalists to join us. Please sign up on the sign-up sheet in the hallway by Sunday, March 5, so we can arrange for sheet music for you. We will rehearse starting at 6:15 PM on Monday, April 3. There will also be an optional instrumental rehearsal on Monday, March 27 at 6:15 P.M.



EVERYONE
IS
WELCOME!

PINOCHLE

1:30 PM

EVERYONE
IS
WELCOME!

Dates: Friday, March 17/
Thursday, April 13/ Thursday, May 11

All you have to do is sign up in the hallway near church office and bring a snack or drink to share. We're happy to teach players new to Pinochle.

Men of Trinity (M.O.T.) Breakfast

The monthly breakfast will be held at the Family Fare Restaurant on March 4 at 8:00 a.m. Look for the sign-up sheet on the table across from the church office. This is open to the men of Trinity! You can always invite a friend to join you for breakfast!

PRAYER SHAWL MINISTRY

The Prayer Shawl will meet Tuesday, March 21 from 1:00-3:00 PM. They will continue to meet on the third Tuesday of each month! Come and bring a friend. Hope to see many of you there! Contact Betty Tyndall for more information.

LANCASTER EARTH DAY SUMMIT

There will be presentations and activities for all ages in downtown Lancaster on April 22 (Earth Day). Pastor Rankin will be presenting information about the "Come Follow Me" retreat that some of us participated in last year. The Consistory approved a recommendation from the Board of Deacons to send \$200 from our Local Missions Fund to support this community event! We are joining the Penn Central Conference and the Lancaster Association in supporting the summit! Stay tuned for more information in the weekly bulletins and the April Parish Post.

YOUR HELP IS NEEDED!



Greeter /Ushers Needed

If you would like to volunteer as a Greeter/Usher for the 10:30 a.m. service please contact the church office. We recently had some vacancies as ushers, so we are in need of help!!! **We also need ushers for the**



Wednesday Lenten services!



Assist with the worship service or to just read the scripture lessons at the 7:45 a.m. and 10:30 a.m. services. Please contact Pastor Chris or Carol Kratz if you are willing to volunteer.

FLOWER DELIVERY VOLUNTEERS NEEDED

Would you like to be on the rotation to pick up the weekly chancel flowers from the florist on Friday mornings? If so, contact Lee Bossert. Would you like to deliver the chancel flowers after worship to members of the congregation? If so, contact Pastor Chris or Carol Kratz.

2023 CHANCEL FLOWERS AND WORSHIP AID SPONSORS

The sign-up sheets are on the bulletin board in the narthex. You can also sign-up by calling Carol in the church office. The price for flowers is \$60. You can share the date for flowers and just sponsor one of the arrangements for \$30. The price for worship aids is \$26. Upcoming dates for chancel flowers are: March 5, 19 & 26. Upcoming dates for worship aids are: March 5, 12, 19 & 26. If a date is already taken for flowers, you can sponsor baptismal font flowers.

NURSERY VOLUNTEERS NEEDED

Betty Fogle has agreed to serve as our nursery coordinator. If you are interested in providing nursery care for children during worship, please contact Betty at 717-471-1026 or bettsfog@comcast.net.

Save the Date
FRIENDSHIP FEST
FOOD TRUCK
EVENT
July 16

Come and enjoy this exciting event which goes from 4-7 PM. Besides the food trucks, there will be a concert, a magician, and a bounce house. The Auscultation Brass Concert will be from 5-6 PM. This is a fundraiser for the Trinity Preschool.

Don't miss this wonderful time of fellowship and fun!!!! Look for more information in the coming months.



Life Line Screening goes beyond regular checkups to look inside your arteries for signs of plaque build-up



All 5 Screenings for \$149

Carotid Artery Disease:

An ultrasound is performed to screen the carotid arteries for buildup of fatty plaque.

Peripheral Arterial Disease:

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs.

Abdominal Aortic Aneurysm:

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm.

Atrial Fibrillation:

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for irregular heartbeat.

Osteoporosis Risk:

An ultrasound is performed to measure the shin bone for abnormal bone mass density.

We will be in your neighborhood soon

March 4, 2023

Some discount coupons are available from church office

Get your special Community Circle pricing!

Three ways to register and receive the special discount:

Call toll-free: 1-800-679-5192

Online: [LLSA.SOCIAL/HS](https://llsa.social/hs)




Text: the word [circle](#) to 797979

PEANUT FELLOWSHIP

from 7 AM to 2 PM with a Pot Luck lunch.
The peanuts will cost \$6 a pound.

We need help with this project. Futures dates for the Peanut Fellowship are:

March 14



SAVE THE DATE

Barnstormer's Game

JULY 5

Mark your calendars for **July 5** when the Lancaster Barnstormers will play the Long Island Ducks! **The cost is \$30 (ticket, suite rental, endless buffet for 90 minutes, gratuity).** **Children from ages 4-18 will be covered by our Youth Ministry account and those under 4 are free.** You can sign-up by contacting Carol in the church office. We will need a \$15 deposit when you sign-up!

	Greeters	Nursery	Ushers	Lectors	Worship Aids	Money Counters	Flowers
Dates	10:30 a.m.						
5	Charlene Cristy Karen Olley Cherie Cataldi	Kayla Brennan/ Rachel Baynard	Steve Shenk Dave Connor Charlene Cristy Scott Summers Theodore Slechta Zach Baynard Karen Olley Kathy McCarty	Diane Rice	Hoover	Diane Rice Karen Olley George DeLong Jodi Keller Denise Pfeiffer	Hoover
12	Pat Seachrist Shelley Wagner Betty Fogle	Charlene Cristy/ Hedwig Hunsicker	Mike Wagner Shelley Wagner George DeLong Anne Rankin Rachel Baynard Stan Seachrist Andrew Rankin Lee Bossert	Pastor Rankin/ Sally Rodenberger	Rankin	Diane Rice Karen Olley George DeLong Jodi Keller Denise Pfeiffer	Cash/ Hambrick-Stowe (baptismal font)
19	Denise Huggins Bob Bistline Dottie Schadt	Sandy DeLong/ Jodi Keller	Theodore Slechta Jane Starr John Bailey Denise Huggins Dottie Schadt Tim Geiger Lon Wible Dan Otthofer	Jeff Hackenberger		Bud & Kathy McCarty Scott Owens Jeff Hackenberger John Shelsky	Eyer
26	Charlene Cristy Karen Olley Cherie Cataldi	Anne Rankin/ Betty Fogle	Steve Shenk Dave Connor Charlene Cristy Scott Summers John Shelsky Zach Baynard Karen Olley Kathy McCarty	Sandy Morris/ Jerry Richards	Cristy	Bud & Kathy McCarty Scott Owens Jeff Hackenberger John Shelsky	
<u>March Ministry Volunteers</u>							
ALTAR GUILD: 5 Charlene Cristy, Anita Rohrer 12 Nancy Enders 19 Nancy Enders, Karen Olley, Hedwig Hunsicker 26 Nancy Enders, Karen Olley, Sally Rodenberger TRINITY BREAD: 5 & 12 Betty Fogle 19 & 26 Joan Sensenig				Visitation Minister (Phone Calls): Dottie Schadt Building Trustee – John Shelsky Card Ministry: Adult Sunday Class (Janice Jenkins) Called to Care: Nancy Enders			

SAVE the DATE




Church Picnic
August 27th

Look for more information in the coming months!





WORKSHOPS

 ADDRESS 2160 Lincoln Hwy East, #18	 PHONE (717) 299-1113	 EMAIL info@parishresourcecenter.org
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The Path Between Us: Enneagram Conference with Suzanne Stabile

IN PERSON ONLY

CONTEMPLATIVE

March 24, 2023 - March 25, 2023
6:00 pm - 5:00 pm

The Path
Between Us
Conference
the Enneagram and
Healthy Relationships

Sponsored by
WORK
WISDOM

March 24
6-9 pm
March 25
9am - 5pm



Cherry Academy Workshops

2023
Cherry
Academy

Food Insecurity



people better connect with the local organizations working in this area, and with each other as they imagine new and exciting projects.

people are food insecure with 1 in 6.5 children struggling with hunger. (data from Feeding America and Central PA Food Bank, 2020 and 2021).

This themed year of events will not only expand knowledge of food insecurity issues in the city and county but will also help

Food Program Best Practices

Mar 7, 7:00 - 8:30pm
Webinar

David DeVries, CAP
Maria D'Isabella, CPFB

Whether you are currently involved with food programs like pantries, meals, or community gardens, or you are considering opening one, learn what best practices you should follow. Discover ways to best serve your clients and community while reducing waste and limiting paperwork. Consider your personal or organizational strengths and weaknesses to see how you can best be involved, while assessing the resources and gaps in your community. David and Maria have spent years walking alongside big and small food programs and will bring their insights and wisdom to help you maximize your impact.

Food Bank Panel

Apr 24, 7:00 - 8:30pm
Webinar

Central PA Food Bank,
CAP, York Food Bank

Food banks are the backbone of hunger relief efforts. They work behind the scenes to collect donated and bulk-purchased food and distribute it to other food pantries and food programs. Food banks are the storage and distribution depots that provide food to the smaller agencies who hand out food directly to the public. Food pantries, community meals, and many other food programs in our community rely on Central PA Food Bank, York County Food Bank, and CAP for access to donated food. Hear directly from these organizations about the work they are doing and how you can be involved.

Children and Hunger

May 1, 7:00 - 8:30pm
Webinar

Brad Peterson, Power Packs

In Lancaster County, 1 in every 6.5 kids struggles with hunger. Food insecurity has the potential to be harmful to individuals of any age, but it can be especially devastating to children as their bodies need fuel to grow and develop. Power Packs' unique approach to providing nutritious weekend meals and food preparation skills help families better stretch their food dollars. In partnership with 11 out of the 16 school districts in Lancaster County, Power Packs works directly in schools. Hear more about their work, the Georgetown University research project analyzing their methods, and how you can get involved.

Resiliency for Volunteers

Feb 27, 7:00 - 8:30pm
Webinar

Andrea Grill, Lesley Huff,
Rob Fennimore

We are constantly working through difficult situations and the resulting emotions in our families, volunteer work, and workplaces. Learn from our panel of experts about how they build and maintain their personal and professional resilience, to help you find your own resilience and hope.

Situations discussed will include: switching the "job" on and off; not freezing in overwhelming situations; handling disappointment, frustration, and hurt that may arise in relationships with others; and accepting when others make choices you don't agree with.

For more information, and to
register, please visit

www.parishresourcecenter.org

or call (717) 299-1113

Dear Trinity Members,

“God’s Garden” is the theme for this summer’s Vacation Bible School. It will be held **Monday, July 10 to Thursday July 13, from 6:30 to 8:30 PM**, with the **closing program on Friday, July 14**. We will need your help to welcome and teach the children of Trinity and the wider community. The ideal VBS program would touch and/or be touched by each member of the congregation. Please check the activities in which you would be willing to share during the week. **Please return this form to the VBS Director’s mail slot in the church office by April 15**. If you have any questions please contact us. Thank you.

Dina Slechta and Diane Rice

_____ Group Leader—travels with group through stations.

_____ Assistant Group Leader - travels with the group through stations.

_____ Caretaker And Me Class Facilitators - person who can be available in the nursery for any caretaker and child who need to take a quiet time/play by themselves break in the nursery.

_____ Games Leader—leads 10 to 15 minute games reinforcing the night’s concept and story

_____ Games Helper

_____ Crafts Leader

_____ Craft Helper

_____ Story Station Teacher

_____ Snack Helper

_____ Floaters - we need some potential teachers and assistants who will be at VBS, ready to jump in as needed.

_____ Registration—needs to be there 6:15 to 6:45 the first two evenings to register children

_____ Help anywhere needed.

_____ Youth Helper (7th grade on up) Transportation Needed _____

Name _____ Phone Number _____

Email Address _____

Days you would be available _____

Save The Dates

VBS 2023



God’s Garden

July 10 - 13 6:30-8:30 PM

July 14 Closing Program

CAMP SCHEDULES

CAMP WEEK	EXPLORERS Grades K-2	JUNIORS Grades 3-6	INTERMEDIATES Grades 6-9	SENIOR HIGH & ADVENTURE TRIPS
JUNE 18-24	Day Camp (M-F)		High Adventure	
JUNE 25-JULY 1	Day Camp (M-F)	Classic Tree Toppers	Classic Kayak	Beach (Grades 6-8)
JULY 2-8	Pioneers	Classic Jr Quest (Grades 4-6)	Classic Arts & Crafts S.U.R.E.	Sr. High Super Adventure (Grades 9-11)
JULY 9-15	Kids at Heart			
	Mini Camp	Day Camp Plus (M-S, Grades 2-5) Guppies	High Adventure Ten Day	Adirondack Backpack (Grades 7-11)
JULY 16-22		Arts & Crafts Back-Country Outpost S.U.R.E. TURTLES	Water Adventure	Beach (Grades 9-11)
JULY 23-29	Pioneers	Classic Arts & Crafts NightHawks S.U.R.E.	SUB Adventure	Adirondack Canoe (Grades 7-11)
JULY 30-AUG 5	Day Camp (M-F)	Classic Bikes & Boulders	Back-Country Outpost High Adventure	KirchenQuest (Grades 7-11)
AUG 6-12	Family Camp-K-tion (Family Camp)			
	Mini Camp	Ultimate Sports	Fishing Ultimate Sports	

Kirchenwald is located on 340 acres of scenic forest, adjacent to 4,000 acres of State Game Lands, in Lebanon, PA.

CHURCH CAMP REGISTRATION

Even though the air is cold and snow is on the ground, the warmer days of the Summer Camp season are right around the corner! Camp registration is open and ready for you to start planning your summer around weeks at Kirchenwald & Nawakwa! There are a wide range of camps this summer for all ages — kindergarteners through high schoolers, families, adults, and older folks. Below is a list of the camps this year! Contact Pastor Chris or Anne Rankin for more information!

As you know, Penn Central Conference paid for 50% of camp registration fees last year. It is wonderful to be able to announce that that same generous offer stands again this year! You can help send campers from Trinity by contribution to our Camp Scholarship Fund. **Place your contribution in your weekly offering envelope and mark the special designation box with “Camp Scholarship”.**

CAMP WEEK	EXPLORERS Grades K-2	JUNIORS Grades 3-6	INTERMEDIATES Grades 6-9	SENIOR HIGH Grades 9-11
JUNE 25- JULY 1	Classic Day Camp (M-F)	Classic Equestrian Team Sports	Classic Arts & Crafts EXTRAvangaza	Classic
JULY 2-8	Mini Camp	Classic Day Camp Plus (M-S, Grades 2-5) Holy Smoke!	Classic Full STEAM Ahead!	Adventure Sampler
JULY 9-15	Elder Camp			
	Classic Day Camp (M-F)	Classic Arts, Crafts, & Photography Beginner Guitar and Music	Classic Camp Musical Rock and Roll Adventure	
JULY 16-22	Family Camp			
JULY 23-29	Nature Detectives Mini Camp	Classic Night Owls O.W.L.S. Wild Things	Classic Ten Day	Ten Day
JULY 30- AUG 5	Classic Day Camp (M-F)	Classic Team Sports	Classic Blaze and Paddle Adventure Team Sports	
AUG 6-12	Family Camp			

**Nawakwa is located on 336 acres outside of Arendtsville, in
Adams County, Pennsylvania.**

SPECIAL DATES AT CAMP

March 17-19 A Spring Quilting Retreat-Camp Kirchenwald-Cost: full weekend-\$180, 2 Days-\$110, 1 Day-\$65
Register by March 10

March 19 & April 16 Summer Camp Open House at Kirchenwald & Nawakwa

April 23 2-6 PM Earth Day Celebration at Kirchenwald, Cost: \$15 includes evening meal

April 29 9 AM Work Day at Nawakwa-noon meal is provided

May 6 9 AM Work Day at *Kirchenwald*-noon meal is provided

May 21 3:30 PM Summer Camp Kick-off Worship & Picnic

For more information or to register go to LutheranCamping.org or call the Camping Office at 717-677-8211

HARTMAN CENTER HOMECOMING CAMP

July 31, 2023 12:00 pm - August 5, 2023 1:00 pm

Hartman Center Campground and Retreat, 5725 Old US Hwy 322, Milroy, PA 17063

2 night camps

Monday, July 31 at 4PM through Wednesday, August 2 at 4PM

Getting Started - Grades 1 and 2 (\$125)

Intergenerational Camp (\$125)

3 night camps

Wednesday, August 2 at 4PM through Saturday, August 5 at 11AM

Intergenerational Camp (\$190)

Camp of the Heart (\$250)

5 night camps

Monday, 31 at 4PM through Saturday, August 5 at 11AM

Elementary - Grades 3 - 5 (\$300)

Junior High - Grades 6 - 8 (\$300)

Senior High - Grades 9 - 12 plus (\$300)

Leadership - Grades 9 - 12 plus (\$300)

RV sites and rentals - should be available for our time at Hartman Center Campground. More information will be available soon.

CAMPERSHIPS AVAILABLE FOR ALL CAMPERS!

Penn Central Conference will pay 50 % of camp fees for every camper.

Registration forms available on table across from church office or register online at

<https://penncentralconference.regfox.com/hc-spirit-week>



Dear Congregation,

Thanks for your prayers, cards and the prayer cloths. God bless, *Kathleen & George Adams*

Dear Friends,

Thank you for your generous gift of \$825.00. Through this donation, you are helping to share God's love and compassion for all in the name of Christ. Together we are reaching out to offer relief, development and peace around the world as we follow the biblical command to love our neighbor. I'm glad you joined us.

Warm wishes from Mennonite Central Committee,

Ann Graber Hershberger, MCC U.S. Executive Director

Dear Trinity UCC,

We are proud to provide compassionate person-centered care to every resident who calls Phoebe home, and charitable care when needed. You help us fulfill our mission and you also help us provide the opportunities that make life worth living, like seasonal celebrations, enriching community life activities and uplifting spiritual programs.

Thank you so much for your congregation's generous donation to Phoebe. We can't thank you enough for your support and commitment to those we serve.

With gratitude,

Stacey L. Prohaska, Executive Director of Philanthropy

Greetings from Penn Central Conference!

We have one thing to say: THANK YOU! Thank you for your giving in 2022. Because of your gifts, PCC has been able to serve our churches, clergy and covenanted ministries in a myriad of ways. Your gifts have allowed us to spread the love of Christ throughout Pennsylvania and beyond!

Thank you again for your support of our ministries,

C. Paul Keller, Office Manager Penn Central Conference

Our Gifts to Others 2023 from the Board of Deacons

Each year Trinity UCC considers donations titled “***Our Gifts to Others.***” These annual gifts serve to support various outreaches that are important to our friends who are in need throughout the area.

We have a number of outreach options from which we may choose. Here is a brief summary of those seeking your consideration and support.

- **Milagro House** is committed to providing education, counseling and housing for women and children experiencing homelessness here in Lancaster County.
- **Bethany Children’s Home** started its *Helping Hands* program to provide unaccompanied children and youth the opportunity to be reunited with their families in the U.S. Youths stay an average of 10-12 days and receive basic medical care, food clothing shelter more development and basic education while their families are located.
- **Hoffman Homes Inc.** is a similar but longer term stay facility for troubled youth.
- **Love, Inc.** is a national agency that seeks to provide a conduit through which people in need can seek out much needed support efforts by local churches. This agency is geared for those among us in chronic need and seeks to transform lives in the community.
- **Lancaster Theological Seminary** – educates men & women for here for a variety of ministry settings. Donations to LTS help to support students in need with tuition, housing, etc.
- **Phoebe Devitt** – operates nursing home facilities here in central Pennsylvania. The ministries seek donations to help cover the cost of residents stay, regardless of their ability to pay.
- **UCC Homes**– provides benevolent care, and uncompensated care for needful seniors. This organization seeks our help to meet this need. There are homes in Ephrata, Annville, Carlisle, and Harrisburg.
- **Hunger Ministries**– You can designate to support the Hempfield Power Packs, the Lancaster Food Hub, or the Trinity Community Meal ministry.

In 2022, we received **\$21,085.00** for the Our Gifts to Others fund.

Please consider these worthy agencies as you think about your possible financial offerings for **March 26, 2023**. In addition you can donate online, designate as “Our Gift to Others”, and specify which one(s) you are donating towards.

PICTURES FROM LOVE SUNDAY



PICTURES FROM MEALS WITH A MISSION



Thanks to Deb Lichtenwalner for organizing this project.



MARCH



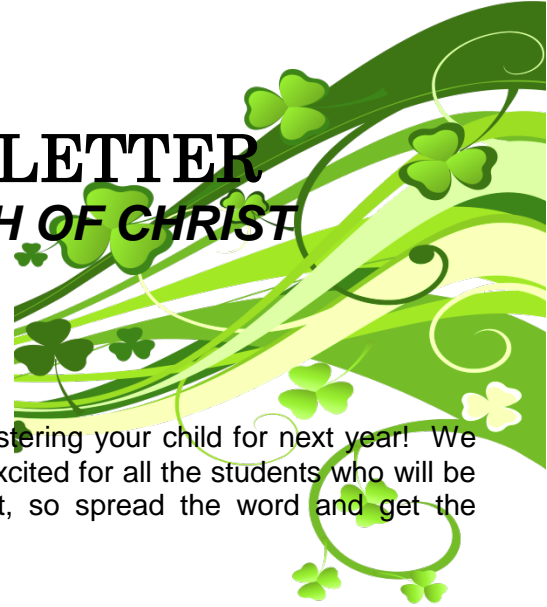
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:00 PM Lenten Service Dr. Zachman	2 7:00 PM Lancaster Association Executive	3	4 7-3 LIFELINE 8:00 AM Men's Breakfast 7:00 PM Alanon 8:00 PM AA
5 7:45 AM Eucharist 9:00 AM Sunday School 10:00 AM Koinonia 10:30 AM Eucharist	6 7:00 PM Choir 8:15 PM Bells	7	8 7:00 PM Lenten Service Dr. Call	9 10:00 AM-Noon Mercersburg Study Group 6:30 PM Cub Scouts 7:00 PM Pastor/Parish	10	11 11:30 AM Sister Act 7:00 PM Alanon 8:00 PM AA
12 Daylight Saving Begins 7:45 AM Eucharist 9:00 AM Sunday School 10:00 AM Koinonia 10:30 AM Worship Rev. Elizabeth Hambrick-Stowe preaching	13 7:00 PM Choir 7:00 PM Evangelism 8:15 PM Bells	14 7:00 AM-3 PM Peanuts 7:00 PM Preschool Board- Isenberg Hall 7:00 PM Property Com- Choir Room	15 7:00 PM Lenten Service Rev. Bistline	16 2:00 PM CROP Walk Meeting 6:30 PM Cub Scouts 7:00 PM Christian Ed	17 1:30 PM Pinochle	18 7:00 PM Alanon 8:00 PM AA
19 7:45 AM Eucharist 9:00 AM Sunday School 10:00 AM Koinonia 10:30 AM Eucharist	20 Start of Spring 7:00 PM Choir 8:15 PM Bells	21 1-3 PM Prayer Shawl 7:00 PM Consistory/Bds.	22 7:00 PM Lenten Service Rev. Trauger	23 6:30 PM Cub Scouts	24	25 7:00 PM Alanon 8:00 PM AA
26 7:45 AM Eucharist 9:00 AM Sunday School 10:00 AM Koinonia 10:30 AM Worship	27 7:00 PM Choir 8:15 PM Bells	28	29 7:00 PM Lenten Service Pastor Emeritus Royer	30 6:30 PM Cub Scouts	31	



PRESCHOOL NEWSLETTER

TRINITY UNITED CHURCH OF CHRIST

March 2023



PRESCHOOL REGISTRATION REMINDER. Thank you for registering your child for next year! We are happy for each individual child who joins us in learning! We're also excited for all the students who will be moving on to kindergarten! Our classes for 2023-2024 are filling fast, so spread the word and get the registrations in as soon as possible!

KINDERGARTEN REGISTRATIONS. Area school districts are posting registration dates. Call your school if you have not received information. Our teachers make an effort to be well informed of what kindergarten "readiness" means and will share with you what we know about current trends in each district. We will share with you what we observe in the classroom. **Chronological age 5 does not always mean "ready." A child's path of development is unique to each one – how beautiful!**

DRESSING FOR THE WEATHER. As Spring approaches we hope the weather will permit more outdoor "Big Play" time. Please help your child dress accordingly.

EXCITING CHANGES. What a thrill to watch our Trinity children thrive as they do! We are aware of the many educational options parents have, and feel fortunate to work with your little one! We see the makings of a future artist, or scientist, an inventor, or an actor. We see some who seek adventure, some who imagine and express stories. Others are interested in engineering and building, or directing and organizing a game with friends. We hope we are providing a comfortable environment for each child to develop confidence and find new talents, too!

APPRECIATION. An "extra" was offered last month as we attempt to enrich our services to your children and family. Kidsight offers free vision screening helping with early diagnosis of special needs. We value this organization and their support very much!

SNOW MAKE-UP DAYS. Missed days will be made up according to the school policy, most added onto the end of the year. Stay tuned for a final schedule!

FACEBOOK. Have you checked us out on Facebook? Please "like" and "share" the fun happenings at Trinity Preschool! We often post pics of activities going on in the classrooms.

SPECIAL DATES AND TOPICS

Wednesday, March 15

Monthly and Quarterly Tuitions Due



MR SEAN - MS. KELLY 4-DAY CLASS Spring is here! We will be exploring the changes in the world around us. We are going to have fun with Dr. Seuss! Our focus will also be on sounds and rhyming!



MS KAREN - MRS. COX 3 DAY CLASS. We will celebrate Dr. Seuss day, look for lions, lambs and leprechauns. We will be focusing on rhyming, letter sounds, and writing numbers. March will be full of adventure!

MS KAREN - MRS. COX 2-DAY CLASS. With nursery rhymes, counting, wind and weather, and leprechauns – we will be having lots of learning and fun in the 2-day class.

MS CRYSTAL - MS. KELLY TINY TOTS CLASS. This Month, the Tiny Tots will be exploring the world of Eric Carle. We will continue to build our fine motor skills, begin counting objects, and exploring the shapes of our names.

WHEN I SORT THINGS, I AM LEARNING:

- to notice details and likenesses/differences, form categories, essential concepts for reading and mathematics.
- concepts of color, size, and shape.
- numerical concepts of more and less.
- logical reasoning.



HOW YOUNG CHILDREN LEARN

Children learn best if:

- they are active.
- they are interacting.
- they are doing something meaningful and relevant.
- their experiences are appropriate to their individual needs and age.
- they are having fun!

“READ TO ME”

by Jane Yolen

Read to me riddles and read to me rhymes.

Read to me stories of magical times.

Read to me tales about castles and kings.

Read to me stories of fabulous things.

Read to me pirates and read to me knights.

Read to me dragons and dragon-book fights.

Read to me spaceships and cowboys and then

When you are finished – please read



ON THE ROAD TO EASTER WORD SEARCH



Ash	Holy Week	Palm Branch
Wednesday	Holy Thursday	Forty Days
Sacrifice	Good Friday	Jesus
Almsgiving	Holy Saturday	Passover
Prayer	Easter	Foot Washing
Fasting	Palm Sunday	Resurrection
Lent	Purple	Love



Winter 2023

Volume 35, Issue 1

The Heartbeat

United Church of Christ Homes

A place to be yourself and celebrate your life

Special Interest Articles:

- Special Thanks
- 27th Helping Hands Event Options

Individual Highlights:

- Resident Focus 2
- Resident Spotlight 3
- Lung Health 4
- Meet A Resident 5
- Mission Support 6



UCC Homes

30 N. 31st Street
Camp Hill, PA 17011
(717) 303-1502
(717) 303-1607 FAX
www.ucc-homes.org

Community Locations

The Lebanon Valley Home
550 East Main Street
Annville, PA 17003
(717) 867-4467

Thornwald Home
442 Walnut Bottom Road
Carlisle, PA 17013
(717) 249-4118

Ephrata Manor
99 Bethany Road
Ephrata, PA 17522
(717) 738-4940

Kindred Place at Annville
One Kindred Place
Annville, PA 17003
(717) 867-5572

Sarah A. Todd Memorial Home
1000 West South Street
Carlisle, PA 17013
(717) 245-2187

Kindred Place at Harrisburg
4700 Oakhurst Blvd.
Harrisburg, PA 17110
(717) 657-7900

Special Thanks

Special thanks to all the sponsoring congregations, organizations and individuals who contributed gift cards or monetary donations to benefit the residents of UCC Homes. Your thoughtfulness and generosity brighten their lives not only during the holidays, but also throughout the year!

UCC Homes 27th Helping Hands Event Offers In-Person and Online Options

UCC Homes 27th Helping Hands event will offer both in-person and online options in 2023. Both options offer a variety of ways in which you can uplift and support our mission, including participating in our online auction or in-person event, providing a sponsorship, or making a monetary or auction item donation.

We will host the in-person event on May 13, 2023 at the Hershey Country Club, beginning at 11:30am. This event will include a delicious lunch, the opportunity to view and bid on auction items, and musical offerings by the multi-talented group **Seasons**.

For those who might not be able to attend or prefer to participate virtually, you can peruse our online catalog of auction items during the preview period, April 24th to April 30th, and place bids on your favorite items during the active bidding period, May 1st to May 13th at 6pm. For additional details, please visit our website at www.ucc-homes.org and click on the Learn More About UCC Homes Helping Hands Event button.

Proceeds will benefit UCC Homes Benevolent Endowment Trust Fund, which helps underwrite residents who are no longer able to pay for the cost of their care and who are not deemed eligible for governmental assistance programs. This need is very real and every donation helps!

We hope that you will be able to take the opportunity to show your passion for helping others by participating at a level that fits your giving objectives.

Resident Focus on Kindred Place at Annville

By Alanna Aungst, Activities, Kindred Place at Annville

Mr. John Schauer resides at Kindred Place at Annville, along with his wife Joy. He grew up in Lebanon and graduated from Lebanon High School in 1954. He continues to show great pride for his school by wearing his class ring. At the age of 17, Mr. Schauer joined the Navy and served for three years and 10 days. This honorable accomplishment followed him in life, which led him to serve others.

Mr. Schauer met Joy when he was a teen, during his time working as a movie theatre usher at the theatre where she went every Saturday night. They have been married for 64 years and had one daughter together. In his twenties, Mr. Schauer began working at Foodland grocery store and stayed there for 34 years. He then worked at Rowland Funeral Homes until he retired. Throughout his 57 years of work, he only missed two days.

He has dedicated many years of his life giving back to his community. Mr. Schauer has more than 22,000 hours and counting in volunteer work at the Lebanon VA. When he first started, he transported residents throughout the building. He then became a lab runner, collecting samples for the VA. Another selfless act that Mr. Schauer did was taking time to sit one-to-one with men on hospice care. He was part of a group called No Veteran Dies Alone. There were many late nights and early mornings when he rushed to the aide of veterans in their last hours of life. At the VA, he also plays bingo, an activity he really enjoys.

Mr. Schauer was a board member for two fire companies, the Independent Fire Company and the Liberty Fire Company, both in Lebanon county. He has touched many lives through his volunteering. Each day he comes home filled with stories to tell Joy. His compassion and kindness shine a bright light wherever he goes.

You can always count on Mr. Schauer to be cheering on his favorite baseball team, the St. Louis Cardinals. He has never played a sport but he is being inducted into the Sports Hall of Fame at the Lebanon High School. He feels very privileged to receive this honor. After all the support he has shown for the school and their athletics, it is well deserved. He devoted 30 years as an umpire for both baseball and softball. Many folks in Lebanon county recognize him as one of the most honest and fair umpires on the field.

A devoted resident of Lebanon, he never wanted to leave however, he has grown fond of Kindred Place and the residents and staff. He and his wife both really love it and know this is where they were meant to be.

Mr. Schauer's kindness and charismatic personality have made an impact on those near and far. He is one of the many friendly faces you will see at Kindred Place at Annville.



Mr. John Schauer

Resident Spotlight on Sarah A. Todd Memorial Home

By Rev. Mark Ruzicka, Chaplain, Sarah A. Todd Memorial Home

If you were at Sarah A. Todd Memorial Home, you might get excited to see “Duffy” and “Daddy” walking down the hallway on their way to see “Mommy” or, as others know her, resident Kaye Stewart. Kaye’s husband, Richard, would be the one holding the leash and Duffy is the little brown poodle they rescued about five years ago. It is the definition of “heartwarming” to see them all come together. Everyone is all smiles! Of course, as other pass by, Duffy becomes the star attraction, stealing the show with his excitable cuteness.

I got to know Kaye pretty quickly when she arrived a few months ago, mainly because she was interested in the religious life of our community. Interestingly, she and her husband were part of a Messianic Jewish Church for many years. She is a woman of deep faith and that faith has become even more important to her as her health has waned over the past few years, the result of a stroke last year.

A benefit of writing this article, I’ve learned even more about Kaye. She married her husband in 1964. They had met at the Methodist Church when they were about 12 years old. Later, they were part of the Young People’s group. They have three kids, all with names that start with the letter J...John, Jim, and Julie. Just this past summer their first great granddaughter, named Ember, was born.

While she worked in the medical field for a couple of years, Kaye’s favorite job was working at a Christian School as a teacher’s assistant, where she worked for about five years.

Kaye is very friendly and talented. She enjoys being with other residents in a kind of “coffee klatch” in the evenings, where she might even see her sister who lives down the same hallway. She likes to paint and her landscapes adorn her walls. Her materials are always ready for when inspiration comes. She loves to read and there is always a book on the bookstand on her bedside table.

While being a resident at Sarah A. Todd Memorial Home might not have been part of her life plan, it seems Kaye is content these days. She says, “This is the best place I can be,” and expresses, “I couldn’t ask for better care.”

On behalf of the residents and staff, we are very pleased that Kaye is a resident at Sarah A. Todd Memorial Home and has become a dear friend. Kaye, Richard, and Duffy have certainly brightened up our community!



Richard, Kaye, and Duffy Stewart

Why Are We More Susceptible to Respiratory Issues as We Age?

By Nicole Ilgenfritz, Manager, Kindred Place at Harrisburg

The lungs have two main functions. One is to get oxygen from the air into the body. The other is to remove carbon dioxide from the body. Your body needs oxygen to work properly. Carbon dioxide is a gas the body produces when it uses oxygen. During breathing, air enters and exits the lungs. When you breathe in (inhale), air flows through the airways into the lungs. The airways are made of stretchy tissue. Bands of muscle and other support tissue wrap around each airway to help keep them open.

Air keeps flowing into the lungs until it fills tiny air sacs. Blood circulates around these air sacs through tiny blood vessels called capillaries. Oxygen crosses into the bloodstream at the place where the blood vessels and air sacs meet. This is also where carbon dioxide crosses from the bloodstream into the lungs to be breathed out (exhaled).

Changes to the bones and muscles of the chest and spine occur as you age. Bones become thinner and change shape. This can change the shape of your ribcage. As a result, your ribcage cannot expand and contract as well during breathing. The muscle that supports your breathing, the diaphragm, becomes weakened. This weakness may prevent you from breathing enough air in or out. These changes in your bones and muscles may lower the oxygen level in your body. Also, less carbon dioxide may be removed from your body. Symptoms such as tiredness and shortness of breath can result.

As you age, changes also occur in lung tissues. Muscles and other tissues that are near your airways may lose their ability to keep the airways completely open. This causes the airways to close easily. Aging also causes the air sacs to lose their shape and become baggy. These changes in lung tissue can allow air to get trapped in your lungs. Too little oxygen may enter your blood vessels and less carbon dioxide may be removed. This makes it hard to breathe.

The nervous system is another part of the body that changes with age. The part of the brain that controls breathing may lose some of its function. When this happens, your lungs are not able to get enough oxygen. Not enough carbon dioxide may leave the lungs. Breathing may get more difficult. Nerves in your airways that trigger coughing become less sensitive. Large amounts of particles like smoke or germs may collect in the lungs and may be hard to cough up. Your immune system can get weaker, too. This means your body is less able to fight lung infections and other diseases. Your lungs are also less able to recover after exposure to smoke or other harmful particles.

As a result of these many changes, older people are at increased risk of lung infections, such as pneumonia and bronchitis, shortness of breath and low oxygen level. Abnormal breathing patterns might be more likely, resulting in sleep apnea, episodes of stopped breathing during sleep.

How does one prevent or decrease the effects of aging on the lungs? Do not smoke. Smoking harms the lungs and speeds up lung aging. Do add physical exercise to your daily routine to improve lung function. Get up and move. Lying in bed or sitting for long periods of time allows mucus to collect in the lungs. This puts you at risk for lung infections. This is especially true right after surgery or when you are ill.

Take care of your lungs and breathe easy!



Cited Source: *Aging Changes in the Lungs*, <https://medlineplus.gov/ency/article/004011.htm>

Trinity Concert Series

Looking For Supporters

2023

Would you like to support the Trinity Concert Series with a donation towards the expenses incurred? Please complete this form and return it with your donation to the church office, or place it in the offering plate. If you wish to Sponsor a complete concert, please speak to the Director of Music.

1848 Circle \$200.00 or More
Benefactor \$100.00 - \$199.99
Patron \$50.00 - \$99.99
Well-Wisher \$0.01 - \$49.99

Name_____

Amount_____

In Honor/Memory Of:



The Celtic Martins In Concert

Trinity UCC

2340 State St.

East Petersburg, PA

717-569-1632

www.trinityeastpete.org

Sunday, April 16

Concert At 4:00 PM

Outdoors - Bring your lawn chairs and blankets. Concert will move indoors in case of inclement weather.

**Freewill Offering Benefits
Ting Ministries And
Trinity's Music Ministry**



Easter Flowers Order Form



Person(s) ordering Easter flowers

Please order:

_____ Yellow Mums @ \$ 9.00 each

_____ White Mums @ \$ 9.00 each

_____ Tulips @ \$ 6.25 each

_____ Lilies @ \$ 8.50 each



Total amount due \$ _____

Designation as you would like to have it appear in the bulletin.
Example:

Given by _____

In honor of _____

In memory of _____

Other _____

Give plant to a shut-in member: ____ Yes ____ No
or plant at church: ____ Yes ____ No
or pick up plant: ____ Yes ____ No

The last date to order is March 9, 2023. Give order forms and payment to the church office, or place in the offering plate. If paying by check, please make it payable to Trinity United Church of Christ. Thank you.

Trinity U.C.C.
2340 State Street
East Petersburg, PA 17520