



This year we will be joining Emmanuel Lutheran and Trinity UCC for a service on Good Friday, April 2 at 7:00 pm. Limited in person worship will be at Emmanuel (69 W. Broad St., Souderton) and a Facebook livestreaming option will be available on their Facebook page. If you choose in person, please sign up at <https://bit.ly/39INyvj>. If you wish to join on Facebook, please go to the Emmanuel Lutheran's Facebook page (Emmanuel Evangelical Lutheran Church – Souderton, PA).

Zwingli UCC will have one Easter Sunday service with the Sacrament of Holy Communion livestreamed on April 4 at 9:00 am. Please join together as we celebrate Christ's resurrection and the new life promised and given to us!

NEW MEMBERS CLASSES

New members classes were scheduled last year during March and April, but needed to be cancelled in light of the lockdown and emerging issues around the pandemic. *We are now offering membership classes* for those who would like to learn more about the mission and ministry of Zwingli United Church of Christ, or who have become members in the last year or so. *The classes are scheduled for Sundays, April 11 and 18 at 10:30 am by Zoom.* We hope to have an official

recognition of new members at our worship service on April 25. Please let the church office know that you will be attending so the zoom information can be sent to you.

RETURN TO CHURCH

It's likely that many of us are more than ready to return to church. In light of current information about vaccines, cases, hospitalizations and other factors, the RTC Team is looking to begin limited in-person worship in May. The exact date is being considered and will be discussed at the next RTC Team meeting on April 12th. *PLEASE keep the team in your prayers as decisions made are extremely difficult, especially as we consider the health and well-being of our members.*

The team and other groups will also be discussing opportunities for in person fellowship gatherings and information about those possibilities will be made available as soon as we can. If you have any questions, please send to Lisa at office@zwingli.org and she will direct them to the pastors or RTC Team. Again, we ask for your patience and prayers.

PASTORAL CARE VISITS WITH PASTOR ALAN

Pastor Butch and Pastor Alan will be in touch for visits in the near future. Though Pastor Butch would love to introduce Pastor Alan in person, pandemic restrictions do not allow or limit that possibility. So, please do not be surprised to receive a call from Pastor Alan!!

HELP WANTED

FACEBOOK WORSHIP VOLUNTEERS

We are looking for a few people willing to run Facebook Live Sunday mornings during worship once a month on a rotation basis. Volunteers should be familiar and comfortable using Facebook and Microsoft Word. At this point, we would prefer this done from the church office. Training provided. Please see Lisa Cinciripini in the church office if you would be willing to help! office@zwingli.org or 215-723-1186.



BEAN BAG FOOD PROGRAM

Volunteers are needed to meet on the 3rd and/or 4th Thursday of each month to pack food bags. These bags are for the students identified as "at risk" nutritionally. Each bag contains 2 breakfasts, 2 lunches and 2 snacks for the weekend. We are now packing for 195 students. If you would like to help or want additional information, please contact Carol Reiff at carolreiff@yahoo.com



Healthy Moments

***And after my skin has been destroyed,
yet in my flesh I will see God. Job 19:26***

"Shingles"- not a diagnosis we want to hear as it is often associated with pain and discomfort. The risk of shingles increases as you get older, especially for those over age 60. People with medical conditions that affect the immune system or those that take immunosuppressive drugs such as steroids are at a greater risk of developing shingles.

What is shingles? It is an infection caused by the varicella-zoster virus, which is the same one that causes chicken pox. Chicken pox is usually seen in children, but the virus can remain dormant in the body until an older age before reactivating as shingles. This virus may also be referred to as Herpes Zoster. The viral infection is characterized by a red skin rash that can cause pain and burning. It usually appears as a strip of blisters on one side of the body, along the body, neck or face. Most shingle infections clear up within two to three weeks. It rarely occurs more than once in the same person. According to the Centers for Disease Control and Prevention (CDC), one in three people in the United States

will have shingles at some point in their life.

What causes shingles? The chicken pox virus can remain in your body long after you have experienced the childhood virus. Later in life, the virus can reactivate and cause you to have shingles. The reason is not clear. It is more common in older adults because of lower immunity to infections. Possible risk factors for shingles include: weakened immune system, emotional stress, aging, undergoing cancer treatments.

Symptoms of Shingles: The first symptoms are usually pain and burning, with a rash occurring in patches. The rash may cause intense itching and includes fluid filled blisters that break easily and spread around the spine and torso. Other symptoms include fever, chills, headache, fatigue, muscle weakness. The rash can involve the eye, hearing or intense pain on one ear, and/or bacterial infections.

Is shingles painful? Some people may experience mild symptoms, while others may have intense pain. To relieve the pain, your physician may prescribe antiviral, antiinflammation, or other medications to relieve pain. As soon as symptoms are apparent, seek medical treatment. The sooner the physician can provide a prescription to decrease the progress of the rash, the less chance of developing long term complications that could include eye damage, bacterial skin infections and nerve damage.

How do you treat shingles? There is no cure for shingles, but treating it as soon

as possible can help prevent complications, as well as speed your recovery. Ideally, treatment should begin within 72 hours of developing symptoms. Medication can be administered for pain relief, decrease swelling, itching, and nerve pain. Shingles usually clears up within a few weeks.

What other remedies can I do at home to ease the discomfort? Home treatment can help ease the shingles symptoms, and include: taking cool baths or showers to clean and soothe the skin; apply cold, wet compresses to the rash to reduce pain and itching; apply calamine lotion or a paste made of baking soda or cornstarch and water to reduce itching; take colloidal oatmeal baths to ease pain and itching; eating foods with vitamin A, B-12, C, E to strengthen your immune system.

How contagious is Shingles? Shingles is not contagious but the varicella zoster virus that causes it can be spread to another person who has not had chickenpox, and then they could develop chickenpox. You cannot get shingles from someone with shingles, but you can get chickenpox. The virus is spread when someone comes into contact with an oozing blister. When the blisters are kept covered, and have formed scabs, the virus is no longer contagious.

How to prevent shingles? Vaccines can keep you from developing severe shingles symptoms or complications. All children should receive the chickenpox vaccine. Adults who have not had chickenpox should receive the shingles

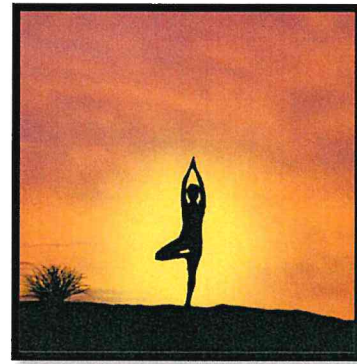
vaccine. The immunization does not mean that you will not get chickenpox but it does help to prevent it. The CDC recommends adults age 50 or older should obtain a shingles vaccine. The vaccine helps to prevent severe symptoms and complications associated with shingles.

Can you get shingles from the vaccine? Zostavax and Shingrix are two vaccines approved to prevent shingles. The CDC has not documented cases of the varicella-zoster virus being transmitted from people who were vaccinated. Also, the CDC recommends the Shingrix as the preferred vaccine and have indicated that if you received Zostavax in the past, you should update with the Shingrix vaccine.

Talk to your physician about shingles prevention, and if you are a candidate for the vaccine. Getting the vaccine will help you to avoid the pain and itching that can occur with Shingles.

Reference:
www.cdc.gov/shingles/about/index.html

Biggers, Alana, M.D. "Everything You Need to Know About Shingles". Healthline. 11/8/2019. [Shingles: Symptoms, Treatment, and Prevention \(healthline.com\)](https://www.healthline.com/health/shingles)

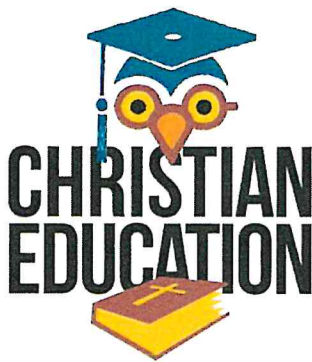


YOGA

Yoga is good for the mind and body. Join us on zoom Wednesday evenings at 7 pm each week. All are welcome male, female, young and old. Contact Eleta Hittinger if interested via text or Email at 267-663-8137 / cota11158@gmail.com . Eleta will provide you with the link. Hope you'll be joining us.

STRETCH

Karen Kispert, who is a certified personal trainer and certified group fitness instructor, has offered to lead a 6-week series of stretching sessions on Friday mornings from 8:00-8:30 a.m., April 9 through May 14, via Zoom, at no charge. The sessions are for any fitness level. The focus will be flexibility and balance. The only equipment needed will be a chair (such as a folding chair, kitchen chair, or dining room chair), a floor mat or thick towel for stretches on the floor, and loose or yoga-type clothing. Before scheduling the class, Karen wants to find out the level of interest. With the understanding that you are not committing yourself but simply indicating an interest, please email Karen: KHKispert@verizon.net. This is open to all Zwinglyans and their families and friends! All ages are invited.



ADULT EDUCATION AT ZWINGLI BY ZOOM

PLEASE JOIN US FOR ADULT BIBLE STUDY

We meet every Sunday morning via Zoom at 11:30 am (except the first Sunday when we join Adult Electives at 10:30.) We will be studying traditional Sunday School themes based on the Standard Sunday School Commentary. Our teachers are Larry Moss, Jonathan Widgins, Charlotte Kramer, and Pete Kispert. The Spring theme will be *Prophets & God's Covenant*.

Join our Sunday School Zoom Meeting by clicking on the following

link:<https://us02web.zoom.us/j/82617259547?pwd=dXMvRGptNjQ1dEpXK2pxTFQyNjQ3Zz09>

Meeting ID: 826 1725 9547

Passcode: 7231186

Or dial 1-646-558-8656 or 1-301-715-8592

Follow the prompts. The Meeting ID: 826 1725 9547, Password: 7231186. This link is good through August 28.

ADULT ELECTIVES CLASS SCHEDULE

April 4

No Class. Happy Easter!

April 11

**Racial Justice: Tell Me More with
Kelly Corrigan**

In the midst of America's racial reckoning, "Tell Me More" provides inspiration from Bryan Stevenson, one of the country's

leading advocates for racial reconciliation, on what motivates him to continue the work toward justice. Join us as we become more informed on this topic.

April 18

**Growing a Greener World: Bringing
Nature Home**

As we look forward to celebrating Earth Day, come enjoy a video presented by Doug Tallamy as he talks about ways to incorporate nature into your landscape and why this is so important to growing a greener world. Bring your "green thumbs" and share your tips and lessons learned with us.

April 25

Zwingli ONA Covenant Part 4

As part of the ONA process, a Covenant Creation Team has worked diligently to develop a covenant the ONA Team hopes the church will adopt in the future.

On April 25th, we will discuss how the ONA Covenant dovetails with our Zwingli Values, Vision Statement and Mission Statement. Join us and see how Zwingli can impact our community in a deep and meaningful way. Learn how this new covenant can bear witness to our desire to share God's unconditional love with All people!

May 2

Inclusive Language and the Church

Using inclusive language is a movement in the UCC, wider church and secular world that's been around for decades. It typically refers to using "language that avoids the use of certain expressions or words that might be considered to exclude particular groups of people" (Inclusive Language Guide: Definition and Examples @ online.rider.edu). Inclusive language has implications for how we refer to people

and God, and how it affects hymns and liturgy. Join us on May 2nd to explore Inclusive language a bit more, both the positive ways it can promote inclusion and justice as well as some of the criticisms regarding its use. Pastor Butch will lead the class and welcomes your conversation and questions.

CHILDREN'S SUNDAY SCHOOL UPDATE

April 4 – No Sunday School. Happy Easter!

April 11 and 18 - We will have online Sunday School.

April 25 – We will start having Outdoor Sunday School, weather permitting. If we need to cancel because of weather, you will be notified by 9:00 am. Our last week of Outdoor Sunday School will be 5/30/21. We will take a break for the summer and resume Sunday School in the fall.



JOIN US ONLINE EACH SUNDAY FOR WORSHIP!

Prelude music will begin at 8:45 am.
Worship will begin at 9 am.

To join us on Facebook Live, go to:
www.facebook.com/Zwingli.ucc

Don't have a Facebook Account? No problem –below are directions to watch the worship service without a Facebook account.

1. Click on www.facebook.com/Zwingli.ucc/live at 8:45 am.
2. If video is not playing, click the word "videos" in the left column, then look

at the first video thumbnail under "all videos". This should be the most current Live video. If you are early, you may need to refresh the page by hitting F5 on your keyboard.

3. You DO NOT need to log in or sign up to be able to view the service.
4. Remember, if you load the page before the stream starts, the stream will not pop up. You will need to refresh the page.

To view the worship service at a later date:

Go to www.zwingli.org or
Go to Facebook.com/Zwingliucc or
Go to Twitter #Zwingliucc or
Check your weekly Z-News on Monday.



ZWINGLI ZOOM ROOM FELLOWSHIP!

Join us on Sundays following worship for fellowship through Zoom! To join in, follow this link:

<https://us02web.zoom.us/j/82617259547?pwd=dXMvRGptNjQ1dEpXK2pxTFQyNjQ3Zz09>

Meeting ID: 826 1725 9547

Passcode: 7231186

Or dial 1-646-558-8656 or 1-301-715-8592
Follow the prompts. The Meeting ID: 826 1725 9547, Password: 7231186.

This link is good through August 28, 2021.

Adult Electives Class will immediately follow fellowship on the same Zoom address.

REFLECTIONS

FAITH REFLECTION ON FACEBOOK LIVE!

Tuesdays at 12 noon of each week, Pastor Butch or Pastor Alan 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 connection and share our faith. You can simply go to Zwingli's Facebook page at the appropriate time.



WEDNESDAY PRAYER CIRCLE

We will meet for Prayer Circle with Pastor Butch or Pastor Alan **each Wednesday** of the month from 12:00 to 12:30. The zoom invitation will be sent ahead of time. We feel that heartfelt communal prayer is especially needed on a consistent basis as we continue to deal with individual, family and church concerns, the pandemics of COVID 19 and racism, as well as other societal issues and direction.

MISSIONS



The Missioners have selected Doctors Without Borders (DWB) as the recipient of a special Lenten Mission Offering for their outstanding work during this COVID-19 pandemic. Here is a recent update:

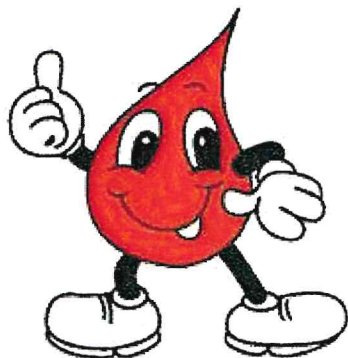
Everywhere DWB works, they see how this pandemic hurts already vulnerable and marginalized communities. This is obvious in many of the countries with the highest death tolls—including in the [United States](#), [India](#), [Brazil](#), and [Mexico](#). They are also responding to the evolving needs in countries with weak and fragile health systems, such as [Iraq](#), [Yemen](#), and [Afghanistan](#).

During the period from June through August 2020, DWB provided technical, training, or material support to more than 600 health facilities. In an additional 138 hospitals and treatment centers, DWB medical teams treated COVID-19 patients and set up or managed dedicated beds. More than 48,000 COVID-19-related outpatient consultations and over 30,000 tests were conducted in DWB-supported health facilities and treatment centers worldwide. Just over 7,700 patients required hospitalization. More than half of DWB-supported hospitals and COVID-19 treatment facilities were in sub-Saharan Africa. DWB teams also worked in 132 nursing homes and 125 facilities housing migrants, refugees, and people who are homeless or housing insecure—with a

majority of these projects in the Americas and Europe.

Envelopes are available in the vestibule or forward your check made payable to Zwingli UCC and marked *Doctors Without Borders* to the church office.

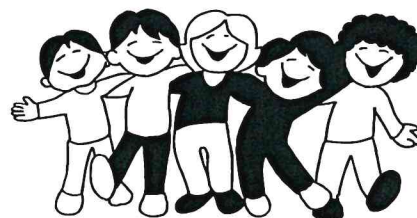
Thank you!



APRIL BLOOD DRIVE

The Missioners wish to thank all who supported One Great Hour of Sharing this year with a total donation of \$660. Working with international partners, it provides sources of clean water, food, education, health care, and more. It also supports domestic and international ministries for disaster preparedness and response. Thank you.

This will be held at Zion Mennonite Church on Tuesday April 6th from 11:00 am until 7:00 pm. (Note new times.) This drive was pushed back from its normal March schedule so those who gave at Zwingli in February can give again. As of March 22nd there were plenty of slots open starting at 11:40 am through 6:20 pm. You can register today on-line at GIVEaPINT.org. Click on Give Blood on the top left, click on the Schedule Now box, key in 18964 for the Zip Code, choose Include Mobil Drives, set both dates to 04/06/2021, then click on Search. Choose the Zion Mennonite Church Schedule and pick your time. Face masks must be worn and screening will be conducted before entering. Plus due to distancing guidelines, walk-ins will not be taken for this drive unless there's an open slot. For further information, contact Jim See at 21m5ee@comcast.net. Note: You can now give blood even if you recently received the COVID vaccine.



CELEBRATING 51 YEARS!

WE STILL HAVE OPENINGS!

Zwingli Nursery School is now accepting registration for the 2021-22 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

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** through the church office during the week. Thank you for your participation in this program!

SUPPORT ZWINGLI BY SHOPPING AT AMAZONSMILE!

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>



2021 FLOWER AND BULLETIN SPONSORSHIPS

Would you like to sponsor the flowers in the chancel one Sunday morning or a bulletin?

Chancel flowers are \$39.
Bulletins are \$15.

For either/both sponsorship, please request a form from the church office or pick one up in the vestibule during office hours. Fill out the form and attach a check and place in the labeled box in the vestibule OR mail to 350 Wile Avenue, Souderton, PA 18964. We appreciate your support.



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!

BULLETIN MAILINGS

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



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 in the vestibule or ask the church office to email you one. See the wonderful ideas that are being shared by your leaders!



CREW #401 FUNDRAISER

EMERGENCY ADDRESS MARKER SIGN SALE

Order your reflective address marker today... It may save your life or the life of someone you love.

Pride 911 sign are 18" x 6" green aluminum sign with 4 inch extremely reflective high intensity numbers.

Available in vertical or horizontal design
Just \$30

If they can't find you ... They can't help you.

See enclosure/attachment to place your order.

Checks payable to: Crew 401

DEADLINE FOR
SUBMITTING MAILING ARTICLES FOR
THE MAY MAILING IS
MONDAY, APRIL 19
PLEASE INCLUDE ANY
INFORMATION FOR ALL
OF MAY AND THE
FIRST TWO WEEKS IN JUNE.



Zwingli UCC Staff

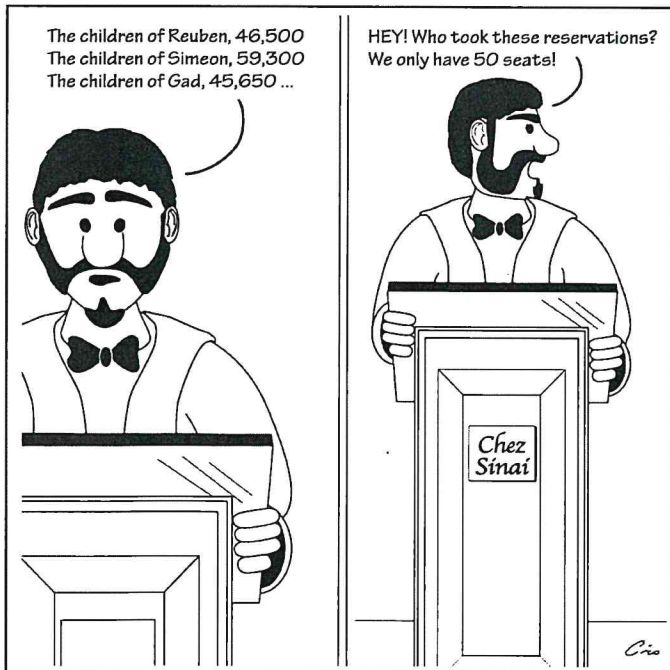
Butch Kuykendall, D.Min.Senior Pastor
Alan Miles..... Associate Pastor
Steve Emery.....Director of Music/Organist
Linda CuddahyNursery Caregiver
Lisa Cinciripini.....Office Administrator
Kristie Lowery.....Office Assistant

Phone: 215-723-1186

Fax: 215-723-5402

www.zwingli.org

office@zwingli.org





A MESSAGE FROM OUR MISSIONARY IN BRAZIL

Kate Saurman

The start of 2021 marks 10 years that I have been serving here in Brazil. This past year came with so many changes and uncertainty; I am relieved to say things (seem) as though they are starting to settle. I just moved into a new apartment here with three new roommates. My old apartment had a roof where water poured in when it rained and toxic mold problems that could not be fixed. It was time for a change and I feel like I am truly starting a new season with new views and new perspectives. By the grace of God we were able to move in just days before Recife announced we were going back into full lockdown. There is a mutation of corona here that is very severe and our hospitals are at capacity. I am attaching an article with more information on that [here](#). The situation is overwhelming and may mean that I need to travel to the states again sooner than I had anticipated.

These past months have not been easy as many of our staff and friends continue to fall sick with Covid. In the middle of all this, one of the ministry's great dreams was realized with the beginning of 2021. Working in the favelas for years, it has become overwhelmingly clear that northeast Brazil is in desperate need of more legal assistance to defend people in situations of social vulnerability. The poor and the families of many children who come through the safe home do not often have representation or access to advocacy services. After years of imagining this project, the Defense Center was birthed! It is called CICAF (Integrated Center for Children, Adolescents and the Family), a multidisciplinary team including lawyers, a social

worker and a family psychologist to support children, adolescents and families who have had their rights violated.



The defense center is located in the Shores base and works toward the protection, reconstruction, and strengthening of families in our region (including prosecution and adoption services). We are also holding support groups here to encourage and educate those walking through cases about their rights. I am obviously not a lawyer or involved directly in this project, but it is another way through which we believe God will transform the systems of this world with His justice.

There is a specific point on the beach in our city where I have been walking since 2012 when I needed to clear my head. I used to tell myself that someday I would live near there. In truth, I forgot that dream, but this is where my new apartment sits. Walking into this building, nearly a decade of expectations came flooding back to my memory. All the places dream and reality intersected; breaking each other, building each other. Questions I long to reconcile, losses I could not have anticipated. If you told me 10 years ago I would still be in Brazil today, I don't think I would have believed you. There were days and years where it felt like perseverance was beyond reach. I have spent this past month so overwhelmed by God's faithfulness. I pray that this email finds you in peace and that the never ending love of Christ fills you with the hope that is a constant anchor for our soul. Thank you all for your continued prayers and support.

Blessings,
Kate



Venturing
Crew 401 Fundraiser

If They Can't
Find You
They Can't Help
You

Only
\$30



Order your reflective
address marker today... It
may save your life or
someone you love

Funds raised will go towards our
summer 2021 high adventure trip
and other Venturing activities.
Thanks for your support!

Features:

- Green sign with white numbers
- High visibility day or night
- Double sided
- Fade resistant aluminum; last for years
- Choice of vertical or horizontal

Pride 911 address signs are 18"x6" with extremely reflective, high-intensity, prismatic numbers. Seen from extremely long distances, especially at night.

4" numerals for 4 or less address digits

3" numbers for all 5-digit addresses

Return to Crew member or mail to:

Brenda Conallen

661-A Allentown Rd | Telford PA | 18969

with payment by April 19th

Checks payable to: "Crew 401"

ADDRESS # FOR SIGN:



Please Check One:

Vertical Horizontal

Name: _____

Street: _____

City|ST|Zip: _____

Phone #: _____



SUNRISE SURPRISE

The hidden surprise in these sweet rolls hints at the reason behind Easter's joy.

What you need:

- ½ cup chopped pecans
- 10 uncooked frozen rolls, thawed
- 10 large marshmallows
- ½ cup sugar
- 1 tsp cinnamon
- ½ cup melted butter
- ¼ cup brown sugar
- Adult help

What you do:

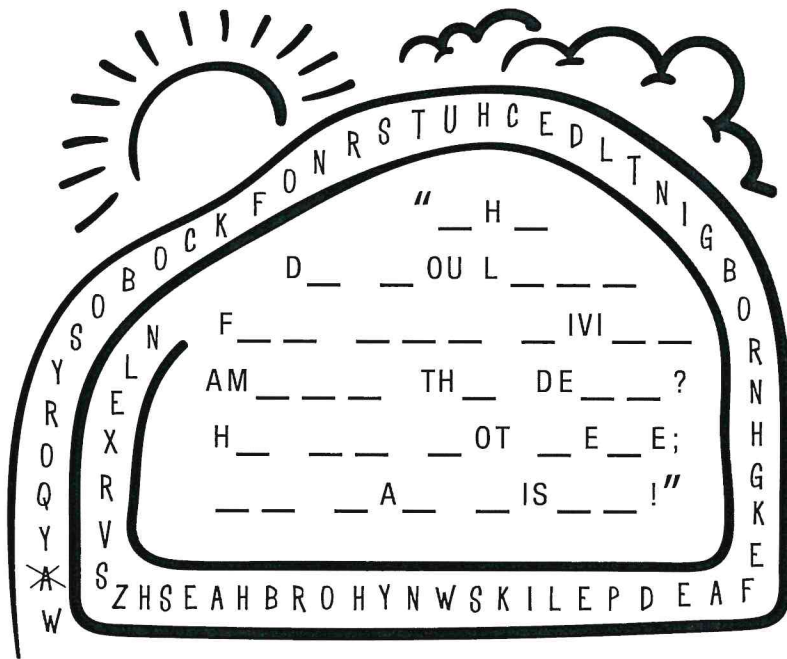
1. Grease a round baking dish. Sprinkle pecans on the bottom.
2. Flatten each roll. Place a marshmallow in the center, wrap dough around it and pinch edges together.
3. Combine sugar and cinnamon. Dip each roll into melted butter and coat with cinnamon-sugar. Place in pan, seam side down.
4. Sprinkle brown sugar and remaining butter over rolls. Cover with plastic wrap and let rise 30 minutes.
5. Bake at 350 degrees until golden brown, about 30 minutes. Cool in pan.
6. As you bite into a roll, you'll see the marshmallow has melted, leaving an empty center — just like Jesus' empty tomb!



EASTER MORNING message

Early Sunday morning, some women who followed Jesus encountered a great surprise. Solve the puzzle to see what the angels told them.

Directions: Cross out every other letter in the maze. Write the remaining letters in order to complete Luke 24:5-6, NIV.



LUKE 24:5-6, NIV

Answer: "Why do you look for the living among the dead? He is not here; he has risen!" Luke 24:5-6, NIV