



Zwingli United Church of Christ

Celebrating and Sharing God's Love

Zwingli Hill News

January/February 2020

Vol. 58 No. 1

Discernment is about the "spiritual interpretation and evaluation of feelings, and particularly with the direction in which we are moved by them."

-David Lonsdale, S.J., Eyes to See, Ears to Hear

Discernment is "decision-making by a loving heart."

-David Fleming, S.J.

Beginning a new year is often full of promises and resolutions for some. Others are happy to make it to another year and curious about how it may unfold. A new decade may invite more reflection about changes, hopes and dreams for the years to come. As a new year unfolds and a new decade is before us at Zwingli, it is a good time to reflect on ministry we have been privileged to a part of as well as look forward to what God may be calling us to be and do. Hopefully, you will read the 2019 Year End report that conveys just a part of the work, ministry, fellowship, worship and service that we have enjoyed. We've been active in much the same way each year for the last decade.

It's hard to believe that it was May 2010 when we broke ground and commenced rebuilding after the fire. I remember that anxious and exhilarating time when we were uncertain what was to come, yet were grounded in our belief that "the building is gone, but the ministry goes on." Though we have been back in the church building for over eight years, we still embrace that spirit of commitment to what God has in store. Each step of the way we have done our best to discern God's direction for Zwingli and hope we have been faithful to God's desires as well as the longings of our hearts.

2020 will be a critical year in the life of our church since it will be a year of considerable transition and discernment. We will renew our search for an Associate pastor (full-time!) and begin one for a new music director, looking to add new staff before the end of the year. Zwingli will move into deeper discernment around a decision to be an Open and Affirming church*. The leadership of Zwingli will also give attention to items from our 2020 Vision and Implementation plans that have not been accomplished, and have already begun discussions about ministry hopes and dreams for 2021-2025. This is indeed an exciting time! It's also a time for all of us to focus more deeply on prayer, communicating well, discussing and discerning together and trusting in God.

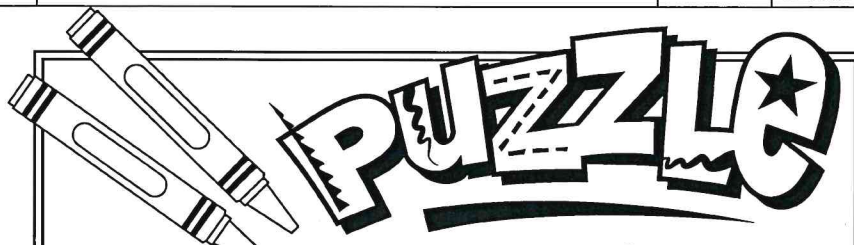
St. Ignatius is known for developing a way of discernment that could be used by individuals, churches or his own order (the Jesuits). It's a method too long to describe here, but it is intricately tied to faith and being attentive to the Spirit. It's also a decision-making process best accomplished by loving hearts. Though we may not use St. Ignatius' instructions for what we need to discern (or maybe we will!), his insights are valuable for us as we move into this new year. So, may we focus on the way we can walk together in faith, with loving hearts, attentive minds, and souls deeply rooted in our relationship with God and one another.

Peace,
Butch

*If you are unsure what Open and Affirming means, please see the 2019 Year End report, articles in the mailing over the last year, or the bulletin board/information center in the atrium.

Table of Contents

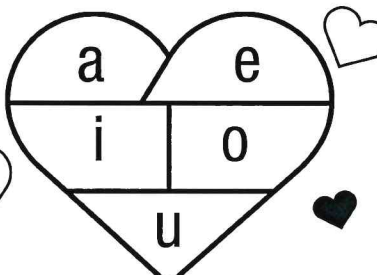
1	MLK Report, Thanks! Assoc. Pastor Search	8	A Heart for Missions, Fastnachts!
2	Walking the Labyrinth, Greeters Needed! Health News	9	Troop #401, Nursery School
4	Continental Breakfast, Candy Donations, Morsels with the Moderator	10	Inclement Weather Policy
5	Open and Affirming Lunch & Learn, Holiday House Report	11	Keystone Opportunity Center
6	Simple Ways to Help the General Fund	12	Worship Volunteers
7	Christian Education	Inserts	A Message From Kate Sauerman, Flower Sponsorship Forms, Bulletin Sponsorship Forms



A friend in Jesus

In the Bible, Jesus shares what it means to be a true friend.

Directions: Use the heart key to fill in the missing vowels from John 15:14, 17, NIV.



“Y _ _ r _ my fr _ _ nds _ f
 y _ _ d _ wh _ t _ c _ mm _ nd. ...
 Th _ s _ s my c _ mm _ nd:
 L _ v _ _ ch _ th _ r.”

JOHN 15:14, 17, NIV

Answer: “You are my friends if you do what I command. ... This is my command: Love each other.” John 15:14, 17, NIV

Friendship squares

This tasty treat doubles as a game to play with a buddy.

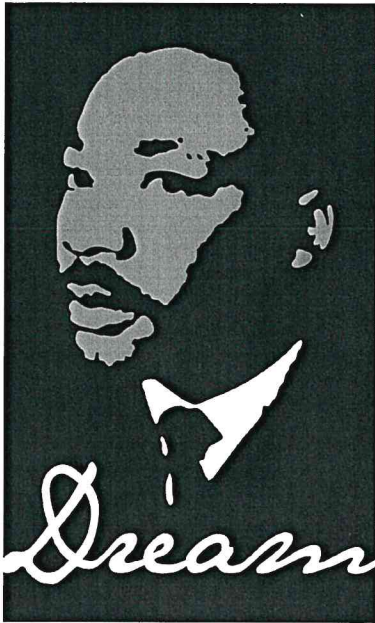


What you need:

- Graham crackers
- Chocolate chips
- Microwave-safe bowl
- Zippered baggie
- Scissors
- Raspberries
- Blueberries

What you do:

1. Gently break cracker sheets in half to form squares.
2. Heat chocolate chips in microwave for 30 seconds. Stir, then continue heating for 30 seconds at a time until melted.
3. Spoon melted chocolate into baggie and snip a small triangle from one bottom corner.
4. On each cracker, squeeze chocolate lines to form a Tic-Tac-Toe board. Let cool.
5. Using the fruit as X's and O's, play Tic-Tac-Toe with a friend. The winner gets to eat the treat!



ANOTHER VERY SUCCESSFUL MLK DAY OF SERVICE AND WORSHIP

Zwingli was a busy place the afternoon of Jan 19th as nearly 200 participants gathered to take part in an afternoon of service. Hundreds of individuals in our community and beyond will benefit from the work that was done on 17 different projects ranging from Thank You baskets/banners for area First Responders and beautiful placemats for area nursing home residents to creating mats for the homeless and quilts that may be sent to far away places. We created soup for The Table of Plenty and assembled jars of soup ingredients and hygiene kits for local families in need. We concluded with meaningful worship that reminded us of Martin Luther King, Jr's message of inclusion and justice for all, fought for peacefully in our daily actions of compassion and caring. A more detailed accounting of items and numbers will be reported in the near future. A YouTube video has been posted.



We thank the following Zwingli members for having served on the various Ministries and Church Council. Their work has been greatly appreciated and they will be missed!

Educators: Erin Chalmers, Nikki Bechtel
Elders: Pete Kispert
Evangelism: Wendy Kerrigan-Rorer
Missioners: Janet Wile
Stewards: Kristie Lowery, Jessica Jalboot
Trustees: Brian Alderfer



ASSOCIATE PASTOR SEARCH

Now that the congregation has approved a full-time Associate Position (at our December congregational meeting), the Elders, Search Committee and Pastor Butch will be hard at work making tweaks if necessary to our profile, making sure the position description is accurate, and re-posting the position through the Conference at the "UCC Ministry Opportunities" tab on the national churches' web site (ucc.org). Please keep all those involved in prayer, including potential candidates!

WALKING THE LABYRINTH

Labyrinths were used in Christian spiritual practice as early as the 4th century, flourishing in Europe in the 11th and 12th centuries. The labyrinth offers a chance for a spiritual journey, inviting the walker into sacred space and deep connection to God. Unlike a maze, which is designed to trick and confuse, the labyrinth is a single path into its center (and out again), *encouraging a pilgrimage of discovery about God and our interior life. In short, the labyrinth is a path for prayer and meditation, a way to deepen our faith.*

A portable labyrinth will be available for anyone who wishes to use it from January 27 (morning) through January 31 (evening), AND possibly through the morning of February 2nd (depending on events in the Family Life Center). Instructions will be available for those new to this prayer practice.



GREETERS NEEDED FOR LENTEN SERVICES

Zwingli is hosting the Wednesday evening Lenten services beginning March 4, 2020. Please consider greeting our members and neighboring Christians attending from Emmanuel Lutheran and Trinity UCC. A sign-up sheet is on the bulletin board in the Atrium.

Dates for greeting include:

March 4, 2020
March 11, 2020
March 18, 2020
March 25, 2020
April 1, 2020



Healthy Moment

The Facts About Carpal Tunnel Syndrome Kristie Lowery, Faith Congregation Nurse

*"Heal me, LORD, and I will be
healed; save me and I will be saved,
for you are the one I praise. Jeremiah
17:14*

What is carpal tunnel syndrome?

Carpal tunnel syndrome (CTS) occurs when the median nerve, which runs from the forearm into the palm of the hand, becomes pressed or squeezed at the wrist.

The carpal tunnel—a narrow, rigid passageway of ligament and bones at the base of the hand—houses the median nerve and the tendons that bend the fingers. The median nerve provides feeling to the palm side of the thumb and to the index, middle, and part of the ring fingers (although not the little finger). It also controls some small muscles at the base of the thumb. Sometimes, thickening from the lining of irritated tendons or other swelling narrows the tunnel and causes the median nerve to be compressed. The result may be numbness, weakness, or sometimes pain in the hand and wrist, or occasionally in the forearm and arm.

What are the symptoms of carpal tunnel syndrome?

Symptoms usually start gradually, with frequent burning, tingling, or itching numbness in the palm of the hand and the fingers, especially the thumb and the index and middle fingers. Some carpal tunnel sufferers say their fingers feel useless and swollen, even though little or no swelling is apparent. The symptoms often first appear in one or both hands during the night,

since many people sleep with flexed wrists. A person with carpal tunnel syndrome may wake up feeling the need to "shake out" the hand or wrist. As symptoms worsen, people might feel tingling during the day. Decreased grip strength may make it difficult to form a fist, grasp small objects, or perform other manual tasks. In chronic and/or untreated cases, the muscles at the base of the thumb may waste away. Some people are unable to tell between hot and cold by touch.

What are the causes of carpal tunnel syndrome?

Carpal tunnel syndrome is often the result of a combination of factors that reduce the available space for the median nerve within the carpal tunnel, rather than a problem with the nerve itself. Contributing factors include trauma or injury to the wrist that cause swelling, such as sprain or fracture; an overactive pituitary gland; an underactive thyroid gland; and rheumatoid arthritis. Mechanical problems in the wrist joint, work stress, repeated use of vibrating hand tools, fluid retention during pregnancy or menopause, or the development of a cyst or tumor in the canal also may contribute to the compression. Often, no single cause can be identified.

Who is at risk of developing carpal tunnel syndrome?

Women are three times more likely than men to develop carpal tunnel syndrome, perhaps because the carpal tunnel itself may be smaller in women than in men. The dominant hand is usually affected first and produces the most severe pain. Persons with diabetes or other metabolic disorders that directly affect the body's nerves and make them more susceptible to compression are also at high risk. Carpal tunnel syndrome usually occurs only in adults. The risk of developing carpal tunnel syndrome is not confined to people in a single industry or job, but is especially

common in those performing assembly line work - manufacturing, sewing, finishing, cleaning, and meat, poultry, or fish packing. In fact, carpal tunnel syndrome is three times more common among assemblers than among data-entry personnel.

How is carpal tunnel syndrome diagnosed?

Early diagnosis and treatment are important to avoid permanent damage to the median nerve. A medical history and physical examination of the hands, arms, shoulders, and neck can help determine if the person's discomfort is related to daily activities or to an underlying disorder, and can rule out other conditions that cause similar symptoms. Routine laboratory tests and X-rays can reveal fractures, arthritis, and detect diseases that can damage the nerves, such as diabetes. Electrodiagnostic tests may help confirm the diagnosis of CTS. Ultrasound imaging can show abnormal size of the median nerve.

How is carpal tunnel syndrome treated?

Treatments for carpal tunnel syndrome should begin as early as possible, under a doctor's direction. Non-surgical treatments are usually utilized to ease discomfort. These treatments include wearing a wrist splint at night while sleeping. Patients are advised to avoid daytime activities that may provoke symptoms. Some people with discomfort may wish to take frequent breaks from tasks, to rest the hand. If the wrist is red, warm and swollen, applying cool packs can help. Over-the-counter drugs can ease the pain and swelling associated with carpal tunnel syndrome.

Surgery is recommended when conservative measures are not helping to relieve the symptoms and discomfort is progressing. Surgery involves severing a ligament around the wrist to reduce pressure on the median nerve and is usually done under local or regional anesthesia (involving some sedation) and

does not require an overnight hospital stay. Many people require surgery on both hands

How can carpal tunnel syndrome be prevented?

At the workplace, workers can do on-the-job conditioning, perform stretching exercises, take frequent rest breaks, and ensure correct posture and wrist position. Wearing fingerless gloves can help keep hands warm and flexible. Workstations, tools and tool handles, and tasks can be redesigned to enable the worker's wrist to maintain a natural position during work.

References:

""Carpal Tunnel Syndrome Fact Sheet",
NINDS, Publication date January 2017.
NIH Publication No. 17-4898



CONTINENTAL BREAKFAST SUNDAY, FEBRUARY 9 8:00 A.M.

Join us for a continental breakfast on Sunday, February 9, beginning at 8:00 a.m. The Ministry of Shepherds will provide the food – you provide the fellowship! We'll finish in time for worship at 9:00 a.m.

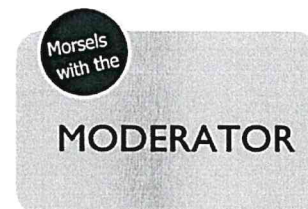


EASTER EGG HUNT CANDY DONATIONS NEEDED - by March 8th

This year we are in good shape for eggs, but need INDIVIDUALLY WRAPPED, NON-NUT candy donations that will fit inside a standard plastic egg. Donations can be placed in the box by the Educator's bulletin board. Below is a list of candy to choose from:

Hershey Kisses - Plain - no nuts
Mini Hershey Chocolate Bars - Plain - no nuts
Jolly Rancher Hard Candy
Twizzlers
Junior Mints
Tootsie Rolls
Gobstoppers
Laffy Taffy
Life Savers
Starburst
York Peppermint Patties
Dots
Mike and Ikes
Swedish Fish
Sour Patch Kids
Airheads
Life Saver Gummies
Skittles

Watch for more information about the April 4th Easter Egg Hunt.



Morsels with the Moderator will meet in Room 3, the second room on the right in the Education Wing, on the fourth Sunday of each month after the church service. Do you have questions about the life of Zwingli UCC? Join Ed Bibic for discussions about what's happening at Zwingli. Bring your snacks, coffee, and questions!



a just
world
for all
ucc.org

OPEN AND AFFIRMING LUNCH AND LEARN
Gender, Sex, and Sexuality – Do You
Understand the Difference?

Sunday, February 23

11:45 am – 2:30 pm

Speakers: James and Jane Mast

Today LGBTQ issues are discussed in almost every social forum. However, the language and concepts used by the scientific and LGBTQ communities evolved over the years and it can be hard to keep up with current usages. One of the goals of this seminar is to strengthen attendees' understanding of gender (identity/expression), sex (biology), and sexuality (attraction)—three distinct aspects of human development that are often misunderstood or used interchangeably. The presenters of this workshop (James Mast, a Licensed Professional Counselor from Penn Foundation and Jane Mast, the Chair of the Dock Mennonite Academy Science Department) strive to highlight the importance of talking about and understanding LGBTQ issues within a Christian context. This session is meant to raise attendees' awareness of the complicated nature of gender, sex, and sexuality. The session is also meant to help leaders in the Christian community be better equipped to respond to questions about sex, gender, and sexuality.

Please sign up on the ONA bulletin board in the atrium by February 19 so we prepare enough lunch.

THE HOLIDAY HOUSE TOUR WAS A
TREMENDOUS SUCCESS!

The 2019 Holiday House Tour is now in the history books.

We were again blessed with five charming homes whose owners eagerly and warmly welcomed visitors.

We, as we do every year, had envisioned a lovely sunny day for the event; however, Mother Nature presented us a day from her nightmare. We endured driving rain wrapped in freezing temperatures. It was a challenge for the tour, but it didn't dampen the spirits of the visitors.

Our attendance reflected the inclement weather as approximately 180 people attended from the 227 tickets either purchased or provided on a complimentary basis. We earned \$5106 which included the proceeds from the evening's concert. How heartwarming to hear Jon Leight announce that the proceeds from the concert would be donated to the Philadelphia Ronald McDonald House. After expenses were paid, we were able to contribute \$4300 to The Philadelphia Ronald McDonald House! We want to thank our Zwingli family for their enthusiastic support of the event. A big thank you to Eleta Hittinger (and her helpers, Casey Kinonen and Ann Smith) for preparing another spectacular meal for volunteers and homeowners to enjoy after touring the homes the night before the tour. Thank you to Larry Moss for providing the rack cards for advertising. Thanks to all those who baked for the tour as well as the concert. And, enormous gratitude to the intrepid crew who volunteered for 5 hours assisting as hosts in the homes: Gail Zimmerman, Michael and Sherri Kracht, Lee and Lois Hunsicker, Sue and Ed Rauch, Shirley and Merrill Brown, Pastor Elaine Ely, Charlotte and Tal Kramer, Missy Rogers, and Tom and Janet Whitefield. A simple thanks isn't remotely enough to thank Lisa Cinciripini who so cheerfully

assisted the committee with absolutely every request. We look forward to the 10th Anniversary of the Holiday House Tour on December 6, 2020.

Gratefully, the Holiday House Tour committee:

Gladys Ampsacher, Marian Eide, Bobbie Ralphs and Susie Woodland



SIMPLE WAYS TO HELP THE GENERAL FUND BUDGET

GIANT, Landis and Shop Rite Gift Cards

By purchasing **store gifts cards** from Zwingli Church, on a Sunday morning, you help contribute 5% of your store spending to the general fund of our church. AND, it doesn't cost you a cent. Purchase a \$25, \$50 or \$100 gift card to **Giant Stores, Landis Supermarket or Shop Rite** on Sunday mornings. You can also purchase the cards in the church office during the week. Thank you for your participation in this program!

Support Zwingli By Shopping AtAmazonsmile!

When you shop at AmazonSmile, Amazon will donate .5% of your purchase to the Zwingli UCC general fund. Just go to smile.amazon.com, designate Zwingli United Church of Christ as your charity, and start shopping! Or type in this link which will take you directly to Zwingli's Amazon page:

<https://smile.amazon.com/ch/23-6291301>



Would you like to sponsor the flowers in the chancel one Sunday morning? Order forms are included in this mailing. The sign-up sheet is located next to the office window.



Would you like to sponsor a bulletin in memory of a loved one or in honor of a special person? The sponsorship cost is \$15.00 which helps alleviate some of the paper cost involved in creating bulletins every Sunday. If you're interested, please fill out the form enclosed, attach payment and place in mailbox #4 or the offering plate. Be sure to include the exact wording you prefer.

Fasageo's Italian Restaurant and Pizzeria Fundraiser

We have partnered with Fasageo's Italian Restaurant and Pizzeria, 724 Ridge Rd., Sellersville, PA for an ongoing fundraiser. Fasageo's will return 10% of any food sales purchased to Zwingli. You just need to inform them when placing your order for dine in, pick up, or delivery that you are a member of Zwingli. It's that simple!



ADULT EDUCATION AT ZWINGLI

ADULT ELECTIVES

This class meets in the Parlor unless otherwise noted.

January 26

Emma Marrero, a case worker at Kids Peace for children coming into the country unaccompanied or separated at the border will be here to share her story and give us a better understanding of what happens to these children.

February 2 Bible Study

Bible Study will meet jointly with the Adult Electives class in the Parlor.

February 9 Your Amazing Body

"I am fearfully and wonderfully made," said the Psalmist and he wasn't kidding! Without your knowledge, consent, or control, your body is perfectly suited to life, movement, and development. It is truly amazing what happens inside you. Dr. Karen Kispert will share the basics of body mechanics and body structure.

February 16 It's another Intergenerational Sunday School!

Everyone who participated in the last Intergenerational class had a GREAT time. We hope you'll join us for this one.

We will again start with a brief 1:1 activity, so we need to make sure we have enough adults to pair up with one of our children/youth for our first activity.

We will then be blessed by Dr. Karen Kispert and her helpers in a variety of activities reminding us we are "fearfully and wonderfully made". They will offer several fun and easy ways of loving ourselves that can be enjoyed by ALL ages. Please join us.

February 23 The Power of Working Pamoza

Pamoza means "together" in Tumbuka, a language spoken in Malawi, Africa. "Together," **is** a powerful approach to transforming lives on the mission field. Come and learn the pamoza approach to sharing the Gospel and meeting the physical needs of people whether you are serving locally or globally. We will be joined by Temwa Wright, Executive Director of Pamoza International, a missions organization working to transform the lives of children and families in rural Malawi by sharing the Gospel and improving access to food, health care, education and economic security. Come join us in the parlor!

BIBLE STUDY continues to meet every Sunday in the Bright Space. Come for lively discussions. Come for interesting topics. Come and know your scriptures better.



SUNDAY SCHOOL CHRISTMAS MISSION

A very special thank you to everyone who participated in our Angel Tree gift collection for the youth at Bethany Children's Home. The angels flew off of the tree this year, which was awesome! Many thanks to Tony and Betsy Villareal who delivered our collection of gifts. The folk at Bethany were thrilled by the gifts that helped to provide the youth at Bethany Children's Home a very special Christmas.



FASTNACHTS ARE COMING!

Volunteers needed with a desire to mix, roll, cut, fry, powder, and taste-test fastnachts. Fastnacht Day is Tuesday, February 25, and we will be making donuts on **Monday, February 24!** Many volunteers of all ages are needed to make this Zwingli tradition a success. Please mark your calendars. This is a great family activity where everyone can help!



FASTNACHT ORDERS

Place your orders today! The sign-up sheet is next to the Missioner's bulletin board or call the church office at

215-723-1186.

\$7 per dozen

\$4 per ½ dozen

Pick-Up:

Monday, February 24 from 4 – 7 pm

Tuesday, February 25 beginning at 7 am

ADVENT PROJECT REPORT

Special thanks to everyone who supported Children's Hospital of Philadelphia's Gift of Life Family House. A total of \$1,340 was donated so they can continue to serve as a home away from home for transplant patients and their families by providing temporary, affordable lodging, meals, and other supportive services to families who travel to Philadelphia for transplant-related care.

CHRISTMAS FUND GIVING RESULTS

Thanks to your generosity \$676 was sent to support the Pension Board's ability to provide direct financial assistance to retired and active United Church of Christ authorized ministers and lay employees and their surviving spouses, including pension and health premium supplementation, emergency assistance, and Christmas thank-you checks.

NEWS FROM BRAZIL

Be sure to read the separate page newsletter update from Kate Sauerman, the missionary we support in Brazil. Kate spoke during worship this past fall. We look forward to her return this year.

WE BLEED LOCAL

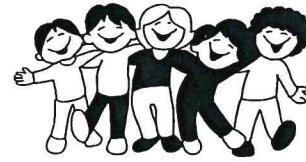
Miller-Keystone has begun a new program to hopefully increase giving. They realize that sometimes the date of the drive that people normally participate in is not possible due to illness, vacation, or some other reason. Thus they wait until the organization conducts another drive. *We Bleed Local* provides you with a key-card which allows you to donate at any Miller-Keystone drive and have your donation counted back to your own organization. Simply present the card when you register, they will swipe it, and your donation will be credited to Zwingli. So you can give at work, a relative or friend's church, or any Miller-Keystone drive and Zwingli will receive the credit. These cards are available on the Missioners table. Take one for you, a relative, and a friend. They are not limited to only Zwingli members.



A BIG THANK YOU FROM TROOP 401!

We had another successful Christmas Tree sale this year because of the support and generosity of Zwingli members and local communities. With the sales and donations received we not only are able to pay for the yearly charter but we have money left over to help our Scouts pay for some of the trips we have planned for 2020. As we have in the past we also plan on paying it

forward by donating money to other organizations. We want to wish you all a very Merry Christmas and a Happy 2020.



ZWINGLI NURSERY SCHOOL UPDATE

Zwingli Nursery School is now accepting registration for the 2020-21 school year!

Please call the church office, visit

www.zwingli.org/zns

or see Lisa Cinciripini for a registration form.

Classes held Monday, Wednesday and Friday from 9 – 11:30 am

Clothing Pantry Needs



CLOTHING DONATIONS

Zwingli UCC is collecting new and gently used clothing for the Laurel House thrift shops of Marian's Attic and Laurel's Loft. Laurel House is a comprehensive domestic violence agency offering 24-hour hotline counseling, emergency shelter, transitional housing, medical advocacy, legal advocacy, counseling and support groups, children's programs, law enforcement collaboration, and community education and prevention programs serving individuals, families and communities throughout Montgomery County. Further information is available at: <https://laurel->

house.org/. Clothing donations may be placed in the gray bin by the coat racks.



IF YOU ARE HOSPITALIZED

Due to privacy procedures implemented by all healthcare facilities, it is much more difficult for the church to obtain information about patients than it has been in the past. **If you or a member of your family is hospitalized, or at a rehab or other health facility, please let the church office and the pastor(s) know directly.** This is the only way you can be certain this information will be received.



STAY INFORMED

If you want to stay current on what Zwingli Ministries and Council are doing, pick up a Pre-Council Report from the memorial desk in the atrium. See the wonderful ideas that are being shared by your leaders!



INSTAGRAM

Zwingli is now on Instagram. Look us up and follow us today!
#zwingliuccsouderton



WEATHER RELATED CANCELLATIONS

If there are cancellations due to inclement weather, please check the following:

Worship Service

Website: www.zwingli.org and check the Twitter feed on the left side of screen.

Facebook: ZwingliUCC

Instagram: zwingliuccsouderton

Church Office: 215-723-1186

Call Lisa at 215-808-8926

Radio: 1440 Am-WNVP

Evening Events/Activities

If the Souderton Area School District dismisses early or is closed due to inclement weather, all evening events will be cancelled unless you hear directly from your leader.

KEYSTONE OPPORTUNITY CENTER

Keystone Opportunity Center gratefully accepts donations of food, household cleaning and paper products, toiletries, etc.

Current food pantry needs would be:

- Fresh Produce: apples, oranges, bananas, carrots, potatoes, onions, celery, bags of lettuce
- Cereal & Oatmeal
- Pancake Mix (complete)

- Pancake Syrup
- Meals in a Can: spaghetti w/meatballs, ravioli, beefaroni
- Baked Beans
- Canned meats: tuna, chicken, ham, salmon
- Spaghetti Sauce
- Canned Fruit in juice
- Condiments: ketchup, mayonnaise, mustard, and oil
- Sugar (1 lb.box or 5 lb. bags)
- *Personal care items: shampoo, razors, toothpaste, body wash, deodorants, feminine hygiene items
- *Laundry Soap
- *Dish Soap
- *Dryer Sheets
- *Toilet Paper
- *Paper Towels
- *Toothpaste
- * *(These are items cannot be purchased with SNAP (food stamps)*
- Gluten Free, Sugar Free and Low/No Sodium Products (for families with special dietary needs)

We ask that you please check the expiration dates on all donated items.

Any donation from the list above, whether large or small, is always greatly appreciated. If you have any questions, please do not hesitate to contact Cindy Dembrosky, Food Pantry Coordinator at 215-723-5430 Ext. 101 or Carol Doyle, Food Pantry Assistant at Ext. 123. Thank you for taking the time to think of those in need.

Please place your donations in the collection box in the coatroom at Zwingli.

LIVING U

Living U, the lifelong learning institute of Living Branches, offers classes and field trips for residents, future residents, and seniors in the local community. Our spring semester includes topics of rethink

recycling, the Arab/Israeli dilemma, an introduction to the chamber of commerce, Mozart, women and the fight for the right to vote, succulents, hymns, Biblical balance, photography, art appreciation, archaeology, and more. For more information, go to www.livingbranches.org/livingu or call Maribeth Benner at 215-368-4438. Registration is open until Friday, February 7, 2020.

MAILING CREW HELP NEEDED!

This is a great way to help the church. We meet on the last Wednesday of each month at 9 am in the Conference Room to correlate the monthly mailing and stuff the envelopes. Join us as we talk and laugh and put it all together. Light refreshments are served!

DEADLINE FOR SUBMITTING MAILING ARTICLES FOR THE MARCH MAILING IS WEDNESDAY, FEBRUARY 18

PLEASE INCLUDE ANY INFORMATION FOR ALL OF MARCH AND THE FIRST TWO WEEKS OF APRIL.

Note to the Mailing Crew and anyone else who wants to help:

We will meet on Wednesday, February 26, at 9:00 a.m. to send out the mailing this month. Come out and help!



USHER DUTY Gene and Rhonda Moyer 215-721-1476

January 19 Rhonda Moyer, Joanne Kramlik
Laurie Reynolds, Brandon Kuhnsman
January 26 Larry Moss, Karen Rosenberger
Ed and Sue Rauch
February 2 Bobbie and Obie Ralphs
Tom and Janet Whitefield
February 9 Scout Sunday
February 16 Jack and Judy Dunn
Ed Rodrigo, Lew Rodrigo
February 23 Joanne and LaMar Kratz
Jonathan Kratz, Joan Yeager

GREETERS Bobbie Ralphs

January 19 Phil and Joan Heckler
January 26 Ed and Liz Bibic
February 2 Shirley and Merrill Brown
February 9 Joann Johannsen, Erin Chalmers
February 16 Tom and Lisa Cinciripini
February 23 Mark and Gail Comden

MONEY COUNTERS

Steward on Duty: Tara Kuhnsman
January 5 Jess Jalboot, Tara Kuhnsman
January 12 Joan and Phil Heckler
January 19 Marian Eide, Janet Wile
January 26 Mark and Gail Comden
Steward on Duty: Joanne Kramlik
February 2 Joanne Kramlik, Sue Wack
February 9 Tal and Charlotte Kramer
February 16 Erin Chalmers, Lois Hunsicker
February 23 Kristie Lowery, Becky Klausfelder

NURSERY Erin Chalmers

January 19 Karen Kispert
January 26 Lisa Cinciripini
February 2 Erin Chalmers
February 9 Missy Rogers
February 16 Rebecca Beidleman
February 23 Megan Alderfer

ACOLYTES Pam Myers 215-723-5384

January 19 Mason Scovronski
January 26 Trevor Alderfer
February 2 Mia Scovronski
February 9 Claire Jalboot
February 16 Ryan Chalmers
February 23 Owen Alderfer

SOUND SYSTEM

January 19 Ed Bibic
January 26 Tom Kramlik
February 2 Lisa Cinciripini
February 9 Rick Rogers
February 16 Mark Comden
February 23 Sue Wack

GIFT CARD SALES

January 19 Esther Wack
January 26 Maureen Hartman
February 2 Lisa Cinciripini
February 9 Beryl Yoder
February 16 Esther Wack
February 23 Maureen Hartman

REFRESHMENTS

January 19 Suzi Leonard, Laurie Reynolds
January 26 Kristie Lowery, Toni Kramlik
February 2 Ministry of Elders
February 9 Esther Wack, Shirley Brown
February 16 Gladys Amspacher, Missy Rogers
February 23 Marian Eide, Sue Rauch

Zwingli UCC Staff

Butch Kuykendall, D.Min.Senior Pastor
Elaine Ely.....Interim Associate Director
David Clark Little.....Director of Music/Organist
Steve Emery.....Bell Choir Director
Linda CuddahyNursery Caregiver
Lisa Cinciripini.....Office Administrator

Phone: 215-723-1186

Fax: 215-723-5402

www.zwingli.org

office@zwingli.org

