



Zwingli United Church of Christ

Celebrating and Sharing God's Love

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Don't Wait for the Four Walls to Cave in on You! **By Kristie Lowery, Faith Congregational Health Nurse**

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present our requests to God. Philippians 4:6

As I am writing this, we have all just experienced a month of self-isolation. All of us have had to adapt to this new way of living. Who would ever thought that school would be cancelled, businesses would close, people would lose their jobs, and we would have to stay home and not be with many of our loved ones? It has been an adjustment for all! At first, it was like a new adventure, but as time goes on with so much uncertainty and no definite time frame that things will go back to "normal", it can be alarming, depressing, and can cause everyone to have some anxiety as to our futures and what is to come. But there are things we can do to maintain our mental health and avoid the feeling that our world is crashing down around us or that the four walls are caving in on us.

The coronavirus (COVID -19) can be stressful. The fear and anxiety about a disease can be overwhelming and can cause strong emotions in adults and children. However, coping with stress will make you, the people you care about, and your community stronger. Stress during an infectious disease outbreak can include fear and worry about your own health and the health of loved ones. Changes in sleep or difficulty sleeping adds to the stress of the day. There can also be an increase of chronic health problems, mental health conditions, and increased use of alcohol, tobacco, other drugs, and overeating.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people and the community you live in. People who may respond more strongly to the stress of a crisis include older people and those with chronic disease who are at higher risk for severe illness from Covid-19. Children and teens are also vulnerable and may cause them to have fears about illnesses and the fear of dying. Taking care of yourself, your friends, and family can help you cope with the stress.

Ways to Cope with Stress:

- Take breaks from watching, reading or listening to the news stories regarding COVID-19, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well balanced meals. Exercise regularly, and get plenty of sleep. Avoid alcohol and drugs.
- Make time to unwind. Try to do some activities you enjoy. It is ok to take a walk and get some fresh air.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Take care of your mental health. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Be aware of how children and teens are reacting to the social distancing involved with COVID-19. They will react on what they see from the adults around them. When parents and care givers are calm

and confident, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Avoid the constant referral to COVID-19 as the “virus”. (In the future, if a child is diagnosed with a “virus”, they will associate it to COVID-19, and may think they have a deadly illness). Talk to your child or teen about COVID-19 outbreak. Answer their questions and share facts in a way that they can understand. Try to keep up with routines. Create a schedule for learning activities and relaxing or fun activities.

- People at higher risk for severe illness, such as older adults and people with underlying health conditions are also at increased risk of stress due to COVID-19. Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with them by telephone, email, mailing letters or cards, text messages, video chat, and social media. Make sure they have enough medications, medical supplies, and food. If not, help them to obtain what is needed. Zwingli UCC has established a Volunteer Network to assist our members with obtaining medications, groceries and other necessities if needed. Contact the church office (215-723-1186) to request assistance.
- If you are a caregiver, take care of your own emotional health. Caring for a loved one can take an emotional toll, especially during an outbreak like COVID-19. There are ways to support yourself. The Stephen Ministry program can provide you with some emotional support to help cope with these difficult days. Contact the church office if you would like to pursue additional support.

No one is happy with our current situation. One way to deal with all that is happening, is to stay connected and reach out to others to avoid the loneliness of isolation. Take care of yourself and those around you. Together, we will get through this and this too shall pass!

References

Coronavirus Disease 2019 (COVID-19) Stress and Coping. Centers for Disease Control and Prevention. April 16, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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**SOCIAL DISTANCING AND GIVING
WHILE OUR REGULAR WAY OF LIFE IS
TEMPORARILY GONE,
THE MINISTRY GOES ON!**

JOIN FACEBOOK LIVE!

On Tuesdays and Thursdays at 12 noon of each week, Pastor Butch will provide a short 6-8-minute faith reflection on Zwingli's Facebook page. Please join in with other friends and members as we strive to make a connection and share our faith. You can simply go to Zwingli's Facebook page at the appropriate time, or connect using the link provided in an email to be sent Tuesday and Thursday mornings.

JOIN PASTOR BUTCH ON ZOOM

On Thursdays each week at 12:15 pm, Pastor Butch will host a zoom session with those interested for a deeper discussion of faith matters and questions during this challenging and uncertain time. An invitation will be sent with the appropriate link. If the church office does not have your email address and you want to participate, please be in touch with Lisa in the office at 215-723-1186 or office@zwingli.org. If you need help with setting up zoom (it's easy, even Pastor Butch can do it), please let us know!

We've been worshipping online for over a month and a half now. One difference with distance worshiping is that we can't pass our offering envelope through the computer or smartphone screen to the offering plate. Through this crisis, the church continues to need your financial support. The Ministry of Stewards are grateful for those members who practice electronic giving and we encourage more to sign-up. To do so, go to Zwingli's Stewardship web page at <https://zwingli.org/stewardship.php> and scroll down to e-Giving. Click on the link to the e-giving form, print and complete the form and mail it to the church office.

We understand that there are some folks who are experiencing a significant cut in their income and feel a need to cut back on their giving. There may be others who are not impacted who might contribute more for a while during this lean time for others. If you are in either situation and are currently electronically giving, you can use the e-giving form to change your offering amount during this crisis. Another convenient way to fulfill your faith promise is to go to Zwingli's main web page at <https://zwingli.org/index.php>, click on the yellow oval button that says "Donate" and use PayPal to transfer your offering to the church. If you already have a PayPal account, you can easily send your offering using the PayPal app on your smartphone. Just search for Zwingli UCC and the

church's account will come up as Church Office (office@zwingli.org). Enter the offering amount, specify in the note section if it is for general fund, missions, or building fund. Add your envelope number if you have it handy. PayPal does charge a small fee. Of course, mailing your offering to the church office is an easy, fee-free option. Contact Rick Rogers, Chair, Ministry of Stewardship (rikrogers@verizon.net or call or text 215-527-9119) if you have any questions or need help using these alternative methods of supporting your church.

- make cash donations (this can be done easily on their website)
- place pizza or other meal orders at Womelsdorf establishments to be picked up by staff at appropriate times
- create brief (about 2 minute) videos to cheer up the kids in the cottages

We can accumulate the Birthday and gift cards in the church office by May 13th and send them together. Donations and videos can be sent at any time individually. Let's do our part to help this UCC ministry make a difference. Contact Pastor Elaine for more information.



BETHANY CHILDREN'S HOME CAN USE OUR HELP

The Bethany Home is a ministry of the United Church of Christ and continues to provide excellent care for over 80 youth during these difficult times. Their chaplain, Rev. Kim Kendrick shared in a recent zoom meeting with PSEC clergy the current needs of the home. They are unable to provide the normal outings, activities, and interactions that make living in that kind of setting so much more pleasant. These are ways we can each help:

- check out their website at www.Bethanyhome.org to meet the staff and see what they do.
- send handmade, generic birthday cards. Say "Happy Birthday" (and appropriate cheerful greetings) but leave a blank for them to fill in the name of the recipient.
- provide gift cards. Their workers are struggling and working especially hard. Bethany is trying to keep up morale.



GRADUATE RECOGNITION

Although graduations will likely be celebrated in different ways this year, Zwingli has always felt it is important to recognize our graduates and all of their hard work. This year is no exception. If you or a family member is graduating from High School or any kind of Post-Secondary Education, please contact the church office and let Lisa know where you are graduating from as well as any plans you might have for after graduation. We plan to acknowledge all of our graduates on May 31st during the regularly scheduled worship service.



We miss seeing our families and having our children together!! The Educators will be providing a Sunday School Zoom time gathering of our children on Sunday mornings at 10:30. An invitation with handouts attached will go out each week as a reminder.



TEACHER APPRECIATION

Teacher Appreciation Sunday was originally scheduled for April 26th. The Educators were not able to show our appreciation for all of our teachers in the way we originally planned. The revised plan is to virtually show our appreciation towards the end of the school year. We will enlist the help of our children to do that. Thanks again for all you have done and all you continue to do!

YOUTH LEADERS NEEDED

Have you ever considered working with Zwingli's Youth Group? Or maybe you used to work with youth? Or maybe you were once a youth yourself? :o)

We are looking for a few people to work together to lead our Youth Group. "Normally", the group is meeting Sundays during the Sunday School hour as well as for some events outside of church such as

the Service Scavenger Hunt, 30 Hour Famine and Sleep Out for Homelessness. However, the Educators realize that we are in the midst of defining a new normal. If you have an interest, let us know! It does not matter what your age is or what your background is. Things do not need to be as they have been in the past. If you want to discuss this opportunity, please get in touch with an Educator: Jason Burns, Monica Jalboot, Pam Myers, or Jen Smeed.



VACATION BIBLE CAMP SAVE THE DATE!

**8/3/20 - 8/7/20
9 AM - NOON**

Climb aboard - 8/3/20 to 8/7/20 for mountains of fun at Rocky Railway! On this faith-filled adventure, kids discover that trusting Jesus pulls them through life's ups and downs.

We have decided to move forward with planning in hopes that it will be safe for everyone to attend. What a wonderful celebration this could be and what a powerful message for these times. Keep an eye on church communications for registration information.

Are you able to help? We are looking for volunteers to make this event possible. Our biggest need is to have conductors that will lead their train from one station to the next. Please contact Pastor Elaine to let her know if you are interested.

If social distancing and virus conditions make it so that holding VBC this year is not safe, we will notify all registrants and volunteers of the decision to cancel. Please know that everyone's safety is important to us.



DRIVE THRU EASTER EGG HUNT A SUCCESS!



Thanks to your donations and help, we were able to have a very successful Drive Thru Easter Egg Hunt. Approximately 70 kids picked up carefully bagged eggs and craft kits to participate in their own Easter Egg Hunts at home. The pictures and feedback we received were absolutely wonderful. What a joy to be able to do this for so many families!



LYFT FELLOWSHIP CONTINUES

We've done virtual games and gatherings. Please watch your emails for more upcoming events. If you have any requests or suggestions for fun ways to gather virtually, please let Pastor Elaine know at pastor_elaine@yahoo.com or 215-915-4370.

CONVALESCENT PLASMA AND BLOOD DONORS NEEDED

Each year Zwingli and Zion Mennonite Church partner with Miller-Keystone Blood Centers of Reading and Bethlehem to conduct four blood drives. Miller-Keystone is the sole provider of blood products to 29 hospitals, including Grandview, St. Luke's, and Lehigh Valley. The organization also provides products to five additional hospitals on an as needed basis. With the current pandemic, we have the opportunity to partner on a larger scale. When a person contracts a virus, such as COVID-19, their immune system creates antibodies to fight against the virus. The antibodies stay in the blood plasma even after recovery. This convalescent plasma may be collected from the recovered person and transfused into moderately or severely ill patients to boost their immune system.

Miller-Keystone is participating in the COVIDPlasma.org initiative. Miller-Keystone's first unit of convalescent plasma was used to treat a patient who was sedated and on a ventilator. On April 14th, Miller-Keystone received notification that the patient was off the ventilator and recovering. Since then, Miller-Keystone has had 22 additional requests for convalescent plasma. If you know someone who has recovered *and* has been symptom free for 28 days, please encourage him or her to consider donating plasma. If you have not had COVID-19, you can still give blood. One blood donation can save up to three lives. Go to www.giveapint.org for more information.

LENTEN MISSION PROJECT

The 7th annual *Anything Is PAULssible 5K Run/Walk* became a virtual experience for participants due to COVID 19 precautions. Though we were unable to advertise, announce and encourage in the usual Zwingli manner this year, \$510 in donations were collected!! Thank you to those who gave!!

The *Anything Is PAULssible 5K Run/Walk* is organized each year by members of Alpha Phi Omega. Proceeds go toward the Paul Detweiler Memorial Scholarship Fund supporting an incoming Gettysburg College student with financial need who exemplifies the values Paul displayed in his lifetime.

An amazing and deeply moving video highlighting many of the walkers and their connection with, and love for Paul can be viewed on the *Anything is PAULssible* Facebook page (April 19, 2020 post).



ONE GREAT HOUR OF SHARING

Due to the suspension of worship, the collection for OGHS that was scheduled for 3/22 will now occur on the second Sunday of resumed worship. Envelopes were included in the March mailing. You can also use an envelope from the back of the pews and mark it "OGHS".

OGHS works with international partners to provide sources of clean water, food, education, health care, small business micro-credit advocacy, and resettlement for refugees and displaced persons, and emergency relief and rehabilitation. It also

supports domestic and international ministries for disaster preparedness and response.



FOOD PANTRY NEEDS

To prevent transmission of COVID-19 to vulnerable populations, **Keystone Opportunity Center** is **suspending direct** food and product donations. Instead, Keystone asks donors to make a financial contribution through their website: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E12375&id=103>. Keystone will then purchase items for clients and distribute the items in their parking lot during regular pickup times.



CELEBRATING 50 YEARS!

WE STILL HAVE SOME OPENINGS!

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

Reserve your spot today!

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.



SIMPLE WAYS TO HELP THE GENERAL FUND BUDGET

Fasageo's Italian Restaurant and Pizzeria Fundraiser

Offering Delivery and Drop Off at no charge! See website for more information

<https://www.fasageos.com/>

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 (when available), pick up, or delivery that you are a member of Zwingli. It's that simple!

BULLETIN MAILINGS

Would you like a bulletin mailed to you on a weekly basis? If so, please call the church office and we will add you to our weekly bulletin mailing list.



INSTAGRAM

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

WOULD YOU LIKE TO JOIN THE MAILING CREW?

When things clear up, we will begin to meet again to send out the monthly mailing. If you are interested in joining us, we meet the last Wednesday each month (except for July & December) at 9 am in the Conference Room as we talk and laugh and put together the monthly mailing.



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.

DEADLINE FOR SUBMITTING MAILING ARTICLES FOR THE JUNE MAILING IS

MONDAY, MAY 18

PLEASE INCLUDE ANY INFORMATION FOR ALL OF MAY AND THE FIRST TWO WEEKS IN JUNE.



Note to the Mailing Crew and anyone else who wants to help: If permitted, we will meet on Wednesday, May 27 at 9 am to send out the mailing next month.

Zwingli UCC Staff

Butch Kuykendall, D.Min.Senior Pastor
Elaine Ely.....Interim Associate Director
Steve Emery..... Interim Music Director, Bell Choir Dir.
Lisa Cincirpini.....Office Administrator
Kristie LoweryOffice Assistant
Linda CuddahyNursery Caregiver

Phone: 215-723-1186

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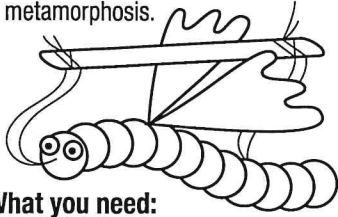
www.zwingli.org

office@zwingli.org



CHANGED!

Make this cute puppet to show and tell the amazing story of metamorphosis.



What you need:

- Needle and string
- 12 small pom-poms
- Wooden craft stick
- Scissors
- Googly eyes
- Glue
- Coffee filter
- Markers

What you do:

1. Sew pom-poms together to make a caterpillar body. Tie off that string.
2. Thread another string up through the first pom-pom, leaving 12 inches to dangle. Repeat with the ninth pom-pom, leaving two dangling strings.
3. Wrap those strings around opposite ends of the stick, adjusting their length to about 6 inches. Tie in place.
4. Glue on eyes.
5. Flatten the coffee filter and draw a symmetrical design on it. Pleat in the center to create wings.
6. Move the caterpillar puppet by holding the stick. Glue on the wings as you describe the transformation into a butterfly.



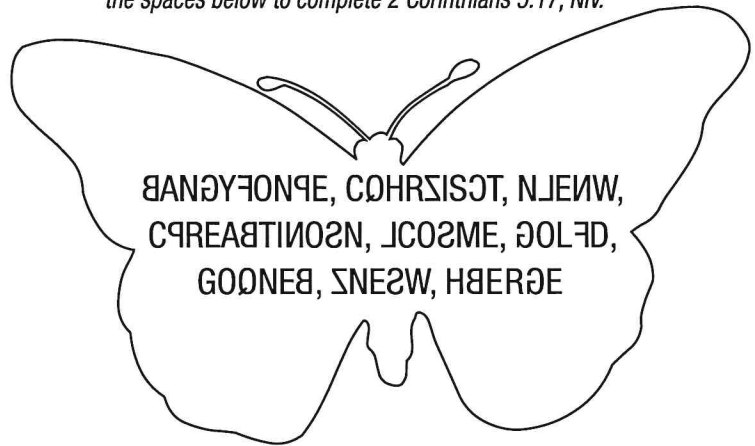
Transformation **POWER**



Just as the caterpillar becomes a butterfly,
God transforms us from old to new.



Directions: Cross out the backward letters. Write the remaining letters in order in the spaces below to complete 2 Corinthians 5:17, NIV.



Therefore, if _____ is in _____,
the _____ has _____:

The _____ has _____,
the _____ is _____!

2 CORINTHIANS 5:17, NIV

Answer: anyone, Christ, new, creation, come, old, gone, new, here